

DISCOVERY



Stanford
HEALTH CARE

A newsletter brought to you by the Office of Research, PCS

March 27, 2020

Meet the Expert



Blurb:

The Office of Research PCS is excited to announce our new Executive Director of Research, Michelle Y. Williams, Ph.D., R.N.

Web Article:

My name is Michelle Y. Williams. I'm the new Executive Director at Stanford Health Care, Office of Research, Patient Care Services. I earned my doctorate degree in nursing science from the University of Wisconsin, Milwaukee (UWM) in 2019. My dissertation research consisted of a secondary analysis of the Stanford University Chronic Disease Self-Management Program national study (2010), which was led by Dr. Kate Lorig, Professor Emeritus, Medicine, Stanford University, and her colleagues. Dr. Lorig served as my sponsor, during my pre-doctoral studies at Stanford University (2014-2018), and later as a member of my UWM doctoral dissertation committee.

Previously, I worked at Kaiser Permanente (KP) (1990-2019), where I served in a variety of nursing, management, and executive level roles, including: national nursing director of technology research and innovation (a member of the national innovation & advanced technology team-reporting directly to Marilyn P. Chow, formerly Vice President, National Patient Care Services), chief nursing officer, senior regional director of health plan member services, nursing director of maternal child health, and, nursing director of quality/performance improvement and administrative services. During my KP national role, I was responsible for creating the national patient care services technology research and innovation strategy, in addition to serving as a consultant for all patient care services and nursing technology innovation projects that were funded by the organization.

During my KP tenure, I led several research studies, including: the development of a novel maggot debridement protocol for urgent treatment ([Urology: Case #5 in the attached article](#)), shared leadership design and deployment (Hospital and Ambulatory Nursing), delirium assessment (ICU), pain management (organization-wide), medication adherence (organization-wide), and, diabetic screening in non-diabetic patients (Endocrinology), among others.

Further, I led an interprofessional team in the research exploration, design, build, validation and deployment of the KP hospital of the future, in addition to an enterprise-wide research trial in the selection of an interactive patient care technology system, collaborative creation of the national KP telehealth and telemedicine strategy, medication adherence research [Med Adh Guidelines: External Group](#) and deployment of a national Medication Adherence Grand Rounds forum that attracted more than 100 physicians, pharmacists, nurses, leaders and others annually to the Kaiser Permanente Sidney R. Garfield Healthcare Innovation Center in California; and a side-by-side comparison of a virtual worlds system and traditional approaches to clinical education (the Virtual Worlds and Traditional Clinical Education tools were created, validated as part of a joint venture with KP and Stanford University's former SUMMIT Team: Dr. LeRoy Heinrichs, professor emeritus, Dr. Patricia Youngblood, former education research director, and Dr. Parvati Dev, former director).

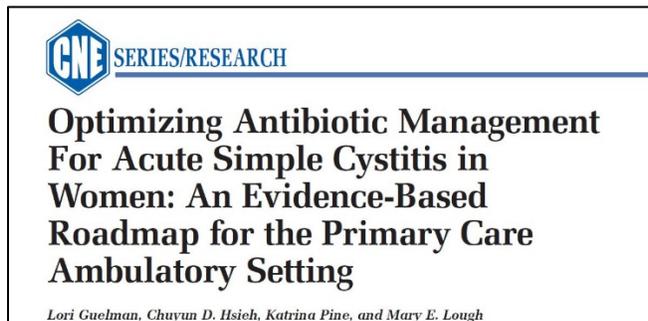
Earlier in my career, I had the pleasure of working at the University of California, San Francisco, General Clinical Research Center with directors, Dr. Curtis Morris and Dr. Anthony Sebastian, by leading the design, development and deployment of two off-campus clinical trials research clinics [FDA drug approval: Essential Hypertension and Osteoporosis] in the East Bay (Sutter Health and Highland General Hospital, 1989-1992). I developed and led the two off-campus UCSF clinical trials research clinics with Dr. Roger Peeks, a Stanford

University School of Medicine alumni and former dean. [UCSF GCRC Essential Hypertension Clinical Trial Article](#)

I chose to come to Stanford Health Care because of its culture of innovation and research! I believe the entire transdisciplinary team is positioned to bolster important research initiatives across Stanford Health Care. Each professional specialty adds its unique prospective lens and collectively aid in our vision to heal humanity through science and compassion. In my new position, I will work with my colleagues in the Office of Research, Patient Care Services to identify opportunities to strengthen our infrastructure, capabilities, and services, to meet the growing interests and needs of our organization. I want to better understand how we can address chronic disease self-management, health equity; and mental health among health care professionals. Furthermore, I will partner with clinicians and researchers across Stanford Health Care, the Stanford School of Medicine, and external groups (national and global) to better understand how we can initiate, support and influence patient care and nursing research.

Article By: Michelle Y. Williams

Research



Blurb:

Lori Guelman, a nurse practitioner in outpatient urology conducted an innovative research study and quality improvement (QI) project to improve the care of women with acute cystitis at Stanford Health Care. This article discusses Lori's recent research publication and QI innovations.

Web Article:

Optimizing Antibiotic Management for Acute Simple Cystitis in Women: An Evidence-Based Roadmap for the Primary Care Ambulatory Setting

Lori Guelman is a nurse practitioner in the outpatient urology clinic at Stanford Health Care (SHC). Lori and her colleagues see many women with symptoms of acute simple cystitis, typically described as an acute urinary tract infection (UTI). Lori had a concern that not all her colleagues in primary care were following published guidelines on antibiotic management of simple cystitis. This is an important issue because of the need for antibiotic stewardship to prevent the development of bacterial resistance due to antibiotic overuse.

To answer this question, Lori formulated a research plan that included a survey of providers and a chart review of prescribing practices for acute cystitis. Following data collection and analysis, Lori disseminated the study results at SHC, created a “smart set” in epic to match best practices, and published a research paper in the *Urologic Nursing*. [Click here to read the published article.](#)

Abstract

Antibiotics are often inappropriately prescribed for an uncomplicated urinary tract infection (simple cystitis) among females seeking treatment in primary care ambulatory clinics. This survey and retrospective chart review, performed at a single academic center, leveraged antibiotic stewardship principles to develop an electronic smart set to standardize antibiotic prescriptions.

Guelman, L., Hsieh, C.D., Pine, K., & Lough, M.E. (2020). Optimizing antibiotic management for acute simple cystitis in women: An evidence-based roadmap for the primary care ambulatory setting. *Urologic Nursing*, 39(6), 283-292. doi:10.7257/1053-816X.2019.39.6.283

Article By: Mary E. Lough & Lori Guelman

Education



Blurb:

This article explains how publishing algorithms can help authors to select an appropriate professional journal for manuscript submission.

Web Article:**Using Internet Algorithms to Identify Journals for Manuscript Submission**

One vital step an author makes before publication is deciding on the right journal for manuscript submission. This is important because there are thousands of journals to select from. They all have different publishing criteria and appeal to different audiences. This article outlines some proven methods to guide journal selection.

Methods and Websites to Identify Potential Journals:

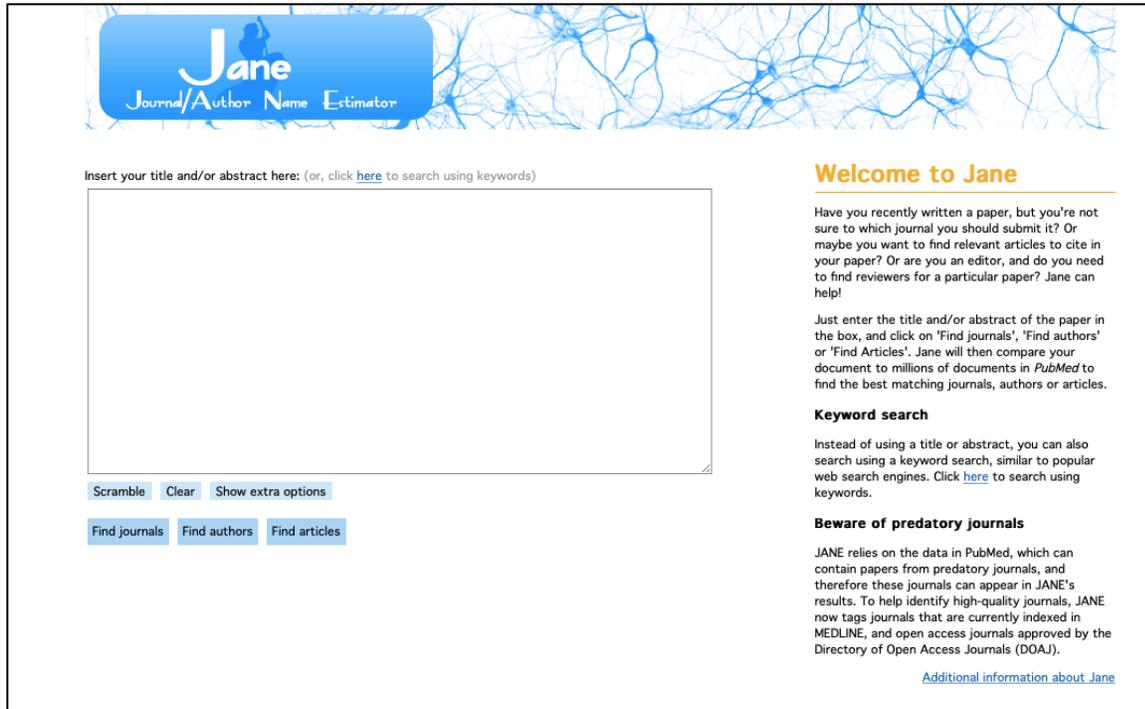
There are several useful websites to select the best journal for your manuscript:

- Journal Author Name Estimator (JANE)
- Journal Guide
- Major Healthcare Publishing Companies
- **International Academy of Nursing Editors (INANE)**

Journal Author Name Estimator (JANE)

For an unbiased overview to get started, the first stop should be to **Journal Author Name Estimator**, most often recognized as **JANE**. <http://jane.biosemantics.org>

The image below shows the **JANE** webpage with a blank space where information about the prospective journal article can be added. If the abstract is already written, copy and paste the abstract into the space. The website can also search for authors and similar articles to help with the literature review.



The **JANE** algorithm can also search by keywords. For example: five phrases were entered into the abstract space and the results are shown below:

1. Nursing care,
2. Pressure Ulcer Management,
3. Elderly,
4. Improved outcomes,
5. Research.

JANE selects journals and articles from PubMed, so these journals will be peer-reviewed and will not be “predatory journals” ([described in a prior Discovery article](#)).

The image below shows the results of the 5-item search listed above. From this page it is possible to retrieve individual articles as shown in the second image.



These journals have articles most similar to your input:
 "Nursing care pressure ulcer management elderly improved outcomes research"

Confidence	Journal	Article Influence	Articles
	International journal of nursing studies Medline-indexed	1.1	Show articles
	Journal of clinical nursing Medline-indexed	0.5	Show articles
	Nursing standard (Royal College of Nursing (Great Britain) : 1987) Medline-indexed		Show articles
	Revista latino-americana de enfermagem High-quality open access Medline-indexed PMC	0.1	Show articles
	Worldviews on evidence-based nursing Medline-indexed	0.6	Show articles
	Nursing in critical care Medline-indexed	0.4	Show articles
	British journal of community nursing Medline-indexed		Show articles
	Journal of nursing care quality Medline-indexed	0.3	Show articles
	Clinical nursing research Medline-indexed	0.4	Show articles
	International wound journal Medline-indexed	0.6	Show articles
	Nursing administration quarterly Medline-indexed		Show articles
	British journal of nursing (Mark Allen Publishing) Medline-indexed		Show articles
	J Wound Ostomy Continence Nurs Medline-indexed	0.3	Show articles
	Journal of trauma nursing : the official journal of the Society of Trauma Nurses Medline-indexed	0.4	Show articles
	The Diabetes educator Medline-indexed	0.8	Show articles
	International journal of palliative nursing Medline-indexed		Show articles
	Joint Commission journal on quality and patient safety Medline-indexed		Show articles
	BMC geriatrics High-quality open access Medline-indexed PMC	0.8	Show articles
	Dimensions of critical care nursing : DCCN Medline-indexed		Show articles
	Journal of aging and health Medline-indexed	0.8	Show articles
	Soins. Gerontologie Medline-indexed		Show articles
	Journal of the American Medical Directors Association Medline-indexed	1.2	Show articles
	Journal of nursing management Medline-indexed	0.5	Show articles
	Aging Male Medline-indexed	0.4	Show articles
	Research and theory for nursing practice Medline-indexed	0.2	Show articles
	Contemporary nurse Medline-indexed	0.3	Show articles



These journals have articles most similar to your input:
 "Nursing care pressure ulcer management elderly improved outcomes research"

Confidence	Journal	Article Influence	Articles
	International journal of nursing studies Medline-indexed	1.1	Hide articles

The confidence score for **International journal of nursing studies** is based on these articles:

Similarity	Citation
<input type="checkbox"/>	<p>Samuriwo R, Dowding D Nurses' pressure ulcer related judgements and decisions in clinical practice: a systematic review. International journal of nursing studies. 2014</p>
<input type="checkbox"/>	<p>Webster J, Bucknall T, Wallis M, McInnes E, Roberts S, Chaboyer W Does participating in a clinical trial affect subsequent nursing management? Post-trial care for participants recruited to the INTACT pressure ulcer prevention trial: A follow-up study. International journal of nursing studies. 2017</p>
<input type="checkbox"/>	<p>Beeckman D, Clays E, Van Hecke A, Vanderwee K, Schoonhoven L, Verhaeghe S A multi-faceted tailored strategy to implement an electronic clinical decision support system for pressure ulcer prevention in nursing homes: a two-armed randomized controlled trial. International journal of nursing studies. 2013</p>
<input type="checkbox"/>	<p>Trinkoff AM, Lerner NB, Storr CL, Han K, Johantgen ME, Gartrell K Leadership education, certification and resident outcomes in US nursing homes: cross-sectional secondary data analysis. International journal of nursing studies. 2015</p>

[Explore more in PubMed](#)

	Journal of clinical nursing Medline-indexed	0.5	Show articles
	Nursing standard (Royal College of Nursing (Great Britain) : 1987) Medline-indexed		Show articles
	Revista latino-americana de enfermagem High-quality open access Medline-indexed PMC	0.1	Show articles

Journal Guide

A second search option is the **Journal Guide**: <https://www.journalguide.com>

The same 5 phrases were entered into the abstract space, which produced a list of 28 potential journals. The top of the list is shown below. The list of journals is slightly different, and it does not have a direct link to the articles. However, **Journal Guide** has a link to connect to the author submission page that is helpful to understand journal requirements.

The screenshot shows the JournalGuide search interface. The search criteria include 'nursing care pressure ulcers' in the manuscript title and 'Nursing care, Pressure Ulcer Management, Elderly, Improved out' in the manuscript abstract. The search results show 28 journals matched. The top three results are:

Compare	Score	Journal name	Matches	Publisher	Impact	Speed	Open access	Follow
<input type="checkbox"/>	1	Nursing Standard (Royal College of Nursing (Great Britain) : 1987)	14	R.C.N.		Unknown	No	<input type="checkbox"/>
<input type="checkbox"/>	0.778	Nursing & Residential Care	10	Mark Allen Publishing		Unknown	No	<input type="checkbox"/>
<input type="checkbox"/>	0.622	Journal of Nursing Care Quality	8	Wolters Kluwer Health / Lippincott	0.983	Unknown	Yes	<input type="checkbox"/>

Major Healthcare Publishing Companies

Another option is to explore the webpages of the major healthcare publishing companies, as each has a journal search engine page. Because all the editorial webpages have a similar format this information is presented in a table. Copy the link into a web browser of your choice and explore. Obviously, each publisher presents their own journals in the results.

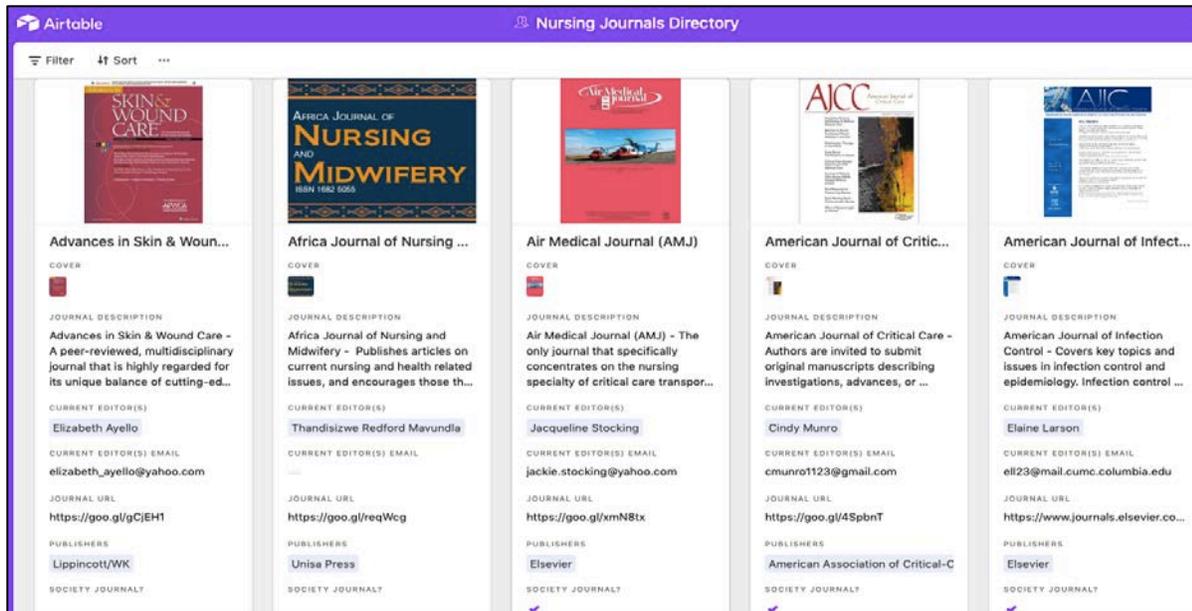
Publisher	Journal Search Weblink
Elsevier	https://journalfinder.elsevier.com
Springer BMC Journals	https://journalsuggester.springer.com
Wiley	https://journalfinder.wiley.com/search
Lippincott / Williams & Wilkins	https://www.nursingcenter.com/journals-articles
Sage	https://en-author-services.edanzgroup.com/journal-selector/publisher/sage

International Academy of Nursing Editors (INANE)

Alternatively, a very different type of search is to look at nursing journals where editors are members of the **IN**ternational **A**cademy of **N**ursing **E**ditors (INANE). These are often nursing society journals. The weblink is: <https://nursingeditors.com>



From the main webpage, click on the “Journals Directory” label to see an impressive pictorial list of all of the nursing journals on the site. The name of the journal editor is listed with a link to send an email enquiry. It can be helpful to know if the journal is planning a special issue on a topic that matches your interests and expertise. Most of these journals have both a print and an online version. Below is an example of one section of this extensive directory.



Submission Requirements – Instructions for Authors

Creating a list of possible journals is the first step. The next is to go to the journal website and find a section titled “Instructions for Authors”, “Submission Requirements” or similar. Each journal will have different and very specific instructions for the papers they accept. Specifics minimally include the following:

- Word limit for title
- Word limit and format for abstract
- Word limit and format for articles (this may vary depending on submission type)
- Table limit
- Figure limit
- Reference list format
- Conflict of Interest statement

Publisher Copyright or Open Access

A separate decision is whether the authors prefer the paper to be **copyrighted to the publisher** or to be **open access** and the authors retain the copyright for their paper. There are financial considerations because open access generally costs several thousand dollars. This information is available on the journal website and authors need to be aware of publication policies before submission.

Peer Review

Reputable journals send manuscripts out for peer review before acceptance. Peer reviewers are typically volunteers with expertise in the content area. Reviewers provide feedback on the manuscript and can offer helpful suggestions to make the paper stronger. However, if a manuscript is atypical for

the journal, it may receive a less favorable review. Finding the correct match using the websites listed above can help avoid this.

Conclusion

New web-based algorithms simplify the process of selecting a journal for manuscript submission and may even suggest some journals that are new to the author. The websites listed in this article are peer-reviewed for PubMed (JANE, Journal Guide, Major Healthcare Journals), or are nursing journals predominantly associated with nursing professional organizations (IINANE). Finally, even if publication is not the immediate aim, putting keywords into the text box can be a fruitful way to discover new publications for the future and to extend the literature review capacity.

Article By: Mary E. Lough

Spotlight



Blurb:

Interested in applying for the Stanford Nurse Alumnae Legacy Grant? The Office of Research, PCS at Stanford Health Care and Nursing Research and Evidence-Based Practice department at Stanford Children's Health are pleased to offer a complimentary digital webinar and virtual 1:1 support to nurses completing a grant application for the upcoming cycle deadline (April 30, 2020).

Web Article:

The Stanford Nurse Alumnae Legacy Grants, awarded in two cycles per year, support innovative research and demonstration projects that improve health care outcomes, the patient experience, and health system efficiency.

The Office of Research (SHC), and Department of Nursing Research and Evidence-Based Practice (SCH), in collaboration with the Stanford Nurse Alumnae, offer a complimentary grant writing webinar course that will provide the essential requirements and steps to complete a successful Legacy Grant application. The workshop will introduce learners to the Legacy Committee members who review grant

applications and provide an overview of expectations, how grants are reviewed and scored, and common mistakes to avoid. By the end of the webinar course, learners will be able to:

- identify the aim or purpose of a research project,
- identify the variables to measure change and methods for research,
- create a budget and timeline, and
- apply this knowledge to writing a complete grant application.

The target audience for this workshop are all professionals with a nursing degree interested in applying for grant funding with a developed clinical inquiry. Contact hours are available for attendees as well. Note that this course is available to SHC/SCH nurses only.

Program Objectives:

1. Identify items which should be included in writing a research grant.
2. Describe 3 common mistakes to avoid.
3. Discuss major topic areas in Legacy Grant applications.
4. Discuss different approaches/methods to answer the research question.
5. How to create a realistic budget.
6. How to create a realistic timeline.
7. How to format references.
8. Write a complete draft application for Legacy Grant.
9. Explain the major steps to writing a Legacy Grant application.
10. List resources to complete a literature review at Stanford.

The course faculty will also provide individual support in one-on-one virtual meetings immediately following the webinar course. If you'd like to sign-up for an available time slot for a digital 1:1 meeting, space is limited—sign-up today! [Digital 1:1 Meeting Sign-Up](#)

Preparation for 1:1 Digital Sign-Ups: [Download the Legacy Grant application](#) and begin considering the questions being asked to facilitate the discussion with our nurse scientists. (not required but very helpful).

Registration Instructions:

Date: Thursday, April 9, 2020
Webinar: 9:00am – 10:30am
Fees: None - Course is complimentary

For SHC and SCH employees, click on the registration link: [Register Here](#).
If you are unable to attend or the course has reached capacity, the webinar will be recorded and available for viewing [here](#).

If you'd like to read a previously published article about Legacy Grants, you can view the [Tips to Write a Successful Legacy Grant](#) link.

Stanford Health Care employees: You will need to login with your SID and password.
Stanford Children's Health employees: You will need to create a login and password.

Stanford Instructors:

Mary E. Lough PhD, RN, CCNS, FCCM, FAHA, FCNS, FAAN, SHC

Monique Bouvier PhD, RN, PNP-BC, SHC
Annette S. Nasr PhD, RN, SCH

Stanford Nurse Alumnae Instructors:

Julie Shinn, Vice President
Patricia Sparacino, Treasurer

The Legacy Grant is generously funded by the Stanford Nurse Alumnae (SNA). SNA serves as a liaison between nurse alumnae of the Stanford University School of Nursing (1895-1974), Stanford University alumnae who have earned a baccalaureate degree in nursing at another institution and/or an advanced degree, and Stanford University to perpetuate Stanford University School of Nursing's traditions of nursing excellence in clinical care, education, leadership, and research.



Article By: Sana Younus