

# Daniel K. Inouye Graduate School of Nursing

## DNP Projects from Program Inception by Category

### Category 1: Behavioral Health

Class 2022

#### 1. Ft Hood

**Title:** Implementation of a Telebehavioral Health Program Evaluation Approach at Fort Hood Behavioral Health Clinics. MAJ Amanda N. Canada, CPT(P) Austin W. Feltman

**Purpose:** Assess a military Telebehavioral Health (TBH) program using a standardized program evaluation measures to see if care outcomes are aligned with quality standards.

**Impact:** We introduced a new evaluation approach that promotes the standardization, sustainment, and scalability of TBH services, providing a foundation to ensure that TBH services are standardized across the organization.

#### 2. Colorado Springs

**Title:** Stress, Anxiety, and Mindfulness-Based Stress Reduction (MBSR), Capt Melissa G. Anderson, Capt John L. Wilbur Jr.

**Purpose:** To see if a virtual 8 week stress reduction program reduces stress and anxiety.

**Impact:** MBSR is best utilized as a wellness tool, preventing the escalation of stress and anxiety symptoms to pathological levels.

#### 3. Joint Base Lewis McChord

**Title:** Joint Base Lewis-McChord Telebehavioral Health Service Program Evaluation. CPT Edward Githiora and LT Latisha Smith

**Purpose:** To assess whether patients receiving Telebehavioral health services are more engaged in Mental Health treatment and experience reduced symptom severity compared with traditional approaches.

**Impact:** Telebehavioral health services increased access to care in a mental health setting

#### 4. Naval Medical Center Portsmouth

**Title:** Standardizing the Screening Process for Behavioral Health Disorders. LT Heather W. Nelson, LCDR Sarah M. Tuparan, LCDR Samira L. Wrightson

**Purpose:** Determine if training staff on the use of a standardized behavioral health screening tool will improve screening for anxiety, depression and alcohol use disorders in active duty service members.

**Impact:** Implementing a standardized evidence-based screening tool can address screening gaps by identifying at-risk service members for behavioral health disorders, and identifying these at-risk patients through early screening can limit progression, improving readiness.

#### 5. Naval Medical Center Camp Lejeune

**Title:** Low-Intensity Cognitive Behavioral Therapy in Group Telebehavioral Health Format for Depressive Disorders Treatment in Primary Care. LCDR Carla J Graham, LT Nicole Morris, LT Katherine G Whatley

**Purpose:** Assess whether a 6 week group TeleBehavioral Health program can reduce depression symptoms, decrease the use of civilian Mental Health services while maintaining patient satisfaction

**Impact:** The LiCBT program in group TBH format is a feasible and effective treatment for decreasing severity of depressive symptoms, while achieving patient satisfaction. This has the potential to significantly increase access to care, contributing to improved service member functioning and military readiness.

#### 6. Travis AFB

**Title:** VA/DoD Clinical Practice Guideline-Based Telephonic Brief Intervention and Contact (BIC) for Suicide Prevention. Capt Amanda Co, Maj Matildah Mchatta, Capt Vesper Wilson

**Purpose:** Determine if, over an 11 week period, adding a brief telephone intervention reduces the number of DoDSER-generated reports, readmissions and severity of suicidal thoughts in a military members at high risk for suicide or after a suicide attempt.

**Impact:** BIC intervention reduced: severity of suicidal ideations, number of suicide- related readmissions, and number of DODSER generated reports.

## Class 2021

### 1. Naval Medical Center San Diego, CA

**Title:** Implementation of aromatherapy, a non-pharmacological intervention, to reduce anxiety during the preoperative period. LT Amanda J. Honig, LT Mia G. Galassi, & LCDR Olufemi O. Ogungbe

**Purpose:** Evidence-based quality improvement initiative to determine the effect of aromatherapy on preoperative anxiety.

**Impact:** Reducing preoperative anxiety with aromatherapy positively impacts patient outcomes and satisfaction while contributing toward patient-centered care in support of the MHS's Quadruple Aim.

### 2. Ft Bragg & Ft Hood

**Title:** Program Evaluation of Prevention of Management of Disruptive Behavior-Military (PMDB-M) MAJ Paul McLemore, MAJ Geraldine Waters

**Purpose:** To evaluate the DoD's Workplace Violence Prevention Program, Prevention and Management of Disruptive Behavior-Military (PMDB-M) as implemented at Womack Army Medical Center, to protect both staff and patient safety while optimizing outcomes and minimizing costs to the organization related to workplace violence.

**Impact:** To produce actionable suggestions to improve/sustain the implementation of PMDB-M, improve the confidence, knowledge, skills and abilities of staff, and protect both staff and patient safety as well as enhance mission readiness at Womack Army Medical Center.

### 3. Ft Bliss

**Title:** Evaluation of the mental health team's knowledge and adherence to the six recommended elements of the safety plan outlined in the 2019 VA/DOD Clinical Practice Guidelines for the Assessment and Management of Patients at Risk for Suicide. MAJ Fox, Amanda, LT McCall, Delanta, MAJ Olaigbe, Olabowale, MAJ Womack, Eric, & MAJ Head, Sarah

**Purpose:** Improve knowledge and adherence to the six recommended elements of the safety plan outlined in the 2019 VA/DOD Clinical Practice Guidelines for the Assessment and Management of Patients at Risk for Suicide.

**Impact:** An educational intervention based on the 2019 VA/DoD CPG and current literature improved the quality and completeness of safety plan documentation and reduced the potential for suicidal behavior in three different Military Treatment Facilities.

#### 4. Colorado Springs & Travis AFB

**Title:** Improving Alcohol Use Outcomes in Active Duty Air Force Members with Co-occurring Mental Health Diagnoses Maj Joseph Leondike & Maj Elizabeth Phillips

**Purpose:** In young adults, who have the highest risk of hazardous alcohol use, does providing a screening and brief intervention lower alcohol scores on the AUDIT-C test?

**Impact:** A brief alcohol intervention will reduce alcohol consumption and lower AUDIT-C scores.

#### 5. Naval Medical Center Portsmouth

**Title:** Utilization of Internet-based Cognitive Behavioral Therapy in Adults with Depressive Symptoms: A Bridge Between Primary Care and Specialty Care LT Manaia F. Alaimalo, LT Janet Bristow, LT Shelley B. Gray

**Purpose:** Our goal was to use an educational intervention to increase providers' self-reported frequency of use of iCBT, increase knowledge about the VA & DoD CPG recommendation and delivery resources, and increase providers' perception of the benefit and intent to use iCBT in clinical practice.

**Impact:** 80% of providers reported they were using iCBT in clinical practice, and 100% reported they intend to use iCBT in the future, an increase of 30% and 12.5% respectively. These results demonstrate the efficacy of the intervention and the practicality of implementing the use of iCBT in primary care.

### Class 2020

#### 1. Naval Medical Center Portsmouth, VA

**Title:** Antidepressant Medication Adherence in Patients Diagnosed with Depression\* (LT Moore, LCDR Nguyen)

**Purpose:** The primary purpose of this DNP project was to determine if adult patients with depression who receive additional education and support intervention during antidepressant initiation, sustain medication adherence at 6 weeks?

**Impact:** Initiating the use of an antidepressant educational pamphlet along with supportive follow-up phone calls is helpful in maintaining medication adherence and is linked to depression severity improvement by as much as 85%. Enhancing medication adherence improves service member functioning and thus contributes to enhancing military readiness.

## 2. Colorado, USAF & Travis Air Force Base, CA

**Title:** Evaluation of Primary Care Provider Adherence to the VA/DoD 2016 Clinical Practice Guideline (CPG) for Major Depressive Disorder (MDD) and Patient Outcomes (Major Briones, Jessup & Capt. Clark Spesard-Langfield)

**Purpose:** Assessing provider adherence to the VA/DoD Depression CPG and its links with depression severity outcomes

**Impact:** The current process evaluation identified adherence gaps, patterns, site, and provider-specific adaptations along with recommendations for further sustainment of the CPG. These improvements can contribute to better patient outcomes and improved readiness in service members.

## Class 2019

### 1. Darnall Army Medical Center, Ft Hood:

**Title:** Adherence to Evidence-Based Practice for Major Depressive Disorder

**Purpose:** Determine if providers are screening, diagnosing, and managing depressed patients following VA and DoD CPG for MDD to increase performance measure adherence relevant to MDD and improve compliance to the CPG for MDD.

**Impact:** Targeted educational interventions improved provider knowledge and understanding of CPG recommendations for the assessment, diagnosis, and management of MDD by providers caring for active duty service members; and therefore, may improve clinical outcomes for MDD.

### 2. Madigan Army Medical Center, JBLM:

**Title:** Utilization of the Clinician-Administered Post-traumatic Stress Disorder (PTSD) Scale for the DSM-5 (CAPS-5) to Assess PTSD Symptom Severity in an Intensive Outpatient Program

**Purpose:** Improved utilization of CAPS-5 as an evidence-based practice tool for better diagnostic clarity of PTSD.

**Impact:** Optimizing CAPS-5 assessments supports efficient utilization of resources, better access to care for patients and supports the Military Health System's Quadruple Aim.

### 3. Naval Medical Center Portsmouth:

**Title:** An Evaluation of the Caregiver Occupational Stress Control Program at Naval Medical Center Portsmouth

**Purpose:** The primary purpose of this DNP project was to determine the impact and effectiveness of the CgOSC program at Naval Medical Center Portsmouth.

**Impact:** Results from this project can strengthen local and regional leadership's efforts in promoting systematic measurements for the impact and effectiveness of the CgOSC program.

### 4. David Grant Medical Center, Travis AFB/ Madigan Army Medical Center, JBLM:

**Title:** Postvention Program for Clinicians after Loss of a Patient to Suicide

**Purpose:** After providing education on the impact of patient suicide on providers, assessed the perceived need for clinician-focused suicide postvention guidelines at an Air Force MTF.

**Impact:** 95.24% of participants reported that a clinician-focused postvention program would be helpful. A future pilot study could lead to implementation of postvention guidelines across the MHS and ultimately foster a culture of support and clinician readiness in the aftermath of patient suicide.

## Class 2018

### 1. William Beaumont Army Medical Center, Ft Bliss:

**Title:** Ensuring Active Duty Service Members with PTSD Receive Evidence-Based Treatment

**Purpose:** Ensuring Active Duty Service Members with PTSD Receive Evidence-Based Treatment

**Impact:** The project made education, practice, and policy recommendations and increased awareness of the VA/DOD PTSD CPG

### 2. David Grant Medical Center, Travis AFB:

**Title:** Mental Health Stigma Reduction: Piloting the LINKS Anti-Stigma Program

**Purpose:** Pilot-study of the LINKS evidenced-based anti-stigma program to measure outcomes and determine efficacy in the target population (military mid-level leadership).

**Impact:** Implementing the LINKS Mental Health Stigma Reduction program reduced MH stigma, enhancing military readiness, reducing risk, and improving mental health outcomes.

### 3. Naval Medical Center San Diego + 88<sup>th</sup> Medical Group, WPAFB:

**Title:** Incivility in the Workplace: An Evidence-Based Practice Pilot Project

**Purpose:** Assess workplace incivility among perioperative nurses in an MTF and implement an evidence-based intervention consistent with findings.

**Impact:** Identifying sources of uncivil behavior can guide intervention strategies and promote workplace civility.

## Class 2017

### 1. William Beaumont Army Medical Center, Ft Bliss:

**Title:** Evaluation of Behavioral Health Intensive Outpatient Programs at Fort Bliss

**Purpose:** Program evaluation of BHIOP and determine effectiveness of meeting intended outcomes (administrative/medical separations, BH inpatient admissions, BHIOP readmissions, and return to duty rates).

**Impact:** Standardized BHIOP referral policies to maximize effects of participation and outcomes.

### 2. Darnall Army Medical Center, Ft Hood:

**Title:** Evaluation of Behavioral Health Intensive Outpatient Programs at Fort Hood

**Purpose:** Determine whether the completion of the BHIOP provides clinically significant outcomes supporting reduction in behavioral health symptoms reported in BHDP.

**Impact:** BHDP patient report scales are not useful as BHIOP patient outcomes. Factors, such as readiness, care cost, reduced hospitalizations and functional improvement may be more useful.

# Category 2: Improving Clinical Performance

Class 2022

## 1. Colorado Springs

**Title:** Battlefield Acupuncture in the Treatment of Low Back Pain at a Military Treatment Facility. Maj James S. Fite, Maj Daniel V. Tesch

**Purpose:** Evaluate whether Battlefield Acupuncture, compared to standard practices, improves readiness in active-duty service members with a history of non-traumatic low back pain.

**Impact:** BFA is an effective pain control alternative for LBP, which can lower costs by reducing the number of emergency department or primary care visits the number of CNS depressant prescriptions.

## 2. Ft Belvoir

**Title:** Opioid-Sparing Analgesia in the Post-Anesthesia Care Unit: Subdissociative Ketamine Administration. MAJ Andre Brown, LCDR Eric Sanchez, CPT (P) Alex Jung

**Purpose:** Compare the pain scores and opioid use in postoperative adult orthopedic patients managed conventionally compared to those who are managed using a PACU analgesia order set that includes subdissociative ketamine (SDK).

**Impact:** Administration of SDK decreased the use of fentanyl in the PACU but not the overall total dose of opioids. The addition of non-opioid medications to the PACU order set would expand our multimodal approach to analgesia into the PACU.

## 3. Joint Base Lewis McChord

**Title:** Home Exercise Programs for Self Rehabilitation of Non-Specific Low Back Pain. MAJ Mark Cenon and Maj Christela Turner

**Purpose:** Determine if offering providers information about a Home Exercise Program (HEP) for Low Back Pain (LBP) alters the number of HEP prescriptions and Physical Therapy referrals for adult patients with nonspecific LBP.

**Impact:** The HEP Toolkit expanding treatment options for patients with nonspecific LBP, lowering PT referrals, reducing lost workdays to medical treatment, and improving medical readiness.



#### 4. Keesler AFB

**Title:** Implementing DHA Pain Management Procedural Instruction into Primary Care Clinics Using a Clinical Decision Support Tool for Pain Management. Capt Savanna Bowers, Lt Col Twana Hadden, Maj Nathan Stevenson

**Purpose:** Determine whether pain management documentation improves when providers are educated on the MHS Stepped Care Model for Pain Management (SCM-PM) clinical decision tool available in the EHR

**Impact:** When providers are educated about the Stepped Care Model for Pain Management (SCM-PM), their patients reported decreased the length of time they experienced pain, they prescribed fewer pain medications and their patients used home pain management strategies more.

#### 5. Wright Patterson AFB

**Title:** Multimodal Anesthetic Recommendations for Patients Identified with Chronic Pain Undergoing Major Joint or Neuro-spine Surgery. Maj Aria Klein, Maj Edson Charles, Capt Joshua Boyle, Capt Mathew Thompson

**Purpose:** Determine if using a screening tool and employing specific anesthetic recommendations changes time to first opioid use, opioid consumption, and length of stay in adults with chronic pain undergoing major joint or neuro-spine surgeries.

**Impact:** The use of a screening tool and specific anesthetic recommendations significantly delayed first opioid use and length of stay but appeared to increase opioid use at 24 hours.

### Class 2021

#### 1. Colorado Springs & Joint Base Lewis Mccord

**Title:** Implementation of a Diabetes Risk Checklist to Identify Active Duty Service Members Susceptible to Diabetes MAJ Brittany Hall, MAJ Neidra Simmons, CPT Chelsea Johnson

**Purpose:** To improve provider compliance with ADA 2020 guideline recommendations for screening asymptomatic ADSMs for diabetes risk factors in effort to provide early intervention and delay or prevent the progression of prediabetes to diabetes.

**Impact:** The implementation of a Diabetes Risk checklist over the course of three months increased provider adherence to the ADA 2020 guidelines and positively identified six ADSMs with prediabetes. Early identification and intervention may prevent these individuals from progressing to diabetes and undergoing a medical evaluation board, possibly leading to discharge from military service.

## 2. Ft Bragg & Ft Hood, Texas

**Title:** STarT Back to Prevent the Progression of Chronic Low Back Pain in Military Service Members MAJ Ameera Brooks, MAJ Crystal Kelley, MAJ LaChish Latimer, and CPT Tonesha Sorrell

**Purpose:** Early and accurate treatment of acute low back pain in military service members to prevent the development of chronic low back pain.

**Impact:** The use of the STarT Back tool decreases the prevalence of chronic LBP in military service members and therefore increase readiness and save millions for the Military Health System and Veterans Affairs.

## Class 2020

### 1. Ft Bliss, Texas:

**Title:** Applying Telephone Triage and Treatment to Acute Low Back Pain (CPT Geiger, CPT Martin)

**Purpose:** implementation of pre-appointment triage, an automatic activity limiting profile, and prescription of non-steroidal anti-inflammatory medications for service members with acute, non-traumatic, low back

**Impact:** Telephone triage can easily adopted by primary care clinic in use of. Identifying and managing patients before their scheduled appointments reduces suffering and increases compliance with HEDIS measures.

### 2. Combined: Fort Bragg/Fort Hood:

**Title:** Battlefield Acupuncture in the Management of Non-Traumatic Low Back Pain in Service Members (MAJ Birkle, MAJ Brown, CPT Prince, CPT Cossa, MAJ Gibbons)

**Purpose:** Does battlefield acupuncture provide improved medical readiness when compared to current practice?

**Impact:** Providing education on the CPG and BFA expands provider knowledge and safely and promotes BFA as an effective, efficient and highly appropriate pain management technique. Administration of BFA improves ADSM readiness and reduces duty limiting profiles and CNS depressant medication prescriptions.

### 3. Ft Hood, Texas

**Title:** Battlefield Acupuncture in the Management of Non-Traumatic Low Back Pain in Service Members MAJ Birkle, MAJ Brown, CPT Prince, CPT Cossa, MAJ Gibbons

**Purpose:** Does battlefield acupuncture provide improved medical readiness when compared to current practice?

**Impact:** Providing education on the CPG and BFA expands provider knowledge and safely and promotes BFA as an effective, efficient and highly appropriate pain management technique. Administration of BFA improves ADSM readiness and reduces duty limiting profiles and CNS depressant medication prescriptions.

### 4. Keesler Air Force Base

**Title:** Analysis of Barriers to Implementation of the Defense Health Agency Procedural Instruction (DHA-PI) on Pain Management and Opioid Safety in the Military Health System, Major Fernandez, Kimmell, Obiah

**Purpose:** Identification of perceived barriers to implementation of DHA-PI 6025.04 at KMC using the Consolidated Framework for Implementation Research (CFIR)

**Impact:** Adopting targeted strategies to the most significant barriers identified with the validated ERIC tool, will assist in implementing DHA-PI 6025.04 at KMC

### 5. Naval Medical Center Portsmouth:

**Title:** Risk factors for persistent post-surgical pain: Implementation of a risk assessment questionnaire (LT Beasley, LT Blais, LT Garcia, LT Tio)

**Purpose:** To improve the identification of preoperative patients at risk for persistent postsurgical pain.

**Impact:** Improved identification of patients at risk for persistent postsurgical pain which can lead to improved healthcare outcomes, increased patient satisfaction, and decreased costs which contribute to the Military Health System Quadruple Aim.

### 6. Naval Medical Center San Diego:

**Title:** Implementation of an opioid-sparing guideline in the post anesthesia recovery unit (LT Sternbaum, LT Balazs, LT Bautista, LT Moore)

**Purpose:** Use an opioid-sparing guideline to reduce opioid administration and improve postoperative pain management in the post-anesthesia care unit.

**Impact:** The guideline did not decrease opioid administration but it did directly increase awareness and administration of non-opioid adjuncts in the PACU.

## Class 2019

### 1. Fort Bragg (Womack Army Medical Center), NC:

**Title:** Risk Mitigation in Chronic Opioid Therapy for Pain

**Purpose:** Describe the use of risk mitigation strategies for patients on chronic opioid therapy for pain in primary care at Fort Bragg.

**Impact:** Risk mitigation strategies were overall consistent with VA/DOD CPG; few benzodiazepine co-prescriptions; high naloxone co-prescription; inconsistent UDT due to vague guidelines.

## 2. Joint Base San Antonio-Lackland Air Force Base (59th Medical Wing)

**Title:** Reporting Compliance with the Clinical Practice Guidelines for Opioid Therapy for Chronic Pain

**Purpose:** Developed and published a monthly provider compliance report of overall long-term opioid therapy numbers and rates of naloxone co-prescription, benzodiazepine co-prescription, and urine drug screening.

**Impact:** Improvement in numbers of long-term opioid therapy orders and co-prescription of naloxone. Formal Care Point application reporting projects variables in production for future sustainability.

## Class 2018

### 1. Naval Medical Center Portsmouth:

**Title:** Remifentanyl for Labor Analgesia: an Evidence-Based Practice Project

**Purpose:** The purpose of this EBP project was to develop an evidence-based protocol that standardized administration and nursing care for the parturient receiving remifentanyl.

**Impact:** Implementing an evidenced-based remifentanyl protocol standardizes care and improves patient experiences.

### 2. Ft Belvoir Community Hospital:

**Title:** Remifentanyl for Labor Analgesia: an Evidence-Based Practice Project

**Purpose:** The purpose of this EBP project was to develop an evidence-based protocol that standardized administration and nursing care for the parturient receiving remifentanyl.

**Impact:** Implementing an evidenced-based remifentanyl protocol standardizes care and improves patient experiences.

### 3. **Walter Reed National Military Medical Center:**

**Title:** Improving Success Rate of the Adductor Canal Block (ACB) by Standardizing Technique

**Purpose:** Standardizing technique of the adductor canal block to improve the success rate of peripheral nerve blocks for knee and leg procedures.

**Impact** Standardizing techniques used in Adductor Canal Block (ACB) did not improve block success rate, but did reduce local anesthetic use while maintaining the same level of success.

### 4. **96th Medical Group, Eglin AFB:**

**Title:** Anxiety Management for Needle Localization

**Purpose:** To improve the patient experience by implementing a standard operating procedure for the assessment and management of anxiety in patients undergoing needle localization prior to breast surgery.

**Impact:** Patients felt that anxiety medication given before needle localization prior to breast surgery was beneficial.

## **Class 2017**

### 1. **Naval Medical Center San Diego:**

**Title:** Evaluation and Implementation of a Continuous Respiratory Monitoring Curriculum

**Purpose :** To develop, implement and evaluate the effectiveness of a Continuous Respiratory Monitoring (CRM) Curriculum for ward staff at NMCSO, ultimately with the goal of improving knowledge and confidence among ward staff caring for patients at risk of respiratory depression.

**Impact:** Data show the CRM curriculum increased ward staff knowledge and confidence levels when providing care to patients at risk for respiratory depression at NMCSO.

### 2. **Naval Hospital Jacksonville:**

**Title:** Implementation of an Education Program for an Ultrasound-Guided Liposomal Bupivacaine Transversus Abdominis Plane (TAP) Block Protocol for Open Abdominal Procedures

**Purpose:** To educate staff in the placement and postoperative management of Liposomal Bupivacaine Transversus Abdominis Plane blocks.

**Impact:** The project removed barriers to Liposomal Bupivacaine Transversus Abdominis Plane block placement, contributing the availability of safe and effective postoperative analgesia for patients undergoing abdominal surgery at NH Jacksonville.

## **Class 2016**

### 1. **Naval Hospital Jacksonville:**

**Title:** Implementation of a Standardized Preoperative Diabetes Medication Management Guideline - A Process Improvement.

**Purpose:** To determine whether creating a standard Preoperative Diabetes Medication Instruction tool will improve preoperative diabetes medication management among anesthesia providers

**Impact:** Improved preoperative diabetes medication management knowledge and confidence scores among anesthesia providers through process standardization and creation of a Preoperative Diabetes Medication Instruction tool.

## **2. Wright Patterson Air Force Base**

**Title:** Ketamine: An Adjunct to Multimodal Analgesia

**Purpose** Multimodal ketamine evidence based recommendations created for anesthesia providers with dissemination through an education module and elimination of formulation barriers that impacted utilization.

**Impact:** Sustained usage and improved outcomes translates to safer anesthetics besides increased patient satisfaction.

## **3. Naval Medical Center San Diego:**

Inpatient Respiratory Monitoring: Implementation at a Large Military Treatment Facility

# Category 3: Improving Patient Safety, Clinical Practice and Care Systems

Class 2022

## 1. Ft Belvoir

A Case for Hysterectomy ERAS

**Title:** A Case for Hysterectomy ERAS. Maj Jason Benchich, CPT Kristal Harps

**Purpose:** Determine whether a hysterectomy ERAS protocol reduces postoperative opioid use, length of hospital stay, and inadvertent medication administration compared to traditional care, in adult women undergoing hysterectomy

**Impact:** Standardizing hysterectomy care using an ERAS protocol improves patient safety, potentially significant reducing healthcare costs, but getting providers to actually use the protocol was a challenge.

## 2. Naval Medical Center San Diego

**Title:** Enhanced Recovery for Elderly Surgical Patients Receiving General Anesthesia. LCDR Joseph Dimarucut, LCDR Sarah Faris

**Purpose:** Determine whether an ERAS protocol to reduce Post Operative Cognitive Dysfunction and Delirium in the elderly will decrease costs, while increasing staff knowledge and patient satisfaction.

**Impact:** A protocol used to prevent cognitive dysfunction and delirium in elderly patients during the post-operative period improves patient satisfaction and decreases costs associated with POCD and POD.

## 3. Naval Medical Center San Diego

**Title:** Age-Appropriate Video Distraction for Pediatric Surgical Patients Assessing the Process of Reducing Operating Room Delays. CPT Ramesh Gautam, CPT Jacob Orrino

**Purpose:** Assess whether an age-appropriate video distraction tool, compared to oral benzodiazepine, reduces operating room turnover times for patients between the ages of 2-12.

**Impact:** When video distraction is used pre-operatively in children between the ages of 2 and 12, surgical turnover time and medication exposure was significantly reduced, both of which decreased MTF costs.

## 4. Ft Bragg

**Title:** Improving Chlamydia Risk Screening by Identifying High-Risk Service Members Using the CDC's 5 Ps Approach to Sexual Health History at a Large Military Base in North Carolina. CPT Ramesh Gautam, CPT Jacob Orrino

**Purpose:** Determine if screening all service members under the age of 30 using the 5 Ps sexual health history tool improves the identification of high-risk behaviors for and asymptomatic carriers of chlamydia.

**Impact:** Using the 5 Ps approach to sexual health improves the identification of at-risk SMs under the age of 30.

## 5. Travis AFB

**Title:** Implementing STOP-BANG for Perioperative Screening of Obstructive Sleep Apnea. Maj Mark Anderson Maj Jeremy Swanson Capt Chris Shawver

**Purpose:** Assess whether staff education and implementing an OSA screening process can improve the identification of OSA in adult surgical patients

**Impact:** Implementing a systematic OSA screening program identified 67 patients at increased risk for OSA, only 6 of whom had an OSA diagnosis in their record, indicating that educating anesthesia providers about OSA screening can improve the diagnosis of OSA

## 6. Walter Reed

**Title:** Beyond What the Eye Can See: Verifying Surgical Instrument and Endoscope Cleanliness with Adenosine Triphosphate Technology. Major Christy V. Mitchell Major Richard D. Anderson

**Purpose:** Determine whether audits, ATP testing and visual assessment is better than visual assessment alone for evaluating manually cleaned surgical instruments and endoscopes for residual bioburden

**Impact:** Implementing audits and ATP testing improved the identification of bioburden and improved cleaning practices on manually cleaned surgical instruments and endoscopes.

## 7. Walter Reed

**Title:** Post-Anesthesia Care Unit Bypass Initiative. Major Adriana Vargas-Geminiano Captain Thomas Vieten

**Purpose:** Assess whether selected patients undergoing minor orthopedic surgeries under MAC can safely bypass the PACU and proceed directly to the Ambulatory Procedure Unit (APU) from the Operating Room (OR), potentially saving money and decreasing inpatient stay time.

**Impact:** For appropriate patients, bypassing the PACU decreases time to discharge, improves hospital and staffing resource utilization, and decreases costs.

## 8. Walter Reed National Military Medical Center

**Title:** Increasing Surgical Supply Cost Transparency Using a Balanced Scorecard (BSC) CPT Mihye Kim MAJ Jesse Rivera-Rosario

**Purpose:** To improve accurate assessment of surgical supply expenses using a weekly scorecard.

**Impact:** Balanced Scorecards are effective at monitor and improving financial performance . Educating surgeons on cost-efficient alternatives for routinely used surgical supplies can decrease costs and improve patient outcomes.

## 9. Ft Bliss



**Title:** Patient Satisfaction, Utilization, and Preference with Synchronous Virtual Primary Care Appointments for Adult Beneficiaries at Fort Bliss, Texas. MAJ Kuyt, L.S. MAJ Masten, T.C. MAJ Peterman, E.A.

**Purpose:** Compare primary care utilization, patient satisfaction and preference in adult patients receiving care via telehealth compared to adults cared for in a traditional face-to-face appointment.

**Impact:** Patients prefer virtual visits, but medical triage may be necessary if a physical exam is required.

#### 10. Naval Hospital Jacksonville & Camp Lejeune

**Title:** Reducing Pain Associated with Intravenous Catheter Placement. Daniel Calma, LCDR Michael Davidson, LCDR Lani Kuhlow, LCDR

**Purpose:** Assess whether intradermal lidocaine placed prior to Peripheral IV catheter (PIVC) insertion reduces pain and increases satisfaction in adult patients compared to those receiving IV catheter placement using no analgesia.

**Impact:** Intradermal lidocaine training is a sustainable, standardized, evidence-based skill that reduces pain during PIVC insertion

#### 11. Travis AFB

**Title:** Implementation of Music Medicine to Reduce Preoperative Anxiety in Adult Patients. Major Jason E. Frias Captain Jorge Montequin

**Purpose:** Determine whether music played through over-the-ear-headphones can decrease preoperative anxiety compared to normal care.

**Impact:** Music medicine improved patient surgical experience and satisfaction and can decrease preoperative anxiety.

## 12. Naval Medical Center Bremerton

**Title:** Improving Sexual Health Assessment in Primary Care, LCDR Lisa Umpa, LCDR Christina Elrod

**Purpose:** Evaluate if an interactive staff education program can improve staff comfort with and adherence to CDC and USPSTF sexual health risk assessment screening guidelines

**Impact:** We created a sustainable workflow change to ensure patients received appropriate sexual health care based on individual risk factors. The intervention lead to a statistically significant increase in guideline compliances

## Class 2021

### 1. Portsmouth, VA

**Title:** Online Procedural Sedation Education for Nurses at Naval Medical Center Portsmouth: An Evidence-Based Initiative, LCDR Buckley, LT Grandez, & LT Marshall

**Purpose:** Pre- and post-implementation comparative analysis of current face-to-face training and an evidence-based, online, self-paced procedural sedation training platform to improve the percentage of specialty qualified nurses in the emergency and intensive care departments.

**Impact:** Mandating procedural sedation training in the ICU and EMD at NMCP will improve readiness, patient safety outcomes and support the MHS's Quadruple Aim's essentials and is in keeping increasing trends towards virtual learning during Coronavirus Disease 2019 (COVID-19).

### 2. Camp Lejeune, NC

**Title:** Evaluation of Syndromic Surveillance Data as a Trigger for an Alternate Care Facility in an Epidemic/Pandemic MAJ Melanie Owes and Maj. Bryan Hersch

**Purpose:** Examination of syndromic surveillance data as a trigger for an alternate care facility in an epidemic/pandemic

**Impact:** Optimizing reporting of syndromic surveillance predicts and identifies healthcare utilization trends and supports provisional reallocation and distribution of workforce and resources to reinforce core epidemiological principles, increase access to care, and sustain the tenets of the MHS Quadruple Aim.

### 3. Naval Medical Center San Diego

**Title:** Implementation of Audio-Guided Breath Work to Reduce Stress in Graduate Nursing Students: An Evidence-Based Project LT Lexus R. Anderson; LT Tiana A. Daubach, LT Darrell N. Mendoza

**Purpose** To provide graduate nursing students effective ways to reduce perceived stress during academia and in future practice through the use of audio-guided breath work techniques

**Impact:** Provided graduate nursing students with techniques to reduce their perceived levels of stress through audio-guided breath work exercises that can be integrated into their academic training, as well as utilized throughout their future clinical practice.

### 4. Naval Hospital Jacksonville, FL

**Title:** Implementation and Evaluation of an Ultrasound Guided IV Insertion Training Program LT Samantha Filipovich, LT John Dilgard, & LT Simon Conrad

**Purpose:** To implement and evaluate the impact of an USGPIV training program on knowledge, confidence, and skills in nurses and corpsmen on the pre-operative unit and labor and delivery ward.

**Impact:** Implementation of NHJAX's USGPIV training program fosters sustainability in the skill of USGPIV cannulation while enhancing military readiness of nurses and corpsmen. Military health care providers who possess knowledge, confidence, and skills in ultrasound science and the capability of USGPIV cannulation, aligns with the Defense Health Agency's (DHA) goals for a high reliability organization, and Quadruple Aim. It allows for autonomous skillsets supporting appropriate allocation of manpower while increasing knowledge, confidence, and. Improving Clinical Performance: Respiratory Management.

### 5. Keesler, MS

**Title:** Automated Office Blood Pressure Monitoring for the Diagnosis of Hypertension Capt Precious Arnette, Maj Cassie Foss, Capt Craig Schadewald, Lt Col Theodore Szerszenski III

**Purpose:** Would the implementation of an AOBP system lower the number of patients with ICD-10 diagnoses of R03.0 Elevated blood pressure without diagnosis of hypertension and differentiate WCHT from HTN?

**Impact:** The incorporation of the AOBP system into the FHC for use of BP analysis in patients presenting with elevated BP, reduced the number of R03.0 diagnoses and identified HTN, leading to earlier HTN treatment. The incorporation of the AOBP system into the FHC for use of BP analysis in patients presenting with elevated BP, reduced the number of R03.0 diagnoses and identified HTN, leading to earlier HTN treatment.

### 6. Wright Patterson AFB, OH

**Title:** Implementation of a postoperative nausea and vomiting risk stratification score with a decision support tool to standardize antiemetic administration Maj Jason Melvin, Capt Robert Stanley, Capt Joseph Acquafredda.

**Purpose:** Perform a quality improvement project to implement the Apfel PONV risk stratification scoring system with an antiemetic decision support tool to standardize antiemetic administration to current guidelines.

**Impact:** Utilizing PONV risk stratification and an antiemetic decision support tool will increase adherence to standards, decrease PONV rates, and increase patient satisfaction.

#### 4. Naval Medical Center Portsmouth, VA

**Title:** Implementation of a Pre-procedural Ultrasound-based Spinal Navigation Device in Parturients at Risk for Difficult Lumbar Epidural Placement LT Jeffrey Henderson, LCDR Paul Kuhn, LCDR Kathryn Miller

**Purpose:** This was a process improvement project that implemented a handheld ultrasound neuraxial navigation device for pregnant women screened as high-risk for difficult lumbar epidural placement (DLEP).

**Impact:** Neuraxial ultrasonography provides a valuable tool in mitigating DLEP risk and could enable military anesthesia providers to provide neuraxial anesthesia in the most challenging patients stateside or abroad.

#### 5. Walter Reed National Military Medical Center, MD

**Title:** Implementation of an Intraosseous Device Task Trainer to Improve Confidence and Skill Performance LT Caroline Mosher, LT Taylor Brocuglio, LCDR Neal Petersen

**Purpose:** To utilize an evidenced based approach to enhance the IO skill performance and confidence in first year student registered nurse anesthetists at USU.

**Impact:** Enhancement of skill competence and performance of IO placement will improve emergency vascular access options in forward deployed, operational environments and thus improve life-saving care of wounded service members.

#### 6. Ft Belvoir, VA

**Title:** The Implementation of an Endotracheal Tube Cuff Pressure Management Tool to Reduce Postoperative Sore Throat. CPT(P) Staads, J., MAJ Budnik, M., LT Medlin, J., and LCDR Moton, T

**Purpose:** Evidence-based implementation of an intraoperative objective cuff pressure assessment and management, using a manometer, guided towards implementing best practice and reducing post-operative sore throat.

**Impact:** Successful implementation of the manometer into the operating rooms at FBCH resulted in a decrease in the incidence of sore throats for patients in phase II of the PACU by 43%.

#### 7. Travis AFB, CA

**Title:** Implementation of a Bougie-Assisted Cricothyrotomy Training Program Capt Gregory Caliwag, Capt Susie Chariez-Rincon, Capt Neil Murray

**Purpose:** Evidence-based implementation of a bougie-assisted cricothyrotomy training program allows anesthesia providers practice critical skills in surgical airway management.

**Impact:** Optimizing simulated BAC training improves performance and increases provider comfort and confidence level.

## 8. Joint Base Lewis McChord and Ft Bliss

**Title:** Mobile Applications for Sleep Problems Megan Buehler-Brazas, CPT and Yosef Fufa, MAJ

**Purpose:** The purpose of this project is to determine the usage of CBT-I based sleep apps among active duty service members and the efficacy of the apps at improving sleep quality over a four-week time frame.

**Impact:** A brief educational intervention about the benefits of CBT-I based sleep apps given during CBT-I groups may improve sleep quality for service members. The team provided clinic staff with data collected about the usage of apps before and after patient education and reported changes in nighttime and daytime components of insomnia. Detailed information about the brief CBT-I app educational intervention provided to clinic patients and staff promotes the sustainment of this practice in future CBT-I groups.

## Class 2020

### 1. Walter Reed National Military Medical Center, Bethesda, MD

**Title:** Implementation of a Neuraxial Task Trainer during the didactic phase of the registered nurse anesthesia program at the Uniformed Services University (LCDR Patterson & Capt Wilson)

**Purpose:** To compare a video and task trainer with the current method of using a watermelon (green grocer method) on level of comfort.

**Impact:** A training program that encompasses visual training (video) with a task trainer is more effective in increasing a student's level of comfort to place neuraxial anesthesia prior to attempts in clinical practice.

## 2. **Walter Reed National Military Medical Center, Bethesda, MD**

**Title:** Perioperative emergency manuals for low-incidence high-risk events (Capt Abraham and Maj O'Donnell)

**Purpose:** To compare the Stanford Emergency Manual and safety training to current practices on adherence to critical management steps in a malignant hyperthermia training scenario.

**Impact:** The project did not show a statistically significant improvement in adherence to best practice, it did result in two structures simulations of malignant hyperthermia in the operating room and post anesthesia recovery units training databases for future use and training.

## 3. **Combined: Joint Base Lewis-McCord, WA/Fort Bliss PMHNP**

**Title:** Pharmacogenetic Testing Education Effect on Psychiatric Prescriber Genetic Testing Practices (MAJ Peterson, MAJ Flynn)

**Purpose:** An educational and awareness toolkit intervention to increase psychiatric provider awareness of pharmacogenetic testing

**Impact** Pharmacogenetic testing is an effective tool to maximize early medication management for and results in improved stability increased readiness of the force. When compared with prescribing medication to treat MDD without testing, pharmacogenetic testing is a cost-efficient method that provides greater patient-centered care for soldiers.

## 4. **Walter Reed National Military Medical Center, Bethesda, MD:**

**Title:** Evaluation of Flexible Endoscope Reprocessing Training and Education Programs (MAJ Knight)

**Purpose:** Evaluation of existing flexible endoscope reprocessing training and education programs (FERTEPs) compared to evidence-based practice guidelines result in the identification of a comprehensive program for use across DHA

**Impact:** Implementation of a standardized HLD FERTEP by the DHA is projected to impact 424,944 patients and 700 reprocessing personnel while preventing 8,799 HAI's and saving the enterprise \$84,991,600.00 dollars annually.

#### 5. Naval Base Kitsap (Bremerton), WA

**Title:** The Effect of Same-Day Vaccination Adherence Rates For Pediatric Patients Age 0-5 Years (LT Scott, LCDR Steadman)

**Purpose:** Implement an evidence-based physical reminder or golden ticket intervention to improve vaccine adherence rates

**Impact:** During this post-implementation phase, 52 patients requiring immunizations. Of these, 37 patients received same-day immunizations, a 71% adherence rate (excluding influenza) and significant increase from current facility rates. Increasing vaccinations rates will address HEDIS measures and ensure soldier and family wellness.

#### 6. Joint Base Lewis-McCord, WA

**Title:** Improving Military Provider Confidence in Basic Ultrasound Skills(MAJ Thorp & CPT Watson)

**Purpose:** Improved military providers confidence following evidence based ultrasound course

**Impact:** Familiarization with ultrasound increases providers' confidence to utilize ultrasound. A recommendation for future studies includes more ultrasound education to improve provider competency before deploying to ensure provider skills as requested on deployment checklists.

#### 7. Naval Medical Center Portsmouth, VA

**Title:** Implementation of a conductive fabric warming mattress to maintain normothermia in Cesarean Deliveries (LCDR Bokan, LT Camp, LT Nagle)

**Purpose:** To implement a conductive fabric warming mattress during scheduled Cesarean deliveries to maintain perioperative normothermia.

**Impact:** Maintaining normothermia during cesarean deliveries supports the MHS Quadruple Aim of providing better care and becoming a high reliability organization.

#### 8. Travis Air Force Base, CA

**Title:** Implementation of an Enhanced Recovery After Surgery (ERAS) protocol for orthopedic total joint arthroplasties (Maj Anderson, Maj Crissman, Capt Haines)

**Purpose:** To evaluate the implementation of a standardized ERAS order-set compared to a standard order set on order set utilization.

**Impact:** The ERAS order set creation and implementation had no significant impact on practice change DGMC although it aimed to improve recovery after surgery.

## 9. Fort Belvoir Community Hospital Fort Belvoir, VA

**Title:** A training program for obstetrical staff on the utilization of nitrous oxide for parturient analgesia: An Evidence-Based Project (LT Papenfuss and Capt Vance)

**Purpose:** Evidence-based application of Adult Learning Theory principles to a multimodal, in-service training program in order to enhance staff's readiness for a new labor analgesic.

**Impact:** Apply these methods were successful in enhancing staff's readiness for a new labor analgesic. Other healthcare sites may consider incorporating similar education strategies to effectively engage adult learners.

## 10. Naval Hospital Jacksonville, FL

**Title:** Intrathecal morphine dosing strategy to reduce pruritus after cesarean delivery (LT Dunston, LT Curtis, LT Dan, LT Payne)

**Purpose:** To standardize an intrathecal morphine dosing strategy to reduce pruritus after cesarean delivery.

**Impact:** An evidence-based practice project was developed to encourage anesthesia providers to use the 0.1mg dose as a strategy to prevent pruritus. Treatment required pruritus in the 0.1 mg group was 13% vs 57% in the 0.2 mg group. Of the providers who participated, 56% indicated they would change their practice long-term in favor of the 0.1 mg dose of intrathecal morphine.

## 11. Naval Medical Center Portsmouth, VA

**Title:** A Needs Assessment of the Documentation Intake in Military Primary Care (LCDR Hervey, LCDR Horne)

**Purpose:** Identifying evidence-based recommendations to decrease provider documentation burden.

**Impact:** Documentation burden (68 percent of providers surveyed report spending 2-4 hours after normal work hours) could be reduced by training support staff to complete preliminary documentation. Addressing challenges of extensive or incomplete documentation could decrease provider workload and increase the length of time for provider- patient interaction.



## Class 2019

### 1. Naval Base Kitsap (Bremerton):

**Title:** Impact of a Reward Efficiency, Set Priorities, Empower Teams (RESET) Pilot Program in Family Medicine Clinics

**Purpose:** Comparative analysis of a RESET-based pilot program to the usual state using metrics of provider burnout, access to care, and PCM continuity in a Family Medicine clinic.

**Impact:** A locally developed RESET-based program has the potential to reduce provider burnout while still meeting and potentially improving Patient-Centered Medical Home and Defense Health Agency metrics of access to care and PCM continuity.

### 2. Fort Meade (Kimbrough Ambulatory Care Center), MD:

**Title:** Malignant Hyperthermia Crisis Preparedness

**Purpose:** The purpose of this project was to improve Anesthesia and Operating Room staff's perception of the Stanford Emergency manual in the management of a patient with MH and include critical event checklists as part of their treatment plan.

**Impact:** The routine use of cognitive aids in the management of MH decreases the number of missed critical treatment steps and may improve patient outcomes in true emergencies.

### 3. Walter Reed National Military Medical Center, Bethesda, MD

**Title:** Achieving High Reliability in High-Level Disinfection of Flexible Endoscopes at Walter Reed National Military Medical Center

**Purpose:** Implement an evidence-based audit process for program evaluation of high level disinfection in support of HRO goals: quality, safety, and continuous process improvement.

**Impact:** Overall improvement of 5.5% with implementation of 22 system/process initiatives and 28 practice improvements, impacting over 135 areas and enhanced quality, safety, and continuous process improvement related to HLD processes across the organization.

### 4. Wright Patterson AFB (88th Medical Group), OH

**Title:** Evaluation of Cricothyroidotomy Training During a 'Can't Intubate, Can't Ventilate' Scenario

**Purpose::** Determine how the implementation of standardized, hands-on cricothyroidotomy training affects the competency and proficiency of student registered nurse anesthetists (SRNA) in performing this skill.

**Impact:** Cricothyroidotomy training will result in increased competency and provider readiness, a better experience of care, decreased per capita cost for the Military Health System, and improved health outcomes.

### 4. Fort Belvoir, VA

**Title:** Implementation of a Standardized Intraoperative Handoff Tool for Anesthesia Providers

**Purpose:** Implementation of a standardized intraoperative handoff tool for anesthesia providers.

**Impact:** Using an anesthesia-specific handoff tool enhanced communication between providers during anesthetic transfers in care, and positively impacts patient safety by reducing the risk for miscommunication contributing to preventable medical errors.

#### 5. Naval Air Station Jacksonville, FL

**Title:** Postoperative Nausea and Vomiting Prevention: Screening and Interventions

**Purpose:** To standardize PONV risk assessment and recommended prophylactic interventions.

**Impact:** The standardization and utilization of the APFEL score and suggested prophylaxis guidelines can decrease PONV rates while improving patient comfort and satisfaction.

#### 6. Naval Medical Center San Diego, CA

**Title:** Pharmacological Approaches to Postoperative Nausea and Vomiting Prevention

**Purpose:** Implement a PONV practice guideline identifying key risk factors with a suggested algorithm for prophylactic treatment to increase adherence to PONV evidence-based practice among anesthesia providers at NMCS.

**Impact:** There was an increased staff awareness of evidenced-based PONV recommendations and potential cost savings with a decrease in rescue antiemetics utilized.

#### 7. Fort Belvoir, VA

**Title:** Implementation of a Standardized Intraoperative Handoff Tool for Anesthesia Providers

**Purpose:** Implementation of a standardized intraoperative handoff tool for anesthesia providers.

**Impact:** Using an anesthesia-specific handoff tool enhanced communication between providers during anesthetic transfers in care, and positively impacts patient safety by reducing the risk for miscommunication contributing to preventable medical errors.

## 8. Naval Station Norfolk (Portsmouth), VA

**Title:** Residual Neuromuscular Blockade (RNMB) Educational Project for Post Anesthesia Care unit (PACU) Nurses

**Purpose:** Increase the knowledge and confidence of PACU staff in their ability to recognize and manage RNMB.

**Impact:** Implementation of this training video to PACU staff across the MTFs can lead to decreased costs, enhanced patient outcomes, and improved customer satisfaction.

## 9. Travis Air Force Base (David Grant Medical Center), CA

**Title:** An Evaluation of Utilization of Enhanced Recovery After Surgery Protocols at Travis AFB

**Purpose:** Evaluate the utilization of Enhanced Recovery After Surgery (ERAS) protocols for Total Hip Arthroplasty and Total Knee Arthroplasty surgeries at David Grant Medical Center, Travis AFB, CA. Make recommendations to the perioperative team for implementation and barrier resolution.

**Impact:** Increased provider and nursing knowledge of the benefits of ERAS protocols to improve patient outcomes, reduce postoperative complications, and decrease length of stay, costs, and readmissions.

## 10. 81st Medical Group, Kessler AFB:

**Title:** Improving VA/DoD Obesity Clinical Practice Guideline Compliance Among Primary Care Providers

**Purpose:** Implementation of VA/DoD Obesity CPGs among providers improved documentation, coding, interventions, and referrals for lifestyle management modification recommendations.

**Impact:** Provider education on the CPG for the management of obese patients along with the assistance of an audit-and-feedback tool resulted in accountability and guideline adherence. This intervention supports the MHS 's Quadruple Aim priorities.

## 11. Naval Station Norfolk (Portsmouth), VA

**Title:** Implementation of Video-Based Weight Loss Education in Primary Care

**Purpose:** Develop and implement a video-based educational offering in Primary Care to increase awareness of weight loss programs that is sensitive to known time constraints and facilitates provider-patient dialogue.

**Impact:** Video-based education was well-received in the Primary Care setting and aligns with VA/DOD Clinical Practice Guideline recommendations for obesity management.

## Class 2018

### 1. Naval Hospital Jacksonville:

**Title:** Breastfeeding After Surgery: Influencing Postoperative Recommendations

**Purpose:** To standardize the education anesthesia providers and post-anesthesia care unit staff provide to breastfeeding mothers in regards to breastfeeding after surgery.

**Impact:** Breastfeeding after surgery improves maternal satisfaction and potentially better health outcomes for the mother and infant.

## **2. Naval Medical Center San Diego:**

**Title:** Intraoperative Anesthesia Handoff Checklist: A Tool to Improve Communication

**Purpose:** To evaluate a standardized intraoperative handoff checklist and its impact on communication among anesthesia trainees during patient turnover at Naval Medical Center San Diego.

**Impact:** Using Intraoperative Anesthesia Handoff Checklists handoff checklists during care transitions improves efficiency, effectiveness, and communication.

## **3. Naval Station Norfolk (Portsmouth):**

**Title:** Obesity Management: Standardizing the Process within Primary Care

**Purpose:** A standardized process using evidence-based practices and stakeholder input to ensure implementation of the VA/DoD CPG for Screening and Management of Overweight and Obesity within the primary care setting.

**Impact:** Using the VA/DoD Obesity Management CPG increases identification, surveillance and resources for obese patients.

## **4. Naval Station Norfolk (Portsmouth):**

**Title:** Behaviors and Barriers to Sexual Violence Screening by Healthcare Providers at Naval Medical Center Portsmouth

**Purpose:** Survey to complete a needs assessment of healthcare providers sexual violence screening behaviors and potential barriers.

**Impact:** Routine screening for sexual violence leads to early recognition and early intervention, providing better, safer care at a decreased cost while improving readiness.

## **5. Wilford Hall Ambulatory Surgical Center - Lackland AFB:**

**Title:** Brief Behavioral Therapy for Improved Sleep: A Process Improvement Project

**Purpose:** The purpose was to engage non-medical active duty Air Force service members (ADSM) to promote awareness of the importance of quality sleep, provide a validated self-assessment to allowing members to self-identify poor sleep quality, and giving ADSM information about sleep enhancement class providing Cognitive Behavioral Therapy (CBT) treatment for sleep quality issues.

**Impact:** Community outreach, combined with immediate quantifiable data for commanders, increases care collaboration and provides insights into the sleep health of military units.

**6. 81st Medical Group, Kessler AFB:**

**Title:** Dietary Supplement Adverse Event Reporting & Coding at Keesler Air Force Base

**Purpose:** The purpose of this DNP project was to assess current DS adverse event reporting and coding practices at Keesler Medical Center (KMC) and identify and address knowledge deficits regarding reporting adverse events.

**Impact:** Improving health care provider knowledge about how and where to report adverse events related to Dietary Supplement can alert the DoD to potentially dangerous supplements.

**7. Naval Base Kitsap (Bremerton):**

**Title:** Meeting Access to Care Through Innovation

**Purpose:** Compare current use of Virtual Appointment tools to policy and literature evidence to improve operations and increase provider and patient satisfaction.

**Impact:** Standardizing Virtual Appointment processes improves provider satisfaction, increases the use of HIT which increases outcomes and supports the MHS Quadruple Aim.

**8. Madigan Army Medical Center, JBLM:**

**Title:** Group Medical Visits for Chronic Conditions

**Purpose:** Introduce and equip healthcare providers with initial tools to establish an evidence-based solution, Group Medical Visits (GMV), for the treatment of chronic conditions.

**Impact:** Group medical visits help patients manage chronic health conditions.

**Class 2017**

**1. Naval Station Norfolk (Portsmouth):**

**Title:** Awareness and Utilization of Military Community Health Promotion Resources

**Purpose:** Conduct a gap analysis to assess provider and beneficiary awareness of resources available to support family centered weight loss.

**Impact:** Improve accessibility for families to learn healthy behavioral modification.

**2. William Beaumont Army Medical Center, Ft Bliss:**

VA/DoD CPG for Screening and Management of Overweight and Obesity

**3. 81st Medical Group, Kessler AFB:**

**Title:** Determinants of Successful Weight Loss in a Structured Weight Management Program

**Purpose:** Compare current literature supporting components of an effective weight loss program with components of Keesler MOVE! program.

**Impact:** Identified strategies to increase effectiveness of structured weight management interventions. Recommendations made to promote a 5-10% weight loss goal that could decrease costs associated with adiposity-based chronic disease and increased military readiness.

**4. Womack Army Medical Center, Ft Bragg:**

**Title:** Evidence Based Practice for Low Back Pain

**Purpose:** Retrospective record review to evaluate if active duty service members with nonspecific, acute low back pain were being managed according to the 2007 VA/DoD LBP CPG at a designated military treatment facility at Fort Bragg, NC.

**Impact:** Variances were identified within the five focus areas. Evidence-based recommendations were communicated in a formal report and presented to key stakeholders.

**5. Madigan Army Medical Center, JBLM:**

Clinical Standard of Practice in the Assessment and Diagnosing of Adults with ADHD

**6. Walter Reed National Military Medical Center/ 88th Medical Group, WPAFB/ 96th Medical Group, Eglin AFB:**

**Title:** Trigger Films in Nurse Anesthesia Education

**Purpose:** Develop a difficult airway trigger film to see if it improves student nurse anesthetist performance in a simulated difficult airway situation.

**Impact:** Students demonstrated improvements in time to make critical decisions in the difficult airway scenario, thus resulting in students who are better prepared to manage can't intubate/can't ventilate situations in clinical practice.

**6. Naval Hospital Bremerton:**

**Title:** PCS Transitions of Care for Kitsap, WA Exceptional Family Members: Process Evaluation

**Purpose:** Evaluate current process for transition of care for families of children enrolled in EFMP to Naval Hospital Bremerton and develop standardized process for transition of care.

**Impact:** Implementation of recommended process for medical transition of care will improve safety, satisfaction and readiness.

**7. Ft Belvoir Community Hospital:**

**Title:** Enhancing Efficiency in a Military Community Hospital Preanesthetic Clinic (PAC)

**Purpose:** To improve the efficiency of the Fort Belvoir Community Hospital preanesthetic clinic.

**Impact:** Developed a stratified appointment based clinic design that demonstrated a reduction in patient-transit time, clinic idle time and patient-census variability at FBCH using discrete-event system simulation software.

**8. Madigan Army Medical Center, JBLM:**

DoD Provider Response Resource for Management of Patients Disclosing SA/SH

**9. 59th Medical Wing (Wilford Hall Ambulatory Surgery Center), JBSA:**

**Title:** Use of STOP-BANG Screening Questionnaire in Outpatient Setting: Increasing Both Identification of Obstructive Sleep Apnea and Polysomnography Referral Accuracy

**Purpose:** Evaluate the employment of an OSA evidence-based screening tool in a primary care setting for increased referral accuracy.

**Impact:** Implementation of the STOP-BANG questionnaire (SBQ) resulted in a 180% in SBQ utilization and 60% increase in PSG referral accuracy with potential annual savings for a large military treatment facility of at least \$405,000.

**Class 2016**

**1. Ft Belvoir Community Hospital:**

**Title:** Evaluation of Anesthetic Techniques for Endoscopic Retrograde Cholangiopancreatography (ERCP)

**Purpose:** Determine the safest, most efficacious anesthetic technique for patients undergoing endoscopic retrograde cholangiopancreatography (ERCP) and pilot a change in practice at Fort Belvoir Community Hospital (FBCH).

**Impact:** Anesthesia providers were educated on evidence-based ERCP decision-support algorithm. All respondents to a follow up survey critically appraised the evidence and over 50% changed their practice as a result of the training which may improve patient safety and procedural success rates for ERCPs.

**2. Naval Medical Center Portsmouth:**

**Title:** Use of Manometry in the OR for Guiding Endotracheal Tube Cuff Inflation

**Purpose:** A systematic literature review of the utility of manometry-guided endotracheal tube cuff inflation with dissemination to stakeholders and sustainment via policy.

**Impact:** Evidence supports use of manometry in the operating room. Findings disseminated to Portsmouth NMC Anesthesia Department. Procedural and purchase information to implement and sustain manometry use made available to Department Chairperson.

### 3. **Walter Reed National Military Medical Center:**

**Title:** Measuring Competency in Ultrasound Guided Regional Anesthesia

**Purpose:** Determine the feasibility and the usability of a Test-Specific Checklist and Global Rating Scale (GRS) in evaluating Ultrasound Guided Regional Anesthesia competency in CRNAs at Kimbrough Ambulatory Surgery Center (KACC), and secondarily evaluate inter-rater reliability of the checklist and GRS.

**Impact:** This project demonstrated that the checklist and GRS combination is a feasible and useful tool when used in the clinical setting, and that this tool could be easily integrated into the staffing/credentialing policies at KACC.

### 4. **96th Medical Group, Eglin AFB:**

**Title:** Evidence Based Practice for Intraoperative Neuromonitoring for 1- and 2-level Lumbar Fusions: A Gap Analysis

**Purpose:** Conduct a gap analysis of Eglin AFB neurosurgical and anesthesia policies for 1- and 2-level lumbar fusions to standardize care outcomes while reducing costs.

**Impact:** This project aligns policy for IONM with evidence-based practice at Eglin AFB, improving the consistency of care and preserving health care resources.

### 5. **Madigan Army Medical Center, JBLM:**

**Title:** Sexual Assault: ICD Coding Behaviors of Outpatient Service Providers

**Purpose:** Develop and disseminate a web-based questionnaire regarding the challenges and barriers, encountered by outpatient healthcare providers at a Military Treatment Facility, to documenting patient disclosure of a previously unreported sexual assault, and analyze those results for future implications.

**Impact:** Results identified barriers and discrepancies among healthcare providers that indicate a need for a creation of a clinical practice guideline and standardized training regarding sexual assault documentation in the EHR.

### 6. **Madigan Army Medical Center, JBLM:**

**Title:** Retrospective Chart Review of Sexual Assault Care Provided at Madigan Army Medical Center.

**Purpose:** Determine if implementing a tool like CFSPSA will improve care outcomes for patients with a sexual assault history

**Impact:** Implementing a tool such as the CFSPSA will ensure comprehensive care for the patient of sexual assault.

### 7. **Darnall Army Medical Center, Ft Hood:**

**Title:** Utilization & Barriers of HIT Tools in a Primary Care Clinic: SMS and PLR

**Purpose:** Comparative analysis of current AMSMS and CP4G tool usage at an Army Medical Home compared to policy and evidence in the literature to improve utilization.

**Impact:** Some of the most promising capabilities of secure messaging and list registry tools (AMSMS & CP4G) are not being used at the health system/patient interface. These tools if optimized could to the fullest capacity at a Medical Home could have a positive impact on preventative services,



communication, and overall satisfaction, which benefit the organization's transition toward a patient-centered model of care and supports the priorities of the MHS's Quadruple Aim.

## **Class 2015**

### **1. Darnall Army Medical Center, Ft Hood:**

**Title:** Program evaluation of PCMH implementation in one clinic to determine alignment with the NCQA PCMH 2011 Standards 1 and 3 (Access/Continuity and Plan/Manage Care).

**Impact:** Variances identified in 47% of 58 factors assessed. Evidence-based recommendations for all variances communicated in a formal report and numerous presentations.

### **2. David Grant Medical Center, Travis AFB/ Madigan Army Medical Center, JBLM:**

**Title:** Develop, implement, and evaluate the effectiveness of an LGBT educational program for military healthcare providers.

**Impact:** The program increased provider knowledge of many aspects of providing appropriate care for the LGBT community, and may improve healthcare delivery and outcomes for this vulnerable and often underserved population.

### **3. Madigan Army Medical Center, JBLM:**

**Title:** Identify current sexual assault screening practices in outpatient primary care.

**Purpose:** To determine how many patients are routinely screened for sexual assault

**Impact:** 25% of patients are routinely screened for sexual assault. Patients and providers agree that regular sexual assault screening should be conducted using a standardized set of screening questions.

# Category 4: Improving Military Medical Readiness

## Class 2022

### 1. Wilford Hall Ambulatory Surgical Center

**Title:** Evaluation of the Impact of a Mindfulness Toolkit on the Burnout Levels of Healthcare Teams at Two Military Family Practice Clinics. Major Nicole L. Case, Captain Andrew J. Christensen, Major Stephanie S. Hayes, Major Jonathan P. Virnig

**Purpose:** Assess whether a multimodal mindfulness training program developed for primary care providers reduces burnout and stress.

**Impact:** After participating in a multimodal mindfulness training program primary care providers reported a significant reduction in burnout and stress and burnout.

## Class 2021

### 2. Colorado Springs, CO

**Title:** Addressing the Primary Care Providers Confidence in the Management of Overweight and Obese Active Duty Service Members Using the 5As Toolkit. CPT Jessica Amico, Capt Taryn Krigbaum

**Purpose:** To increase primary care provider confidence and self-efficacy in the management and treatment of ADSM who are overweight or obese

**Impact:** Providers remain hesitant to address overweight and obesity due to these multiple barriers and further research and education should be pursued to find an easy and quick tool to help standardize the management of overweight and obese patients.

## Class 2018

### 1. 59th Medical Wing (Wilford Hall Ambulatory Surgery Center), JBSA:

**Title:** Use It or Lose It: Addressing Insidious Readiness Skills Attrition Among Health Care Providers

**Purpose:** Inform future protocols of optimal evidence-based readiness training intervals.

**Impact:** Critical medical readiness skills can be maintained at little added time or expense simply by optimizing training schedules.

### 2. Darnall Army Medical Center, Ft Hood / Madigan Army Medical Center, JBLM:

**Title:** Sleep Restoration in the Active Duty Population

**Purpose:** Determine who screens for sleep disturbances and how sleep concerns are managed in an Active Duty Population.

**Impact:** Medics commonly identify sleep disturbances in service members, but few receive formal sleep training. Education, access to screening tools and development of a DoD sleep CPG can increase identification and standardize management of sleep disturbances.

### 3. Womack Army Medical Center, Ft Bragg:

**Title:** Increasing Human Papillomavirus Vaccination Rates in Active Duty Service Members: A Multi-Modal Interactive Education Program

**Purpose:** Improve use of Human Papillomavirus (HPV) vaccinations in active duty Soldiers, by using a multi-modal interactive education program that included clinician and Soldier education combined with social media engagement.

**Impact:** Increased HPV vaccinations in service members, improving unit readiness, access to care, and the future health of the force.

## **Class 2016**

### **1. Womack Army Medical Center, Ft Bragg:**

Evaluation & Management of mTBI in the Garrison Setting

### **2. William Beaumont Army Medical Center, Ft Bliss/ Darnall Army Medical Center, Ft Hood**

**Title:** Integrating Exercise Recommendations into the Army Medical Home

**Purpose:** Resources and alignment of “Exercise is Medicine” (EIM) processes with the American College of Sports Medicine EIM exercise participation

**Impact:** Local impacts included joining multiple exercise resources and broadening interest in community efforts to integrate an evidence-based model aimed to improve the health of the community and ultimately reduce costs associated with care. By focusing on the health benefits of exercise, the organization creates a standard that is in line with the Surgeon General’s Performance Triad and the U.S. Army Medical Command’s Move to Health initiative.

### **3. 59th Medical Wing (Wilford Hall Ambulatory Surgery Center), JBSA:**

Military Sexual Assault: The Current State of Policy, Screening, and Follow-up Care

### **4. William Beaumont Army Medical Center, Ft Bliss/ Darnall Army Medical Center, Ft Hood:**

**Title:** Integrating Exercise Recommendations into the Army Medical Home

**Purpose:** Resources and alignment of “Exercise is Medicine” (EIM) processes with the American College of Sports Medicine EIM exercise participation

**Impact:** Local impacts included joining multiple exercise resources and broadening interest in community efforts to integrate an evidence-based model aimed to improve the health of the community and ultimately reduce costs associated with care. By focusing on the health benefits of exercise, the organization creates a standard that is in line with the Surgeon General’s Performance Triad and the U.S. Army Medical Command’s Move to Health initiative.

## **Class 2015**

### **1. Womack Army Medical Center, Ft Bragg:**

Review and Comparison of VA/DoD mTBI CPG to Current Practice

### **2. Womack Army Medical Center, Ft Bragg:**

**Title:** Process improvement project evaluating spouse mTBI education programs.

**Purpose:** To determine if spouses of service members diagnosed with mTBI were being offered appropriate education.

**Impact:** mTBI spouse education is aligned with evidence based recommendations.

**3. William Beaumont Army Medical Center, Ft Bliss:**

**Title:** A five faceted project conducted to evaluate the evidence underlying AR 600-9 and the local implementation of that regulation.

**Impact:** AR 600-9 achieves its intended objectives, but several recommendations were made: identify more accurate tools for measuring body fat, improve provider education related to assisting soldiers with weight loss goals and add behavioral health interventions to the regulation.

# Category 5: Women's Health

## Class 2022

### 1. Naval Medical Center Portsmouth

**Title:** Effects of Perioperative Medications on Hormonal Contraception: An Educational Initiative. LCDR Mattox, Patrick W. LT Oakman, Gloria M. LCDR Phillips, Elspeth L. LCDR Smith, Sasha Y.

**Purpose:** Determine if an education program about the risk of unintended pregnancies in women taking hormonal contraceptives and receiving drugs commonly used in the perioperative setting increased the knowledge of healthcare professionals working in the perioperative setting

**Impact:** Education increased perioperative provider knowledge and likelihood to teach this content to their patients

## Class 2021

### 1. Naval Hospital Bremerton, WA

**Title:** Improving Human Papillomavirus Vaccination Initiation in an Active Duty Clinic: A Process Improvement Project. LCDR Lauren Lazzaro, LCDR Breda Jenkins, LT Christopher Bunag

**Purpose** Combination of video plus focused provider approach to increase the HPV vaccine initiation rates

**Impact:** Combining the provider's strong recommendation and the electronic health record reminder helped increase the vaccine's attitude. Intention does not equate to action. Processes to help facilitate access to immunizations can be beneficial.

### 2. Ft Hood, TX

**Title:** Increasing Long-Acting Reversible Contraceptive (LARC) Access in Primary Care Through Continuing Education and Training CPT Katrina A. Farrell & LTC Kimberly M. Solari

**Purpose:** Improve provider knowledge, confidence, and skills in LARC provision and contraceptive counseling to expand troop clinics capabilities to provide contraception of choice at the time requested.

**Impact:** Provider interest in LARC training opportunities highlighted the demand for contraceptive services in support of DHA initiatives. Reducing barriers to same-day comprehensive contraceptive access will optimize female Soldiers' reproductive health and readiness in support of the MHS Quadruple Aim.

### 3. Joint Base San Antonio, TX

**Title:** Increasing Breast Cancer Screening in the Gateway Bulverde Clinic (GBC) at Joint Base San Antonio (JBSA) Capt G. Canete, Maj K. Crowell, Maj V. Gadson, Capt S. Thomsen

**Purpose:** The flyers' use informed patients of the importance of breast cancer screening and provided instructions on setting up screening appointments to improve mammography rates.

**Impact:** Positive organizational impacts included increased patient knowledge of breast cancer screening appointment process, improved overall breast cancer screening rates, and increased early breast cancer detection.

## Class 2020

### 1. Wilford Hall Ambulatory Surgical Center, Joint Base San Antonio, TX

Implementation of a Pre-Deployment Well-Woman Visit - A Mechanism to Increase Access to Comprehensive Contraceptive Counseling to Active Duty Women for Pregnancy Prevention and Menstrual Suppression in a Deployed Setting

### 2. Wilford Hall Ambulatory Surgical Center, Joint Base San Antonio, TX

**Title:** Implementing an Evidence-Based Algorithm for the Diagnosis and Evaluation of Iron Deficiency Anemia (IDA) in Female Basic Military Training Recruits (Capt Everage, Capt Frazier, Capt Robertson, and Capt Simmons)

**Purpose:** Improved adherence rate to the American Academy of Family Physicians (AAFP) algorithm for the evaluation and diagnosis of IDA among reproductive-aged female BMT recruits  
**Impact:** 43.75% increase in compliance to the AAFP algorithm resulting in a reduction in diagnostic studies post-implementation which resulted in an estimated savings of \$105,248.00 annually.

DHA/DOD-wide policy adoption for facilities managing healthcare for a similar target population enrolled in rigorous training programs may lead to an estimated cost-savings approaching \$500,000.00 annually.

### 3. Naval Medical Center San Diego:

**Title:** Educating Parturients in Labor Analgesia (LT Sternbaum, LT Parker, LT Nevonen, LT Paul)

**Purpose:** Use a multimodal approach to provide patient education through the implementation of a video to improve and standardize epidural education and consent process

**Impact:** Providing a video tool improved knowledge and satisfaction and addressed NMCS's Guiding Principles and the MHS Quadruple Aim of providing Better Care.

## **Class 2018**

### **1. Wilford Hall Ambulatory Surgical Center - Lackland AFB:**

**Title:** Targeted Counseling to Reduce Occurrence of Bacterial Vaginosis

**Purpose:** Retrospective analysis of bacterial vaginosis incidence and utilizing targeted counseling to reduce occurrence of BV.

**Impact:** Targeted behavioral counseling and dissemination of self-care resources empowers women to take health actions to reduce the occurrence of Bacterial Vaginosis.

## **Class 2017**

### **1. Darnall Army Medical Center, Ft Hood:**

**Title:** Reducing Military Unintended Pregnancies: Increasing Knowledge and Access

**Purpose:** Reduce military unintended pregnancy rates, provide contraceptive training, and provide Nexplanon™ training to providers at outlying clinics.

**Impact:** 211 service members received contraceptive education and Nexplanon™ insertion rate increased 88%.

### **2. David Grant Medical Center, Travis AFB:**

**Title:** Early Perinatal Loss and Its Implications on Women's Mental Health

**Purpose:** Evaluate, develop, and implement clinical practice guideline for psychological management of women experiencing miscarriage at DGMCC's women's health clinic.

**Impact:** The clinical practice guideline standardized psychological management of women after miscarriage and increased their support services.

### **3. 79th Medical Wing (Malcolm Grow Medical Clinics & Surgery Center), JB Andrews:**

**Cervical Cancer Screening in Primary Care**

### **4. Naval Medical Center Portsmouth:**

**Title:** Parturient Education for Neuraxial Analgesia: A Video Tool

**Purpose:** To develop and assess the impact of a video about labor analgesia on parturient knowledge and satisfaction.

**Impact:** Viewing the video was associated with improvements in subjective and objective knowledge about labor analgesia, and thus improved informed consent, but did not significantly impact maternal satisfaction at NMCP.