



Donna Burdusis, RN, ONC, demonstrates how to benefit from an aromatherapy product.



Ayenat Felleke, RN; Joyce Calixto, RN; and Hye Ran, RN, collaborated to create and assess the Brain tool.

Supporting Research Projects

Postoperative nausea and vomiting (PONV) is a common issue for patients undergoing knee and hip replacements, affecting 20% to 83% of patients—often disrupting recovery. At Washington Health's Institute for Joint Restoration and Research (IJRR), Donna Burdusis, RN, ONC, identified QueaseEASE aromatherapy as a potential solution. Her choice followed a thorough literature review and once approved by the Institutional Review Board, a study was launched to evaluate its effectiveness.

Objective: Assess the impact of QueaseEASE aromatherapy on PONV compared to a placebo—both in combination with antiemetic medications.

Method: Participants were randomly assigned to QueaseEASE or placebo groups. Nurses tracked nausea levels before and after administration, and monitored antiemetic use.

Results: While no significant differences in nausea scores were observed, 59.19% of QueaseEASE users reported a positive impact, compared to 31.11% in the placebo group, enhancing their overall recovery experience.

This research highlights the value of exploring new, patient-centered approaches to care and the value of integrating holistic, patient-centered approaches. This study showcases Washington Health's focus on innovative, evidence-based practices and its dedication to improving both physical and emotional well-being of its patients.

ENHANCING NURSE SATISFACTION THROUGH SHARED GOVERNANCE

The integration of technology in health care, particularly through electronic health records, has been a significant shift in nursing practices, aiming to improve efficiency and patient care. At Washington Health, nurses play a key role in patient care, and their feedback is crucial when adopting new tools with technology. Recently, the hospital introduced a new tool called "Brain" to improve documentation efficiency. Many nurses, however, expressed concerns, prompting a study led by Joyce Calixto, RN, to assess its impact.

- **The "Brain" Tool:** The "Brain" tool was designed to streamline documentation.
- **Study Proposal:** Joyce Calixto, RN, along with the research team, proposed a study to evaluate the tool's effect on nurse efficiency and satisfaction. The study was approved by the Quality Council and the hospital's Institutional Review Board.
- **Study Results:** The study found that the "Brain" tool did not improve documentation efficiency (what it was designed to do), but some nurses found it improved other chart functions.
- **Shared Governance:** This study emphasizes the importance of involving nurses in decision-making through shared governance, ensuring their voices are heard.

This study highlights the importance of continuously seeking feedback from nursing to ensure hospital systems meet their needs, ultimately leading to better care and a more supportive work environment.