

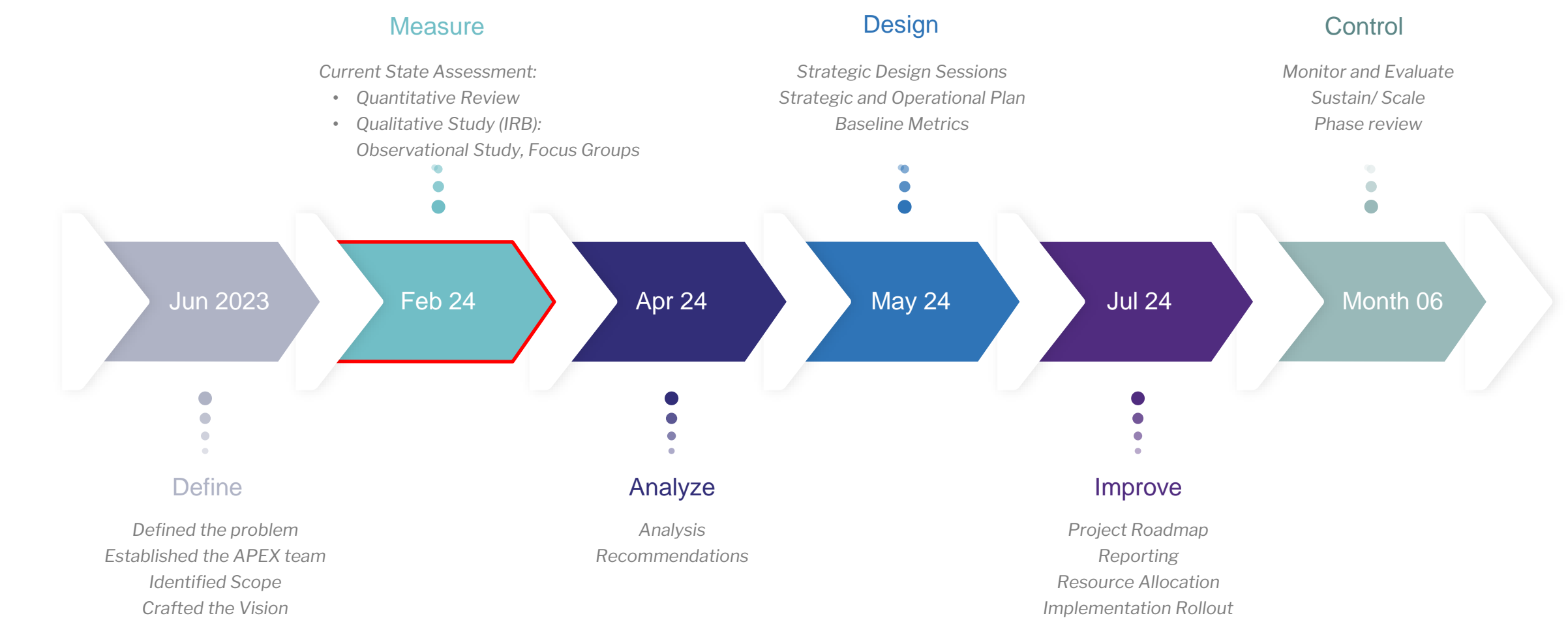
# Advancing Nursing Practice and Excellence (APEX): Co-Designing the Future of Nursing

Maria Yen<sup>1</sup>, Teresa Anderson<sup>1</sup>, Daphne Brewington<sup>1</sup>, Dana Byrum<sup>1</sup>, Kathleen Duckworth<sup>1</sup>, Wendy Leutgens<sup>1</sup>, Sara Mills<sup>1</sup>, Lou Montana-Rhodes<sup>1</sup>, Patricia Baise<sup>1</sup>  
ECU Health<sup>1</sup> | Greenville, North Carolina

## Background

The changing healthcare landscape has made navigating the nursing environment increasingly complex. Technological advancements, shifting patient needs, workforce challenges and financial constraints have all underscored the need for an enhanced approach to nursing. Recently, the creation of a new chief nursing executive role at ECU Health presented a valuable opportunity to articulate the voice of nursing and served as a catalyst to reevaluate and reinvent our nursing vision, aiming to establish a future-ready nursing ecosystem. We hypothesized the implementation of a unified, comprehensive, and adaptable strategy (named APEX – Advancing nursing practice and excellence) would empower a co-design approach, inviting diverse perspectives to articulate and build a sustainable, future-ready nursing ecosystem that responds adeptly to contemporary challenges and opportunities.

## Methods



- Design:**
- Qualitative and quantitative research methodologies
- Population:**
- Diverse nursing professionals across ECU Health
  - Inclusive of clinical and non-clinical roles
- Approach:**
- Purposive and convenience sampling
  - Recruitment through engagement emails
  - Detailed note taking through APEX Toolkit
  - De-identification of data for privacy
  - Secure storage and management of data

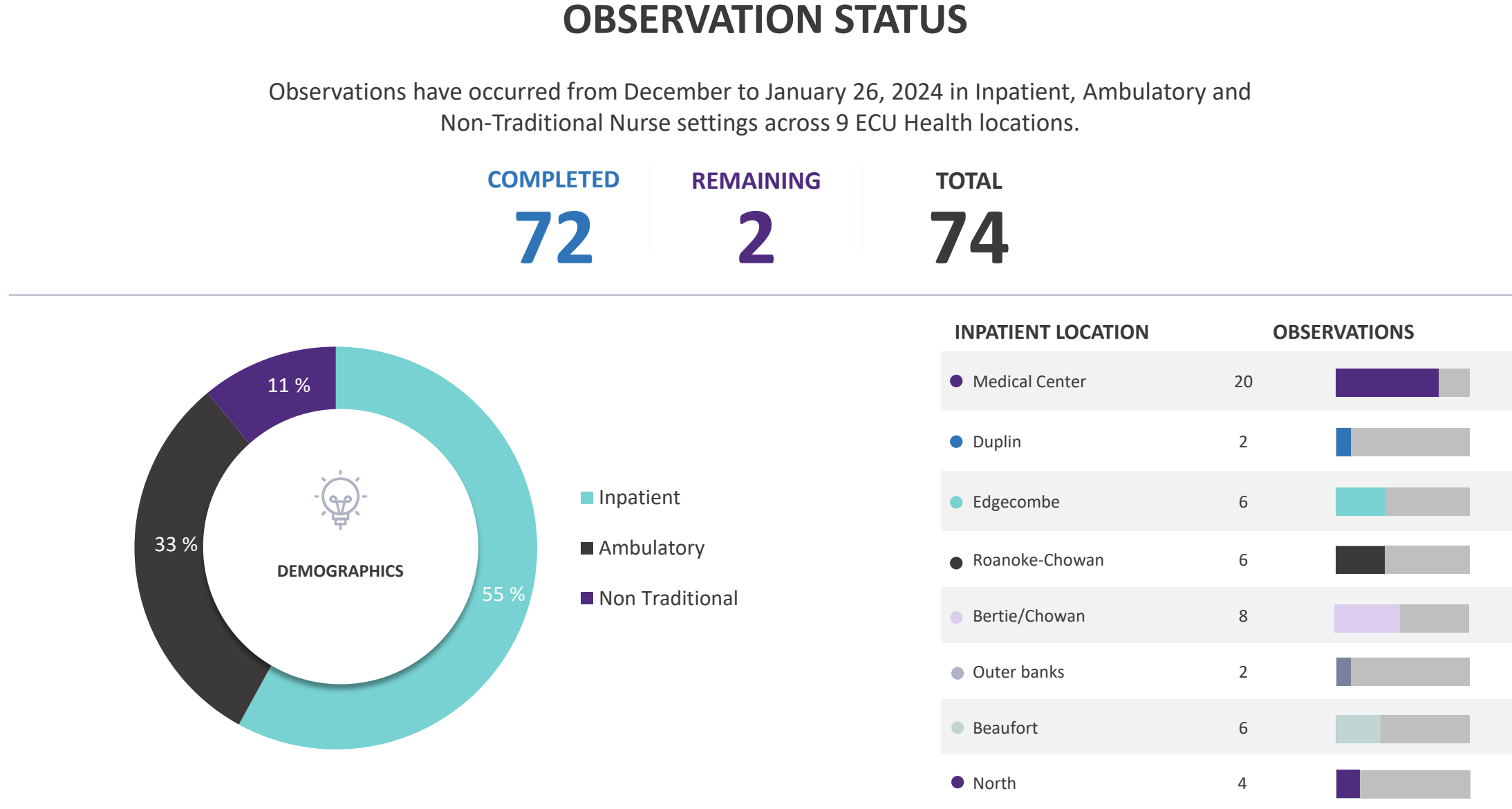
- Data Collection:**
- Focus Groups:**
    - Interactive empathy driven sessions
    - Exploration of challenges, barriers, and experiences
    - Insights into perceptions and attitudes
  - Observational Studies:**
    - Real-time observation of nursing practices and interactions
    - Examination of daily routines, challenges and behaviors
    - Documentation of innovative practices



The impact of co-designing nursing strategies lies in its ability to bridge the gap between administrative visions and frontline realities

## Results

The data collected from observational studies and ongoing focus groups are providing valuable insights into nursing experiences, attitudes, and perceptions. Common themes and concerns among nursing staff are emerging from the qualitative data, shedding light on the current state of nursing practice at ECU Health. While quantitative data review is underway, preliminary findings indicate areas of interest for further investigation.



## Conclusion and Future Direction

APEX was launched with the visionary aim of establishing a pioneering framework that serves as a model for nursing innovation and excellence. The ongoing research, combining insights from focus groups and observational studies, forms the foundation for a comprehensive understanding of nursing experiences, perceptions, and lived realities within ECU Health. As this research journey continues, both qualitative and quantitative methodologies will be leveraged to capture rich insights that influence patterns in patient care, resource utilization, and operational performance. These insights will play a pivotal role in supporting data-driven decisions that enhance nursing practice and contribute to the realization of APEX's mission to shape the future of nursing at ECU Health.

