

## Lee Gilman, FULD Fellow Cohort II



Efficacious Interventions for the Management of Delirium is a quality improvement (QI) project implemented on Weinberg 5A, an adult acute care oncology unit at Johns Hopkins Hospital. This Evidence-Based Practice (EBP) project compares current evidence about the most effective nursing interventions for managing delirium with the unit's current delirium protocol and practice. Under the mentorship of Mikaela Olsen and Gina Szymanski, I performed a systematic literature review, synthesized and analyzed the evidence, and made recommendations for changes to the unit's delirium protocol. The overarching goals of the project are patient safety and QI related to length and cost of hospital stays, morbidity and mortality.

I am a BSN candidate for December 2013. In 2006 I graduated from Brown University with a BA in International Development Studies. In 2006-2007, I worked for the Clinton Health Access Initiative in Cambodia, assisting government partners to expand nationwide access to HIV/AIDS medications and improving efficiency of medication delivery systems. Later I worked as a clinical research coordinator for four HIV/AIDS studies at UCSF. I have also consulted on refugee health and health policy issues.

Through my experiences, I gained exposure and insight into the biological and socioeconomic factors that manifest in patient health outcomes. I became acutely aware of how systems-level issues internal and external to healthcare settings can affect quality of care. With rising costs of health care, an aging population, and health reform, we must design systems to minimize opportunities for causing patient harm and must strive to continually improve care delivery.

Learning EBP and QI models through the Fuld Fellowship has provided me with a vital skill set to become a patient safety and quality advocate. I hope to work on a medical unit where I can be an active leader of an interdisciplinary quality and safety committee, championing effective communication and cultures of safety. My long-term goal is to become a Family Nurse Practitioner engaged in clinical care, health education, and health promotion with vulnerable populations. In this role, I wish to promote patient safety and quality of care delivery through primary care research and systems-level QI projects.