

## Patient Care & Safety

Project Title	What It Focuses On	Tools/Methods Used	Skills Gained
Reducing Patient Falls in Hospitals	Implementing fall prevention protocols	Bed alarms, staff training	Risk assessment, safety protocols
Pressure Ulcer Prevention Toolkit	Improving skin care for bedridden patients	Turning schedules, pressure devices	Skin integrity care, teamwork
Post-Surgical Pain Management	Evaluating pain control methods	Pain scale analysis, patient feedback	Pharmacology, patient education
Nurse-Led Hourly Rounding Impact	Studying rounding's effect on patient satisfaction	Survey tools, rounding logs	Communication, quality assurance
Medication Error Reduction Strategies	Identifying causes and solutions	Incident reports, EHR reviews	Medication safety, systems thinking
Early Warning Systems in Deterioration	Using scoring tools to detect patient decline early	MEWS or NEWS system	Clinical judgement, early intervention
Central Line Infection Prevention	Reducing CLABSI in ICUs	Checklists, staff observation	Sterile technique, infection control
Patient Identification Accuracy	Improving patient ID in procedures	Wristbands, barcode scanning	Error reduction, process redesign
Family Involvement in Care Plans	Engaging families in patient recovery	Interviews, feedback tools	Holistic care, communication
Bedside Handoff Communication	Improving nurse-to-nurse shift reporting	SBAR tools, observation logs	Clinical handover, patient safety

## Mental Health Nursing

Project Title	What It Focuses On	Tools/Methods Used	Skills Gained
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Stress Reduction in Nursing Students	Implementing wellness programs	Mindfulness apps, surveys	Coping skills, mental health promotion
Suicide Risk Assessment Training	Improving nurse response to suicidal patients	Columbia or PHQ-9 tools	Risk screening, sensitive communication
Reducing Stigma in Adolescent Psychiatry	Educational workshops for nurses	Presentations, pre/post assessments	Empathy building, mental health literacy
Therapeutic Communication in Acute Units	Enhancing nurse-patient interaction	Observation, patient feedback	Communication, behavior analysis
CBT for Chronic Illness Patients	Teaching basic CBT techniques to patients	CBT worksheets, nurse training	Behavior management, psychoeducation
Burnout Prevention for Psychiatric Nurses	Addressing staff fatigue and morale	Staff interviews, wellness strategies	Workplace wellbeing, stress prevention
Postpartum Depression Screening Program	Screening and referrals for new mothers	EPDS, OB-GYN collaboration	Early detection, maternal care
Role of Art Therapy in Healing	Exploring art as a tool for expression in therapy	Art sessions, patient journals	Holistic nursing, creative approaches
Trauma-Informed Care Implementation	Adapting care plans for patients with trauma history	Trauma training modules	Safety, non-judgmental practice
Virtual Mental Health Support	Using telehealth for emotional support	Teleconsults, satisfaction surveys	Technology in therapy, patient engagement

## Maternal and Child Health

Project Title	What It Focuses On	Tools/Methods Used	Skills Gained
Breastfeeding Support Post-Discharge	Home support to improve feeding success	Helplines, follow-up calls	Lactation support, continuity of care

Safe Sleep Education for New Parents	Reducing SIDS through better infant care	Brochures, workshops	Family education, infant safety
Prenatal Education Program Evaluation	Assessing impact of prenatal classes	Surveys, group sessions	Reproductive education, outcome evaluation
Kangaroo Care Benefits in NICUs	Measuring skin-to-skin contact outcomes	Observations, NICU records	Neonatal care, bonding
Reducing C-Section Rates in Low-Risk Moms	Promoting VBAC and natural births	Chart audits, staff interviews	Obstetric policy, labor monitoring
Immunization Compliance in Toddlers	Increasing childhood vaccination rates	Data collection, parent interviews	Public health nursing, record auditing
Postpartum Depression Screening	Integrating screening into postnatal visits	PHQ-9, EPDS	Early intervention, maternal care
Pain Management in Pediatric Patients	Improving comfort strategies for children	Distraction tools, pain scales	Pediatric communication, family-centered care
NICU Discharge Education	Preparing parents for preemie care at home	Videos, handouts	Transitional care, parental empowerment
Adolescent Reproductive Health Awareness	Educating teens on safe practices	School programs, community workshops	Health education, adolescent outreach

## Chronic Disease Management

Project Title	What It Focuses On	Tools/Methods Used	Skills Gained
Diabetes Self-Care Education	Teaching Type 2 patients about daily management	Glucose logs, education kits	Coaching, disease literacy

Hypertension Control Program	Lifestyle support to reduce high BP	Diet charts, BP tracking apps	Patient motivation, health coaching
COPD Action Plan Implementation	Reducing ER visits through self-management	Rescue packs, inhaler logs	Respiratory care, care planning
Asthma Inhaler Technique Audit	Teaching proper use of inhalers	Demos, evaluation checklists	Device training, respiratory assessment
Cardiac Rehab at Home	Helping heart patients recover post-discharge	Activity tracking, education calls	Cardiology knowledge, telehealth
Dialysis Patient Quality of Life Study	Improving experience of renal patients	Surveys, support groups	Chronic care, psychosocial assessment
Pain Diaries for Arthritis Management	Tracking and managing joint pain	Daily logs, feedback sessions	Holistic pain management
Medication Adherence in Elderly	Reducing missed doses in polypharmacy patients	Pill organizers, reminder systems	Geriatric care, medication reconciliation
Heart Failure Readmission Reduction	Preventing hospital bounce-backs	Diet and fluid logs, home visits	Transitional care, heart health
Lifestyle Change for Obese Patients	Coaching on sustainable health habits	BMI tracking, weekly follow-ups	Weight management, motivational interviewing

## Evidence-Based Practice (EBP)

Project Title	What It Focuses On	Tools/Methods Used	Skills Gained
Using EBP in Wound Dressing Changes	Evaluating modern vs. traditional dressing	Literature review, clinical trial	Critical appraisal, evidence translation
Hand Hygiene Compliance Study	Improving compliance rates among staff	Observations, interventions	Infection prevention, data gathering

Oral Care in ICU and VAP Prevention	Examining mouth care's role in reducing pneumonia	Chlorhexidine, outcome tracking	ICU protocols, preventive care
Probiotics for Antibiotic-Induced Diarrhea	Reviewing probiotics' role in gut protection	Case reviews, literature synthesis	Nutrition, GI health
Music Therapy for Post-Op Patients	Studying non-pharmacological pain relief	Surveys, music apps	Comfort care, sensory interventions
Simulation-Based Nurse Training	Evaluating simulation over lecture-style learning	Pre/post quizzes, learner feedback	Nurse education, skills testing
Catheter-Associated Infection Prevention	Implementing best catheter care practices	EBP guidelines, audits	Urinary care, sterile technique
IV Insertion Success with Ultrasound	Assessing tech-based vs. manual techniques	Sonography, procedural tracking	Vascular access, tech proficiency
Aromatherapy for Anxiety in Pre-Op Patients	Testing essential oils to reduce surgical anxiety	Scent kits, anxiety scales	Holistic techniques, patient-centered care
Nurse-Led Discharge Education	Comparing outcomes with vs. without discharge teaching	Discharge scripts, follow-up calls	Education, hospital readmission prevention

## Nursing Leadership & Management

Project Title	What It Focuses On	Tools/Methods Used	Skills Gained
Leadership Rounds for Staff Engagement	Boosting morale through regular leader walkarounds	Feedback forms, scheduling software	Team motivation, active listening
Nurse Scheduling Efficiency	Improving shift planning for better coverage	Excel, staff interviews	Workforce management, time optimization
Staff Turnover Analysis	Identifying causes and reducing nurse attrition	HR data, exit interviews	Retention strategy, organizational behavior

Preceptorship Program Evaluation	Assessing the effectiveness of mentorship models	Surveys, competency tools	Training design, mentorship
Conflict Resolution Training Module	Equipping nurses with conflict-handling tools	Role plays, policy manuals	Communication, conflict de-escalation
Nursing Leadership Styles Study	Comparing outcomes under different leadership approaches	Literature review, case analysis	Style identification, leadership theory
Bullying & Lateral Violence Prevention	Creating a safer workplace culture	Workshops, anonymous surveys	Culture change, intervention planning
Interdisciplinary Team Collaboration	Enhancing team communication for better outcomes	Team huddles, checklist audits	Interprofessional coordination
Delegation Best Practices	Training nurses in safe and effective task delegation	Skills checklists, case simulations	Accountability, legal awareness
Budgeting for Nurse Managers	Teaching basic finance skills in healthcare units	Budget templates, mock exercises	Cost control, resource allocation

## Technology & Informatics in Nursing

Project Title	What It Focuses On	Tools/Methods Used	Skills Gained
EHR Usability Assessment	Identifying user issues in electronic health records	Nurse surveys, task flow analysis	Clinical documentation, user experience
Barcode Scanning in Medication Safety	Improving med safety through scanning audits	Barcode data, error tracking sheets	Medication systems, tech audit
Nurse Training in Telehealth Platforms	Preparing nurses for virtual care delivery	Telehealth software, simulation labs	Digital literacy, remote care etiquette

Mobile Apps for Medication Reminders	Using tech to help patients stick to prescriptions	App demos, adherence logs	mHealth, patient compliance
Wearables for Cardiac Monitoring	Evaluating fitness trackers or ECG watches in care	Wearables, vitals logs	Health tracking, innovation in monitoring
Clinical Alarm Fatigue Reduction	Redesigning alarm systems to reduce desensitization	Alarm analysis tools, nurse feedback	Workflow redesign, safety vigilance
Virtual Simulation in Nurse Education	Evaluating VR or game-based training modules	VR headset, feedback tools	Tech-enhanced learning
Chatbots for Patient Follow-Up	Exploring AI in discharge support	Chat logs, satisfaction scores	Automation, chatbot evaluation
Patient Portals & Health Literacy	Helping patients navigate online health records	Instructional materials, usability tests	Digital empowerment, health education
Digital Pain Diaries	Encouraging use of apps for chronic pain tracking	Pain scale apps, nurse-patient coaching	Digital tracking, chronic care engagement

## Critical Care & ICU Nursing

Project Title	What It Focuses On	Tools/Methods Used	Skills Gained
ICU Delirium Prevention Strategies	Minimizing confusion in critical care patients	CAM-ICU tool, sleep logs	Cognitive screening, sedation management
Ventilator-Associated Pneumonia (VAP) Bundle	Implementing full VAP prevention measures	Checklists, patient charts	Respiratory care, infection control
Early Mobility in ICU	Moving patients sooner for better recovery	PT collab, mobility protocols	Rehab coordination, nurse-led mobilization

Family Presence During Codes	Studying outcomes and perceptions of family-witnessed CPR	Interviews, satisfaction surveys	Ethical reflection, communication
ICU-to-Home Transition Program	Supporting patients post-discharge	Follow-up calls, discharge materials	Discharge planning, holistic care
Sepsis Early Detection Tool	Implementing rapid sepsis identification scores	SIRS, qSOFA, nurse checklist	Early warning, protocol compliance
Prone Positioning for ARDS	Applying prone therapy for lung improvement	Documentation audit, staff feedback	Advanced respiratory care
Noise Reduction in ICU	Improving rest by managing environmental stress	Decibel meters, nurse logs	Sleep science, ICU environmental care
Sedation Titration Guidelines	Improving awareness of appropriate sedation levels	RASS scale, medication logs	Safe sedation, patient responsiveness
Nutritional Protocols for Ventilated Patients	Ensuring proper feeding method and timing	NG feeding guidelines, monitoring tools	Critical care nutrition

## Geriatric & Palliative Nursing

Project Title	What It Focuses On	Tools/Methods Used	Skills Gained
Fall Risk Assessment in Elderly	Enhancing mobility and reducing injury	Morse Fall Scale, bedside reviews	Functional assessment, care planning
Polypharmacy Education in Nursing Homes	Helping staff manage multiple prescriptions safely	Drug interaction charts, in-service	Geriatric pharmacology, simplification tactics
Life Review Therapy for Terminal Patients	Emotional support through storytelling	Interview forms, narrative writing	End-of-life care, empathy building
Pain Management Without Opioids	Exploring alternatives for elderly pain control	TENS unit, massage, non-opioid guides	Comfort care, integrative practice



Advanced Care Planning Conversations	Teaching staff to guide patients through end-of-life choices	Worksheets, goal-setting tools	Ethical clarity, values discussion
Cognitive Stimulation Activities	Boosting brain health in dementia residents	Puzzles, music, art kits	Memory care, activity planning
Nutrition in Aging	Addressing malnutrition and hydration	Food logs, BMI tracking	Dietary needs of elderly
Grief Support for Families	Creating spaces for grieving loved ones	Support group plans, leaflets	Family care, bereavement support
Pressure Injury Prevention in LTC	Strengthening skin care routines	Turning schedules, cushions	Chronic wound prevention
Spiritual Care in Palliative Settings	Respecting diverse spiritual needs	Reflection journals, chaplain collab	Culturally sensitive care

## Community & Public Health Nursing

Project Title	What It Focuses On	Tools/Methods Used	Skills Gained
Mobile Clinic Access for Underserved	Evaluating impact of mobile healthcare units	Outreach logs, demographic data	Health equity, outreach nursing
Vaccination Campaign in Rural Areas	Promoting awareness and coverage	Posters, local radio, surveys	Public awareness, immunization tracking
School Health Screenings	Organizing mass vision, BMI, or dental checks	Screening tools, parent handouts	Pediatric community nursing
Diabetes Education in Low-Income Groups	Teaching diabetes prevention and control	Brochures, cooking demos, group talks	Health promotion, nutrition coaching
Smoking Cessation in Adolescents	Preventive education in schools	Presentations, peer educators	Risk prevention, communication

Emergency Preparedness Training for Families	Teaching what to do during health crises	Evacuation plans, go-bag checklists	Disaster readiness, family safety
STI Awareness for Young Adults	Reducing risky behavior through information	Flyers, condom distribution	Sexual health education
Lead Poisoning Prevention	Educating about lead risks in older housing	Home visit logs, educational packets	Environmental safety, pediatric advocacy
Maternal Health in Marginalized Populations	Improving prenatal care access	Surveys, mobile care records	Equity in maternal care
Nutrition & Hygiene Workshops in Urban Areas	Promoting healthy habits in slum or dense areas	Soaps, demo kits, health posters	Public health advocacy, grassroots outreach