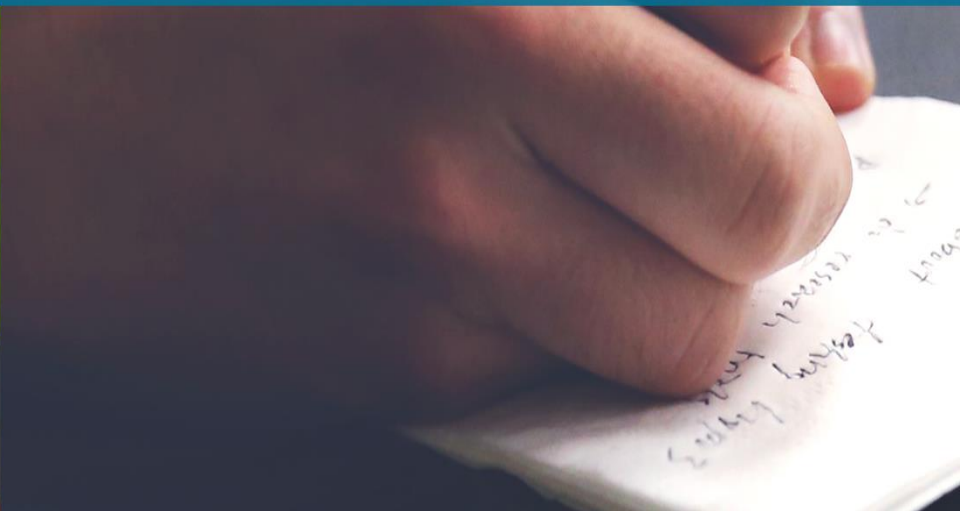




# Lunch & Learn



# Become A Published Author

January 23, 2019

Pat Bruckenthal, PhD, APRN-BC, ANP, FAAN

Presented in partnership by:



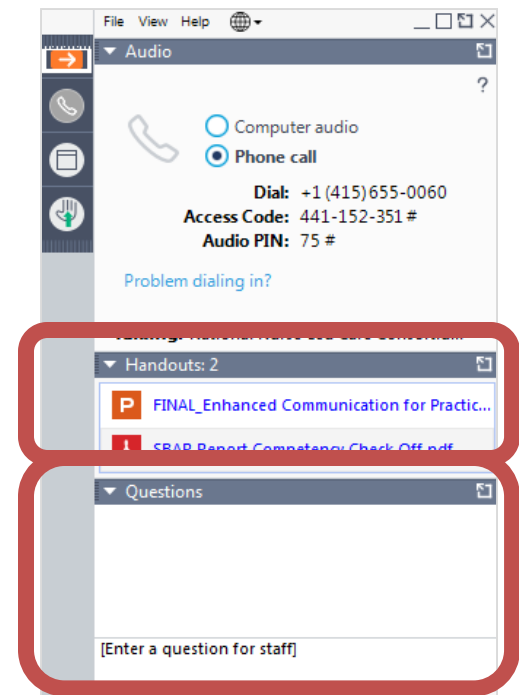
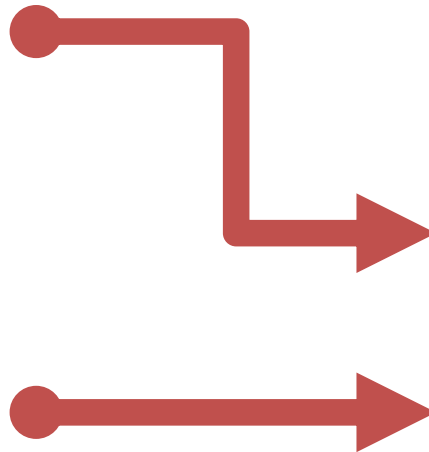
# CE Credit Announcement

- Today's webinar is not accredited for AANP continuing education (CE) credit.
- Questions can be directed to:  
[jreyes@aanp.org](mailto:jreyes@aanp.org)

# Housekeeping Items

To **download materials**, go to the Handouts section on your GoToWebinar control panel.

To **ask a question**, type it into the Question pane in the GoToWebinar control panel and it will be relayed to the presenter.



# National Investment in Quality Improvement

- Changes to the health care system are here
- Nurse practitioners (NPs) will play a key role during the critical transition from Fee-for-Service to **Value-Based Reimbursement**
- **NNCC** and the **AANP** have partnered together to create the **Nurse Practitioner Support & Alignment Network (NP SAN)**:
  - Prepare NPs for the upcoming changes to the health care system
  - Provide free continuing education & professional development centered around value-based health care practices
  - Offer key training opportunities that ready practices for **Value-Based Reimbursement**



# Preparing NPs for Value-Based Reimbursement

## What is the Quality Payment Program?

Began in 2017 as a result of the Medicare Access and CHIP Reauthorization Act of 2015 (MACRA) and requires CMS by law to implement an incentive program referred to as the *Quality Payment Program*, that provides for two participation tracks:

Merit-based Incentive  
Payment System (MIPS)]

MIPS

*If you decide to participate in MIPS, you will earn a performance-based payment adjustment through MIPS.*

**OR**

Advanced Alternative  
Payment Models (APMs)

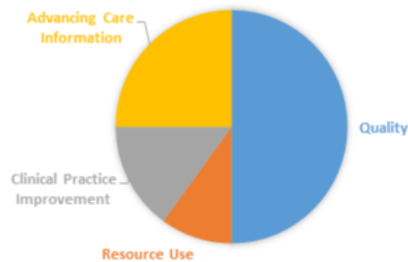
Advanced  
APMs

*If you decide to take part in an Advanced APM, you may earn a Medicare incentive payment for participating in an innovative payment model.*

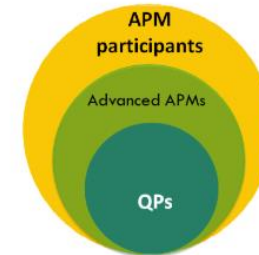
# MIPS

vs.

# APMs



## MIPs vs. APMs Timeline



- Designed for individuals & small practices
  - Four (4) performance areas
  - Replaces all current incentive programs
  - Exempt if practice DOES NOT meet low volume threshold.
- Higher risk model
  - Risk is shared throughout the APM
  - Number of acceptable payment models is limited
  - Rules to being considered a qualified provider (QP)

# Where Can I Go to Learn More?

1. CMS QPP website [www.qpp.cms.gov](http://www.qpp.cms.gov)
2. NPI Lookup for participation status <https://qpp.cms.gov/participation-lookup>
3. AANP <https://www.aanp.org/legislation-regulation/federal-legislation/macra-s-quality-payment-program>





# Become a Published Author

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Pat Bruckenthal, PhD, APRN-BC, ANP, FAAN

# Conflict of Interest Disclosure

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- Authors Conflicts of Interest;
  - **P. Bruckenthal, No Conflict of Interest related to this presentation**

# Objectives

Describe

Describe steps for developing a publishable manuscript.



Differentiate

Differentiate formats for writing a clinical review, quality improvement paper, evidence based project, or research study manuscript.



Construct

Construct a work plan to help you develop a manuscript ready for submission.

Let's get  
started

- Have you  
ever  
presented a  
poster?



- Have you ever presented at the podium?



- Have you ever submitted a manuscript?



- Have you ever submitted a manuscript and got rejected?



# Steps for developing a publishable manuscript

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# Pre-Writing Phase

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- Time to think
  - Answer specific questions about topic before you begin
  - Pick a journal
  - Review authorship guidelines
  - Find a mentor
  - Solicit writing partners or team
- Time and place to write
  - Develop a time line
  - Review the literature (again)

# Time to think and what to think about

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- What is my key overarching message
- What is new or novel about the topic
- Who is the intended audience
- Who might want to work on this paper with me



# Time and place to write

---

- Where and when
- Getting started
- Find a writing buddy
- Develop your timeline
- Write your outline
- Assign sections to writing partners





# Select a journal

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- Identify your audience
- Determine what journals they read
- Determine what various journals publish by reviewing the literature
- Identify a journal that serves your purpose and theirs
- Does the journal have any special focused issues on your topic?
- Read the instructions to authors
- Abstract, structure, and references according to journal requirements

# Impact Factor: What is it?

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- Measures the frequency that the average article in a given journal is cited
- Calculated annually

Number of current year citations for the previous  
two years' articles

---

Articles published in given journal during past two years

# InCites Journal Citation Reports



Home



## Journals in NURSING

Go to Journal Profile

**Journals By Rank** | Categories By Rank

Journal Titles Ranked by Impact Factor

Compare Selected Journals | Add Journals to New or Existing List | Customize Indicators

Select		Full Journal Title	Total Cites	Journal Impact Factor	Eigenfactor Score
<input type="checkbox"/>	1	INTERNATIONAL JOURNAL OF NURSING STUDIES	7,971	3.656	0.01300
<input type="checkbox"/>	2	JOURNAL OF NURSING SCHOLARSHIP	2,431	2.662	0.00300
<input type="checkbox"/>	3	European Journal of Cardiovascular Nursing	1,463	2.651	0.00300
<input type="checkbox"/>	4	NURSING OUTLOOK	1,598	2.425	0.00300
<input type="checkbox"/>	5	EUROPEAN JOURNAL OF CANCER CARE	2,576	2.409	0.00400
<input type="checkbox"/>	6	BIRTH-ISSUES IN PERINATAL CARE	2,250	2.329	0.00200
<input type="checkbox"/>	7	JOURNAL OF ADVANCED NURSING	16,130	2.267	0.01200
<input type="checkbox"/>	8	Worldviews on Evidence-	1,061	2.143	0.00200

View Title Changes !

Select Journals <

Select Categories <

Select JCR Year  
2017

Select Edition  
 SCIE  SSCI

Open Access  
 Open Access

Category Schema  
Web of Science

JIF Quartile <

# SJR: Major Challenger to IF

- Scimago Journal Rank

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- <http://www.scimagojr.com>
- Publicly available database
- Based on data from Scopus database (Elsevier)
- Uses Google PageRank algorithm
  - Citations received by journal
  - Prestige of journal
    - Influenced by the quality of the sources being cited in its articles

The SJR indicator: A new indicator of journals' scientific prestige, Borja González Pereira, Vicente P. Guerrero Bote, Félix Moya Anegón [<http://arxiv.org/ftp/arxiv/papers/0912/0912.4141.pdf>]

# The Next Frontier: Altmetrics

- Combine traditional metrics (e.g. number of times cited) with newer ways of measuring impact of articles
- 
- PlumX
    - Available now in EBSCO interface (MEDLINE, CINAHL)
    - Five metric categories
      - Usage (downloads, abstract views)
      - Captures (e.g. bookmarks)
      - Mentions (blog posts, comments, reviews)
      - Social Media (shares, tweets)
      - Citations
  - <http://plumanalytics.com/learn/about-metrics/>



# What is Open Access (OA) Literature?

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- Digital, online, free of charge and free of most copyright and licensing restrictions.
- Unrestricted, free availability of scholarly research, online for all.

# Open Access Myths:

---

1. Open Access means an article is not copyrighted
2. OA articles and journals are not peer-reviewed
3. OA journals are built on a premise that they are “free”
4. OA journals are low quality and/or have lower impact factors

# The Predatory Landscape:

- **Predatory Publishing:** an exploitative open-access publishing business model that involves charging publication fees to authors without providing the editorial and publishing services associated with legitimate journals.
- **Predatory Journal/Publisher:** a single, standalone predatory publication.
- **Hijacked Journal:** a legitimate academic journal where a bogus website is created by a malicious third party to fraudulently offer academics the opportunity to rapidly publish their research online for a fee.

# Beall's List of Potential Predatory Journals:

- Advances in Biomedicine and Pharmacy (ABP)
- American Journal of Pharmacy and Health Research (AJPHR)
- British Journal of Medical and Health Research (BJMHR)
- International Journal for Advanced Review and Research in Pharmacy (IJARRP)
- Journal of Applied Pharmacy
- Journal of Evidence Based Medicine and Healthcare (JEBMH)
- Research in Pharmacy and Health Sciences

## Journal Selection: other things to consider

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- Mission Statement
- Authorship Guidelines
- Browse content of submissions

# Examples of mission statements

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- The Journal for Nurse Practitioners : offers high-quality, peer-reviewed **clinical articles, original research, continuing education, and departments that help practitioners excel as providers of primary and acute care across the lifespan.** Each issue meets their practice needs and encourages discussion and feedback with thought-provoking articles on controversial issues and topics. *JNP* supports advocacy by demonstrating the role that policy plays in shaping practice and delivering outcomes

# Journal of the American Association of Nurse Practitioners

- The mission of the JAANP is to help serve the information needs of nurse practitioners (NPs) and others with an interest in advanced practice nursing.
- The JAANP encourages submission of scholarly articles addressing a broad range of topics appropriate to advanced practice nursing in the United States and internationally. Of particular interest are:
  - \* quantitative, qualitative, and mixed methods research studies answering new and novel problems;
  - \* outcomes research addressing in particular outcomes directly affected by APRNs/NPs;
  - \* cost-effectiveness or economic analysis of health care interventions used by APRNs/NPs;
  - \* systematic reviews and meta-analyses of scientific literature of the benefits and harms of health care interventions;
  - \* education research particularly related to NPs in DNP programs;
  - \* health policy analysis related to advanced practice nursing in state, national, or international environments;
  - \* practice improvement or quality improvement projects;
  - \* other new and evolving advanced practice nursing issues
  - \* International submissions that address new or novel advanced practice nursing issues throughout the world are also encouraged.

**Worldviews on Evidence-Based Nursing is a primary source of information for using evidence-based nursing practice to improve patient care by featuring:**

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- **Knowledge synthesis articles with best practice applications and recommendations for linking evidence to action in real world practice, administrative, education and policy settings**
- Original articles and features that present large-scale studies, which challenge and develop the knowledge base about evidence-based practice in nursing and healthcare
- **Special features and columns with information geared to readers' diverse roles: clinical practice, education, research, policy and administration/leadership**
- Reviews of the latest publications and resources on evidence-based nursing and healthcare
- **News about professional organizations, conferences and other activities around the world related to evidence-based nursing**
- Links to other global evidence-based nursing resources and organizations



# Authorship

- According to the guidelines for authorship established by the International Committee of Medical Journal Editors (ICMJE), "All
- ---

  - persons designated as authors should qualify for authorship, and all those who qualify should be listed."
- Four criteria must all be met to be credited as an author:<sup>2</sup>
- ■ Substantial contribution to the study conception and design, data acquisition, analysis, and interpretation.
- ■ Drafting or revising the article for intellectual content.
- ■ Agreement to be accountable for all aspects of the work related to the accuracy or integrity of any part of the work.
- ■ Approval of the final version.



# Writing Phase

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- Develop an outline
- Put something down on paper
- If needed, review the structure of a paragraph
- Write quickly, edit later
- Keep to the plan of your outline
- Write the paper in parts
- Put first draft aside
- Revise it
- Have an outsider review it
- Check journal guidelines and submit

# Structure of a manuscript

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- Research paper (original article, research, integrative review, systematic review)
- SQUIRE guidelines (QI or EBP project)
- General Review Article
- Case Study
- Abstracts

# Traditional manuscript format

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- Background *to* Conclusion
  - Background
  - Purpose
  - Method
  - Results
  - Conclusions



# QI/EBP project- Squire Guidelines

- Introduction
  - Problem description
  - Available knowledge
  - Rationale
  - Specific aims
- Methods
  - Context
  - Intervention(s)
  - Study of the intervention
  - Measures
  - Analysis
  - Ethical considerations
- Results
- Discussion
  - Summary
  - Interpretation
  - Limitations
  - Conclusion
- Other
  - Funding
  - Acknowledgements

# What is a review article?

- A critical, constructive analysis of the literature in a specific field through summary, classification, analysis, comparison
- A scientific text relying on previously published literature or data
- What is the function of a review article?
  - to organize literature
  - to evaluate literature
  - to identify patterns and trends in the literature
  - to synthesize literature
  - to identify research gaps and recommend new research areas

# Review Article Format

- a general introduction of the context
- key points each with separate subheading
- toward the end, a recapitulation of the main points covered and take-home messages
- there is a trend towards including information about how the literature was searched (database, keywords, time limits)

# Consider the case report

1. Unusual observations
2. Adverse response to therapies
3. Unusual combination of conditions leading to confusion
4. Illustration of a new theory
5. Question regarding a current theory
6. Personal impact



# Case Study Report Format

- Patient description
- Case history
- Physical examination results
- Results of pathological tests and other investigations
- Treatment plan
- Expected outcome of the treatment plan
- Actual outcome
- Discussion (connect to existing literature)
- Conclusion

# A word or two about abstracts

---

- Develop a strong abstract
- Review prior accepted abstracts
- Peer review abstract prior to submission
- Adhere to abstract guidelines

# Abstract Format

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- Summary of your paper / project
- Background to Conclusion
- General format (varies depending on organization)
  - Background
  - Purpose
  - Method
  - Results
  - Conclusions

# Abstract Tricks of the Trade

- Put the findings in your title
- Majority of text reserved for results
- Move important message to beginning of sentences
- A ‘word’ about word counts
  - Do not write to the word count
  - Put everything you want in first, then edit

# Can Nurse Practitioners Effectively Deliver Pain Coping Skills Training to older adults with OA?

Background/Purpose: Arthritis is a major health challenge affecting more than half the US population over 65 years old. Despite analgesics, joint injections, exercise, and joint replacement, patients still report significant chronic pain and activity limitation. Pain coping skills training (PCST) has demonstrated efficacy for patients with osteoarthritis (OA) but access to PCST is limited. It is usually only available through trained psychologists or other mental health providers. The purpose of this study was to evaluate if Nurse Practitioners' could effectively deliver PCST to OA patients in community practices. A secondary aim was to determine the effect of PCST on pain and physical and psychological disability, self efficacy and use of coping skills.

Methods: A multisite, randomized control trial examining the effectiveness of Nurse Practitioner led PCST in primary care and rheumatology offices was conducted. Patients (N=256) with hip or knee OA were randomized to treatment or usual care. Patients randomized to treatment received 10 individual face to face or telephone PCST sessions designed to promote cognitive-behavioral pain management coping skills. NP's were trained by experts until predetermined levels of competency were met. Outcome assessments for pain intensity, psychological distress, physical function, self-efficacy and use of coping skills were completed at baseline, posttreatment, 6 and 12 months follow up. RM-ANCOVA were used in all primary analyses of treatment effects using SAS and Mplus.

Results: Analysis across all assessment points indicated significant improvement for the PCST group compared with the control group for pain intensity, physical functioning, psychological distress, use of pain coping strategies, and self efficacy, as well as fatigue, satisfaction with health, and reduced use of pain medications. Treatment effects were robust to treatment site and demographic covariates. All outcomes except self-efficacy were maintained through the 12 month follow-up; effects for self-efficacy degraded over time. Comparison of patients who were more vs less adherent to PCST suggests greater effectiveness for patients with high adherence.

Conclusions and Implications: Results support the effectiveness of nurse practitioner delivery of PCST embedded within the practice setting for chronic OA pain. Training for NP's in this skill has potential to increase access to this self management strategy and has implications to increase the reach to other chronic health conditions.

## Pain Coping Skills Training decreases pain and improves mood in older adults with OA

Background: Arthritis is a major health challenge affecting more than half the older adult US population. Pain coping skills training (PCST) has demonstrated efficacy for patients with osteoarthritis (OA) but access to PCST is limited. The purpose of this study was to evaluate if Nurse Practitioners' could effectively deliver PCST to OA patients in community practices.

Methods: A multisite, randomized control trial was conducted. Patients (N=256) with hip or knee OA were randomized to treatment or usual care. Patients randomized to treatment received 10 individual PCST sessions designed to promote cognitive-behavioral pain management coping skills. Multiple outcome assessments were completed at baseline, posttreatment, 6 and 12 months follow up.

Results: Analysis across all assessment points indicated significant improvement for the PCST group compared with the control group for pain intensity, physical functioning, psychological distress, use of pain coping strategies, and self efficacy, as well as fatigue, satisfaction with health, and reduced use of pain medications. All outcomes except self-efficacy were maintained through the 12 month follow-up.

Conclusions: Results support the effectiveness of nurse practitioner delivery of PCST embedded within the practice setting for chronic OA pain. Training for NP's in this skill has potential to increase access to this self management strategy and has implications to increase the reach to other chronic health conditions.

# Plan for final phase of publication

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- Proofread (and read out loud)
- Give to a colleague to proofread
- Follow manuscript guidelines for submission
- Submit
- Plan for response from editor
  - Accept
  - **Revise and resubmit (do it!)**
  - Reject

# Dealing with the reviews

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Image source: <http://bit.ly/x2pms8>

- These are a gift
- Don't take it personally
- Use to guide resubmission
- Make sure you address all reviewers concerns (use a cover letter to highlight)



Gentlemen,  
Regarding the  
recent rejection  
slip you sent me.

11-13



I think there  
might have been a  
misunderstanding.



What I really  
wanted was for you  
to publish my story,  
and send me fifty  
thousand dollars.



# Dealing with rejection

---

A rejection is  
nothing more than a  
necessary step in  
the pursuit of  
success.

Bo Bennett

QuotePixel.com

- Acceptance rates on average are 50%
- Take comments out of the trash and unemotionally review them
- How might you revise and improve the paper
- Speak to your mentor
- Consider submission to another journal

# Common problems with manuscripts

---

- Too wordy, too long, text difficult to follow
- Not of interest to readership of journal
- Copy editor issues; grammar, spelling, format
- Content incomplete, insufficient, out-of-date
- Study limitations not well stated, conclusions do not fit data
- Emotionalism-getting carried away, no evidence to support data
- Conflict of interest
- Authorship not fully stated
- Republication use of data

# Next Steps

- Write down your plan
- Set your timeline (put it in your calendar)
- Identify co-authors
- Pick a journal
- Get feedback
- SUBMIT!!!!

# Let's get to work

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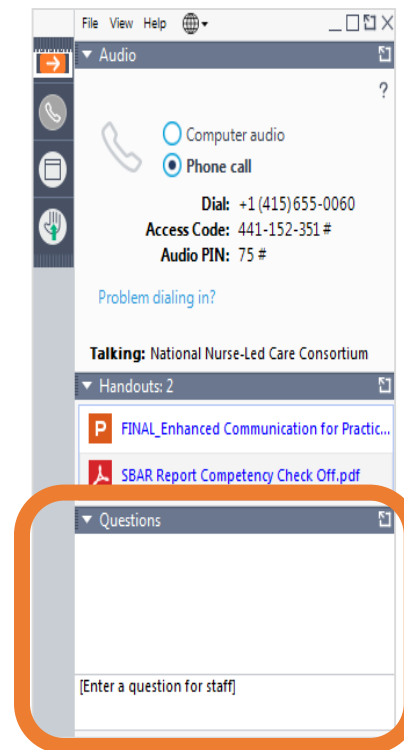
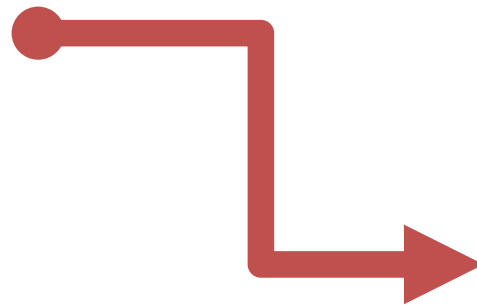
# Resources

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- Saver, Cynthia, Sigma Theta Tau International (2014). *Anatomy of Writing for Nurses*, (2<sup>nd</sup> Ed. ). ISBN 978-1-938835-42-1 -- ISBN 978-1-938835-43-8(EPUB) -- ISBN 978-1-938835-44-5 (PDF) -- ISBN 978-1-938835-45-2 (MOBI)

# Any Questions?

Please **submit questions** via the question pane in your GoToWebinar control panel or raise your hand to ask a question.



# Other QPP or NP SAN Questions?

For more information on the **QPP** or the **Nurse Practitioner Support and Alignment Network (NP SAN)**:

- Email **Joseph Reyes** at [jreyes@aanp.org](mailto:jreyes@aanp.org)
- Email **Cheryl Fattibene** at [cfattibene@nccc.us](mailto:cfattibene@nccc.us)
- Visit us **online** at <https://www.aanp.org/practice/np-san>
- **Stay up to date** on the latest CE opportunities:  
[http://bit.ly/NPSAN\\_subscribe](http://bit.ly/NPSAN_subscribe)





# Coming Up

## Cannabis – What Does It Mean For Your Practice?

1.0 CE (includes 1.0 hour of pharmacology)



February 6, 2019 @ 1 pm  
EST

Theresa Mallick-Searle,  
MS, RN-BC, ANP-BC

[Register Here](#)

