

## Research Excellence Award

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### Human Flourishing in Adolescents with Cancer: Perspectives of Health Care Providers

*Eunji Cho* PhD student

*Duke University School of Nursing*

**Background:** Despite the challenging nature of a cancer diagnosis, a unique cohort of adolescents experience a remarkable trajectory of positive growth and development during and following their cancer-related experiences [1]. Human flourishing, a concept describing an optimal form of human life and development [2], has a potential to provide a comprehensive explanation of the unique growth experienced by some adolescents with cancer, yet it has rarely been studied in this population. We investigated the concept of flourishing from the perspectives of pediatric oncology health care providers (POHCP) who spend significant quality and quantities of time with adolescents and their families [3].

**Objective:** The purpose of this study was to investigate the perspectives of POHCP on: 1) exemplary stories of adolescents with cancer who have flourished, and 2) critical attributes characteristic of flourishing adolescents.

**Method:** A mixed-methods descriptive, exploratory study was conducted with a sample of 11 POHCPs (e.g., physician, nurse, child life therapist, psychologist) who completed an electronic survey with open-ended questions; and a focus group of 6 pediatric oncology nurses. Descriptive statistics were used to analyze the critical attribute characteristics. A conventional content analysis technique was used to analyze the textual data.

**Results:** The 15 critical attribute characteristics were classified into five categories: emotional, psychological, social, functional, and spiritual dimensions. The textual data was categorized into 5 capability themes: Lead one's own life; Stand on firm ground; Grow and transcend through experiences; Make a better world; Move forward to better future.

**Conclusion:** Human flourishing in adolescents with cancer cross modes of development from intrapersonal, interpersonal, and person-environmental components. Prior to the development of intervention studies to promote flourishing in adolescents with cancer, studies are needed to explore how the comprehensive components are scaffolded in clinical care and in the family environment.

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## Best Poster Excellence Award

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### The Effects of Peppermint Oil on Post-Operative Urinary Retention

*Jamie Fryatt* RN, BSN, CPN, *Priscilla Bell* RN, MSN, CPN

*Children's Mercy Hospital*

**Background:** As a primarily postoperative unit, postoperative urinary retention is a common complication. Standard nursing interventions like running water and getting the patient up to the restroom, were not always successful which frequently led to the patient needing to be catheterized. A patient's mother reported as a Labor and Delivery nurse she had successfully used peppermint oil in postpartum moms. A literature review did not reveal any Evidence Based nursing interventions to treat postoperative urinary retention. Peppermint oil was a nursing intervention in textbooks on postpartum care, with no evidence to support this indication for use. Due to a lack of evidence, a research project was started.

**Research Question:** Does the use of peppermint oil in postoperative pediatric patients result in a reduced need for cauterization when experiencing urinary retention?

**Methods:** The subject must be postoperative, continent, between the ages of 3 and 17, and experiencing urinary retention. A peppermint oil infused patch is placed on the patient for the patient to inhale while attempting to void. After one hour the patch is removed and physician is notified if no void.

**Results:** Over 13 months 23 patients were enrolled. Of those, 15 were able to void within one hour of patch placement. Three patients voided after the patch was removed. A total of five patients required catheterization. A total of 22% of the study patients were catheterized after the use of peppermint oil. The retrospective chart search was performed to determine the control group. The search found 13 patients that met the research criteria. Of those 13, seven required catheterization which equates to a 54%.

**Conclusion:** Even though there was a 32% decrease in the need for catheterization after the implementation of peppermint oil, the data did not prove to be statistically significant (p value of 0.07) due to the small sample size of both the study population and the retrospective chart search. Peppermint oil is now available to any patients meeting criteria for urinary retention.

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