Session Objectives

- List knowledge and skills necessary for writing for newsletters, journals, and other nursing related publications
- Generate a potential topic for publication based on your area of clinical expertise
- Identify potential organizational resources within the work setting that can be accessed to achieve your publication goal.

Conflict of Interest Disclosure

- Cecily L. Betz, PhD, RN, FAAN
  - As Editor-in-Chief of the Journal of Pediatric Nursing (JPN), the official Journal of PENS benefits indirectly as I receive an Editor’s stipend from Elsevier, Inc, JPN publisher
Understand mission & editorial focus

- Types of manuscripts
  - Empirical research with clinical relevance
  - Systematic or integrative reviews
  - Program evaluation
  - Theoretical discussion/analysis
  - Evidenced based practice
- Style & format
  - Reference style
  - Article format
  - Number of references
  - Content organization
  - Abstract format
  - Submission process

Journal of Pediatric Nursing

Strategies for writing a manuscript

- Develop a plan
  - Outline
  - Reasonable expectations
  - Timeline
  - Competing demands
- Identify available resources
  - Literature databases
  - Bibliographic software
  - Technical editor
  - Experienced authors as readers
  - Thesaurus/ dictionary
Determine Your Area of Expertise

- What is your area of expertise?
  - Pediatric Endocrinology
  - What do you do that is unique within that area of expertise?
    - Children with type 2 Diabetes
- What is your area of practice?
  - Clinical, Research, Education,
  - Program Development

Coming Up with the Idea

- Area of expertise
  - Clinical Practice, Research, Education
- What is missing in the literature
- Dearth of information
- Innovative idea
- Accepted but not known
- Obvious but not realized/apparent

Formulate Your Topic

- Scan the specialty journals to determine the appropriate “fit”
  - Journal of Pediatric Nursing
  - Pediatric Nursing
  - Issues in Comprehensive Pediatric Nursing
  - Journal for Specialists in Pediatric Nursing
  - MCN: The American Journal of Maternal Child Nursing
Formulate Your Topic

• As you scan the journals, note:
  – Type of articles published
    • Research, Clinical, Evidence based, Theory
  – Article format
    • Sections required for inclusion in article
  – Page length
    • Length allowed with vary

Obtain editorial feedback on manuscript/concept/draft

• Consult with journal editors
  – Plan/options/content for manuscript development
  – Editorial assistance
  – Writing assistance
• Confer with peers
  – Manuscript suggestions
  – Networking
  – Editorial assistance

Formulate Your Topic

• Check the bibliographic databases
  – Determine what has been published on the topic
  – Type of articles published
    • Research, Clinical Practice, Theory, etc.
  – The themes/slant of previous articles
  – Date of previous publications
Formulate Your Topic

- Planning your approach
  - Focus on particular aspect of care
    - Discharge Planning
    - Home Care
    - Assessment Process
  - Focus on a new development in care
    - Medications
    - Treatment Approach
  - Provide a clinical update
  - Compose a Evidence-based paper
  - Refer to the guidelines for type of paper

- Write notes to yourself
  - Information gathered
  - Stream of consciousness

- Focus your thinking
- Entertain new ideas
- Be positive
Select a Journal

- Appropriate to your topic area
- Peer reviewed
- “In press” timeline
- Target audience
- Author Guidelines
- Editorial Policy
- Websites

Publishing Papers

- **Choosing a Journal**
  - Impact Factor
  - Audience
    - Interdisciplinary
    - Discipline-specific

Journal of Pediatric Nursing
Send Query Letter/Email

- Elicit interest from editor about your topic
- Editor can provide you with useful input in developing your outline
Identify Your Resources

- Internet resources
- Technology resources
- Librarian
- Clinical experts
- Publishing experts
- Colleagues with writing skills

Review the literature

- Access the internet resources such as Medline, CINAHL
- Use recent resources
- Search until you reach saturation level
- Avoid using too many generalized references
- Avoid using nursing textbooks unless highly specialized

Formulate the Timeline-Strategy

- Operationalize the Idea/Select a Topic
- Formulate the Outline
- Survey the Literature (Journals/Author guidelines)
- Develop the First Draft
- Review/Proofread
- Formulate Revisions
- Submit

(Betz, Smith, Mazurek-Melynki, & Rickey, 2014)
Formulate the Timeline-Hints

Avoid Being Overly Ambitious

Think Small

Enjoy it

Formulate the Outline-Hints

• Scan the literature for models
• Scan the literature for content
• Review the author guidelines of various journals
• Note the style of referencing required

Formulate the Outline-Strategy for Clinical Paper

• Introduction
• Incidence/Etiology
• Pathophysiology
• Interdisciplinary Management
• Nursing Care
  – Assessment
  – Nursing Diagnosis/Problems
  – Planning
  – Interventions
  – Evaluation/Identification of Outcomes
• Conclusion
Formulate the Outline-Strategy for Clinical Paper (Evidenced Based)

- Clinical question
- Search for evidence
- Critical appraisal
- Application to practice
- Evaluation

Formulate the Outline-Strategy for Research Manuscript

- Statement of the Problem
- Literature Review
- Theoretical Framework
- Methods
  - Human Subjects
  - Subjects
  - Procedure
- Findings
- Discussion/Clinical Implications

Formulate the Outline-Strategy for Concept Paper

- Introduction
- Organizing Concepts
- Literature
  - Methodology for literature selection
  - Analysis
- Synthesis
  - Implications
  - Knowledge Development
Formulate the Outline-Strategy for Program Outline

• Statement of the Program Need
• Overview of the Program to be Described
• Background Information (development)
• Description of the Program
• Nursing/Clinical Implications
• Program/Client Outcomes

Purpose

– To publish scientific articles that are relevant to PENS nurses and general pediatric nurses
PENS Column Guidelines

• Primary author must be PENS member
• Needs to be an endocrine-related topic, but must be of interest to other pediatric nurses
• APA style, 6th edition (font size 12, double-spaced, 1 inch margins, etc.)
• 1400 word limit
• No more than 6 pages (including references, tables, figures)
• No abstract
• Submit to Jan Foote

PENS Column

Process

• Final version is due 4 months prior to publication date
• You will receive a proof close to publication date
• Please keep in touch
• Understand that this is a commitment

Examples of PENS Columns

• PENS Position Statement on Transgender Youth (Klouac) 31(2)
• Screening for Depression in Adolescents With Diabetes (Dever) 31(1)
• Hypoparathyroidism in Children (Snyder) 30(6)
• McCune-Albright Syndrome: An Overview of Clinical Features (d’hirian et al.) 30(5)
• Shared Medical Apointments for Adolescents With Type 1 Diabetes Mellitus: Important Learning Communities, (Davis et al.) 30(4)
Writing Well

• Plan and research
• Organize
• Outline
• Draft-start filling in ideas, bits of information, references
• Edit, edit, edit
  – Backwards read
  – Self and others
  – Grammar and spell check

The Introduction

• Definitions
• Key terms and concepts
• The purpose
• A roadmap for the reader

An Effective Introduction

• Grabs the reader’s interest
  – Good Beginnings
    • Short anecdote or story-vivid, emotional appeal
    • Startling statistics relevant to the readers
    • Quotations
    • Historical background
The Body

- Headings
- Paragraphs
- Transition sentences between paragraphs

Writing the Paper-HINTS

- Emphasis the nursing perspective
- Nonspecific information
- Insufficient discussion of nursing care
- Data information

Writing the Paper-Strategies

- Follow the outline, if not revise as needed
- Write what you can
- Begin to write the next section before ending
- Weight the narrative sections with each other as some will be longer than others
Common Writing Mistakes

• Too dry—provide examples or illustrations
  – Case studies or scenarios add interest
• Too general—be as specific as possible
  – Provide background
  – Provide detail
  – Provide data
  – Provide constructive, useful applications

The Litmus Test: Ask yourself—What am I adding to a nurse’s knowledge base? Nurses want rich, useful information that they can directly apply.

Writing the Paper—HINT

IT WILL NEVER BE PERFECT!

Review your drafts

• Proofread your draft with “fresh look”
• “Cut and paste”
• Share your manuscript with family and friends for editorial assistance
• Share your manuscript with colleagues for content input and feedback
Submit your manuscript

- Insert the “finishing touches” to tables, figures, boxes
- Assemble materials needed for uploading on website

References
