



RESEARCH IMPORTANT TO NURSING

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ABSTRACT

Nursing research has a tremendous influence on current and future professional nursing practice, thus rendering it an essential component of the educational process. Nursing research is critical to the nursing profession and is necessary for continuing advancements that promote optimal nursing care. Many nurses are involved in either direct patient care or administrative aspects of health care. Nursing research is a growing field in which individuals within the profession can contribute a variety of skills and experiences to the science of nursing care. Nursing research is vital to the practice of professional nursing, and the importance of its inclusion during undergraduate instruction cannot be overemphasized. Only with exposure and experience can students begin to understand the concept and importance of nursing research. Nurses need research because it helps them advance their field, stay updated and offer better patient care. Information literacy skills can help nurses use information more effectively to develop their own conclusions. Evidence-based practice is important for nurses. From a position whereby there was a dearth of research, the Bradford Head and Neck Department has steadily built up an increasing portfolio of clinical trials. The key lesson learnt from building our portfolio of clinical trials has been the importance of teamwork, which is vital to the success of clinical research. Every member of the team has a significant part to play but research nurses are the lynchpin of our team. The role is extremely interesting, dynamic and challenging but demands a wide range of skills.

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INTRODUCTION

Nursing research has a tremendous influence on current and future professional nursing practice, thus rendering it an essential component of the educational process. Nursing research is critical to the nursing profession and is necessary for continuing advancements that promote optimal nursing care.

Throughout the 21st century, the role of nurse has evolved significantly. Nurses work in a variety of settings, including the hospital, the classroom, the community health department, the business sector, home health care, and the laboratory. Although each role carries different responsibilities, the primary goal of a professional nurse remains the same: to be the client's advocate and provide optimal care on the basis of evidence obtained through research [1].

Research is typically not among the traditional responsibilities of an entry-level nurse. Many nurses are involved in either direct patient care or administrative aspects of health care. Nursing research is a growing field in which individuals within the profession can contribute a variety of skills and experiences to the science of nursing care. There are frequent misconceptions as to what nursing research is. Some individuals do not even know how to begin to define nursing research. According to Polit and Beck (2006), nursing research is: systematic inquiry designed to develop knowledge about issues of importance to nurses, including nursing practice, nursing education, and nursing administration. Nursing research is vital to the practice of professional nursing, and the importance of its inclusion during undergraduate instruction cannot be overemphasized. Only with exposure and experience can



students begin to understand the concept and importance of nursing research [2-4].

Why is research important to nursing?

Nurses need research because it helps them advance their field, stay updated and offer better patient care. Information literacy skills can help nurses use information more effectively to develop their own conclusions. Evidence-based practice is important for nurses.

What are the benefits of nursing research and why?

It promotes lifelong professional development of the discipline of nursing and supports the fact that nursing is a professional discipline. Nursing research improves clinical expertise and personal knowledge, helps to implement changes to provide excellence in nursing care, and helps to locate additional resources.

Why Do Nurses Need Research?

Research helps nurses determine effective best practices and improve patient care. Nurses in an online RN to BSN program learn to retrieve, read, critique and apply nursing research. Because new information is always coming to light, it is crucial that BSN-prepared nurses know the importance of research. The findings from peer-reviewed studies can correct old misunderstandings, pave the way for new treatment protocols and create new methodology — all of which improve patient outcomes.

Research also helps nursing respond to changes in the healthcare environment, patient populations and government regulations. As researchers make discoveries, the practice of nursing continues to change. The information students learn can become quickly outdated, so being able to keep up with new developments in nursing helps graduates in their careers.

Every nurse can benefit from knowing why nursing research is important, how research is conducted and how research informs patient care. Bachelor of Science in Nursing (BSN) programs teach nurses to appreciate and use research in their everyday careers, compare findings and read published research.

Can nurses do research?

Research nurses that study diseases and illnesses will often perform a great deal of research, both by studying previous findings and observing patients. ... During clinical trials, research nurse will administer medications or perform other treatment procedures.

What is the primary purpose of nursing research?

Theory can also be used to guide the research process by generating and testing phenomena of interest. The primary purpose of theory in the profession of nursing is to improve practice by positively influence the health and quality of life of patients.

What is the role of a nurse researcher?

Clinical research is vital for finding new treatments and improving patient care. Research nurses are at the forefront of this process. ... The nurses play a key role as patient advocate, ensuring patients' safety and protection, and that patients are well supported throughout the research study.

What is a source of nursing research?

Nurses use research to provide evidence-based care that promotes quality health outcomes for individuals, families, communities and health care systems. Nurses also use research to shape health policy in direct care, within an organization, and at the local, state and federal levels.

Clinical research is essential for continually improving standards of patient care. From the position where there was a dearth of research, the oral/maxillofacial research team at Bradford Teaching Hospitals Foundation Trust has built up a rapidly increasing portfolio of trials. Research nurses have played a pivotal role in this initiative.

1. Clinical research is vital for finding new treatments and improving patient care. Research nurses are at the forefront of this process.
2. Research nurses need a thorough understanding of the research process and terminology, and in-depth knowledge of the specialty under investigation.
3. The nurses play a key role as patient advocate, ensuring patients' safety and protection, and that patients are well supported throughout the research study.
4. Research nurses need a wide range of skills including management and organisational skills, teaching and mentoring, communication and IT.
5. Collaboration and cooperation with other researchers and members of the multidisciplinary team is crucial for successful research [5-7].

What does it take to be a research nurse?



RESEARCH NURSES – OUR ROLE

Research is essential. It is the only evidence-based method of deciding whether a new approach to treatment or care is better than the current standard, and is essential to diagnose, treat, prevent, and cure disease. Research nurses play a vital role in delivering research, and ultimately improving patient care.

The role of a research nurse is complex, exciting, and interesting. Research nurses are at the forefront of new developments in treatments for their patients. Day to day, the role of a research nurse may vary, as they hold numerous responsibilities. These can include:

- Identifying and screening potential patients
- Making sure that patients have all the necessary information to allow them to make a fully informed decision about whether they want to participate in a study
- Ensuring that patients give fully informed consent before they are enrolled in a study
- Supporting the Principal Investigator (PI) by coordinating the day to day management of research studies
- Providing on-going support to patients throughout their time as a participant

Why do we do it?

- I love being a research nurse as I get to not only make a difference to the patient I am seeing's life, but also to make a positive impact on the lives of potentially thousands of patients who will benefit from new treatments.
- It felt good to be challenged –even if it was daily. And you grow in ways you never imagine.
- You get more quality time with patients.
- Because my job in research is making the future today and everything that I have done will have counted towards the cancer treatment of the future, which will go on forever

THE ROLE OF THE RESEARCH NURSE

Coming into the world of clinical research from hands-on care provision involved a steep learning curve for the nurses. A solid foundation based on years of experience in nursing is vital to the role, but it requires a wide range of additional skills and knowledge.

The research nurse's job is complex, varied and interesting. Although the principal investigator (PI) has ultimate responsibility for any study, it is often research nurses who coordinate its day-to-day management. This means leadership and organisational skills and a flexible and adaptable approach are vital. Since the nurses may at times work alone, they also need to be able to prioritise and to make decisions. As Poston and Buescher (2010) explain, research nurses are at the fulcrum of clinical trials. They not only need a comprehensive understanding of the speciality in which they are working, but also an extensive knowledge of the research process and research-

related legislation. In addition, they need a variety of computer-based skills, especially in the use of word processing, spreadsheets, database and presentation software, and the ability to undertake internet searches.

The many duties of a research nurse include preparing trial protocols and other trial-related documentation, submitting study proposals for regulatory approval, and coordinating the initiation, management and completion of the research.

Ensuring patients give fully informed consent before being enrolled to trials is fundamental to the role. This encapsulates screening for potential participants at outpatients clinics and multidisciplinary team meetings, making sure patients are given all the information they need and that they fully understand the purpose of the study, any potential risks and benefits and what will happen to them if they agree to participate. It must also be made clear to patients that they do not have to participate and are free to withdraw at any time without it affecting their treatment or care in any way. For this, nurses need an ability to give clear explanations, along with excellent communication and interpersonal skills.

Once patients are enrolled to a trial, the research nurse may be responsible for randomisation, and for collecting and recording data. Quality and reproducibility of data are two of the key principles of ethically sound research. All data must be accurate and complete for the results of the study to be valid, and research nurses often have responsibility for this aspect whether it be entering data themselves or checking that all records are correct and up to date. This requires attention to detail, a meticulous approach and a high level of integrity.

Prompt reporting of adverse events is fundamental to patient protection and a responsibility of the research nurse. These may be any unfavourable change in health or suspected side-effect experienced by a participant, which does not necessarily have to have a causal relationship with the treatment they are receiving (European Medicines Agency, 2002).

In the event of a patient suffering any untoward occurrence such as significant disability, incapacity or death, any life-threatening event, hospitalisation or prolongation of hospital stay or any form of congenital abnormality, a serious adverse event must be declared within 24 hours of the researchers becoming aware of it. If there is any possibility of harm being done to participants as a result of being in a trial, it is essential to identify it quickly and take appropriate action, which may even mean closing the trial prematurely.

Finally, research nurses may also act as teachers, mentors and advisors to other health professionals, or to give presentations at conferences and other meetings.

Clinical Research is essential for improving patient care and finding new treatments. The research nurse and midwife are at the heart of this process: acting as the patient advocate, maintaining patient safety, and ensuring the patient is supported throughout the research



study. The role is varied, interesting, dynamic and often challenging and requires a wide range of clinical skills and experience. The research nurse or midwife coordinates the day to day management of the research portfolio, requiring a flexible, adaptable approach with good communication and organisational skills [8].

Nurturing relationships



Nurse: a person trained to care for the sick or infirm, especially in a hospital.

Research: the systematic investigation into and study of materials and sources in order to establish facts and reach new conclusions.

IMPORTANCE OF RESEARCH IN NURSING

1. Research is an important tool for the continual development of a relevant body of knowledge in nursing.
2. Research generates information from nursing investigations which help define the unique role of nursing as a profession.

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3. Professional accountability of nurses to their clients is demonstrated when nurses incorporate research evidence into their clinical decisions.

4. Research facilitates evaluation of the efficacy of nurses; practice which may articulate their role in the delivery of health services.

5. Another reason for nurses to engage in research involves the spiraling costs of health care and the cost-containment practices being instituted in health care facilities. With research, costly trial-an-error and even unsafe interventions area voided.

6. Research may allow nurses to make more informed decisions as each phase of the nursing process is clarified through research [9,10].

Research also enables nurses to

1. Understand a particular nursing situation about which little is known,
2. Assess the need for an intervention,
3. Identify factors that must be considered in planning nursing care,
4. Predict the probable outcomes of certain nursing decisions,
5. Control the occurrence of undesired outcomes,
6. Provide advice to enhance client health, and
7. Initiate activities to promote appropriate client behavior

CONCLUSION

From a position whereby there was a dearth of research, the Bradford Head and Neck Department has steadily built up an increasing portfolio of clinical trials. The key lesson learnt from building our portfolio of clinical trials has been the importance of teamwork, which is vital to the success of clinical research. Every member of the team has a significant part to play but research nurses are the lynchpin of our team. The role is extremely interesting, dynamic and challenging but demands a wide range of skills.

