

## Global Research Nurses

### August 2019 India Essay Competition

#### 1<sup>st</sup> Prize

**“The Role of Nurses in Improving Patient Care through Clinical Research” by Ms. Divya Reghunath , M.Sc Nursing Student , Narayana Hrudayalaya College of Nursing ,Bangalore**

#### ROLE OF NURSES IN IMPROVING PATIENT CARE THROUGH CLINICAL RESEARCH

The role of the research nurse is highly rewarding, with many opportunities to learn and develop new skills. It is largely autonomous and, both directly and indirectly, patient-centered. Coming into the world of clinical research involves the development of new and different clinical skills, which is both exciting and challenging. Nurses play a vital role in the education of patients and their families, helping them adjust to life after the hospital. Encouraging and supporting nurses to get involved in research to build a solid base of evidence on which to build stronger practices will ultimately benefit not only patients and their families but the inter-professional teams in hospitals. It will also add a vital new perspective to the peer-reviewed research that acts as a foundation for developing knowledge in healthcare. And with their knowledge and hands-on experience, nurses can theorize, hypothesize, structure studies, and collect evidence that leads to better care. The goal of nursing research is to achieve better care standards and applications for patients and families. Of course, the aim is to reduce mortality and get patients healthy again. This is where research comes in: as researchers, nurses can find and share new knowledge to support evidence-based practice. It's not the same as running clinical trials; nurses can really work closely with patients and families to find out how to treat them better. Sometimes that means changing a practice that's been standard for decades. For example, for years it was best practice to sleep babies on their bellies rather than their backs, in case they vomited and choked. But today, following extensive research into sudden infant death syndrome (SIDS), the advice is to sleep babies on their backs. When it comes to policy, it's important not to waste time reinventing the wheel. If nurses are developing a policy or procedure, they can go to a database and search for the latest relevant research. At all hospitals, policies and procedures are revisited every three years, and when this happens, nurses need to find three to five relevant studies on the topic to see if there has been a change. SIDS is an example of why policies need to keep up with research. Some people are still practicing the old way because they haven't heard about the research and how important it is. Because of this, it's vital not only for nurses to carry out the research, but also to disseminate it – at conferences, in academic papers and even by sharing the results with their families, neighbours and colleagues. As more and more nurses get involved in research, the balance is shifting – where previously there were one or two “experts” who spoke at conferences, many more nurses are now presenting their research. Despite the lack of public knowledge about what it means to become educated as a nurse, people trust nurses, and this can have a positive impact on patients' understanding and acceptance of research-based information. Thus, Clinical research is vital for finding new treatments and improving patient care. Research nurses are at the forefront of this process and need a thorough understanding of the research process and terminology, and of the specialty under investigation. Furthermore, they must act as patients' advocates, ensuring they are protected and supported throughout the research pathway. The role of research nurse is wide-ranging and involves a correspondingly wide range of skills, including project management, teaching and mentoring, communication and information sharing. Research nurses are often required to work in complex situations and across specialties and so collaboration and cooperation with other researchers and members of the multidisciplinary team are crucial for successful research.

## 2<sup>nd</sup> Prize

### **“The Role of Nurses in Improving Patient Care through Clinical Research” by Rajani Nair**

The patient is the first priority of the nurse. The role of the nurse in a nutshell is to provide not just physical care but also provide holistic care to the patients which encompasses the psychosocial, developmental, cultural and spiritual needs of the individual. A nurse is directly involved in the decision making process for the treatment of patients, at the same time advocates in the best interest of the patient by maintaining the patient's dignity through out treatment and care. The best patient care can be provided only when the field of medicine is ready to combat the real challenges posed in the form of newer illnesses, disease conditions and newer disease causing pathogens. Pharmaceutical research, medical research and nursing research is one major reason why we have advance so much in the field of medicine with in the last century. Without this type of research, many more patients would die from even the mildest illnesses. Nurses play an important role in the driving force behind medical research today. Clinical Research Nurses are at the forefront of new medical discoveries, helping in the development of break through cures and medical treatments that can produce better patient outcomes. Some Research Nurses provide direct nursing care to patients which enhances their observation in studying a particular disease or illness. Other Research Nurses may organize, oversee or assist in clinical trials, often involving new medication or treatment methods. During clinical trails, Research Nurses administer medications or perform other treatment procedures. This whole process includes tremendous monitoring, evaluating, documenting, recording and reporting. The information thus gathered during the research is compiled into reports for future and further use. Benefits of clinical research in the field of nursing are as follows: 1. Nursing Research provides evidence use to support nursing practices and procedures. 2. Nursing education places focus upon the use of evidence from research in order to rationalize nursing interventions. 3. Courts decide on negligence and malpractice by nurses based upon whether their interventions were supported by research or not. 4. Clinical research is essential for the development of empirical knowledge that enables nurses to provide evidence based nursing care. 5. Helps in documenting contributions to nursing and the overall health care. 6. Helps in generating knowledge there by improving the image of nursing profession. Nurses are doing thousands of research every year all over the world. In India the guidelines for Nursing Research is govern by the Indian Council of Medical Research (ICMR) and the Nursing Research Society of India (NRSI). These organisations provide professional guidelines that nurse researchers must uphold for the proper conduct of a research that contributes for the sustenance and development of nursing as a profession. Nurses and midwives use these guidelines to promote safe and effective nursing practice in their place of work. In conclusion, I would like to say that: Mutual trust between patients and health care practitioners is the key to an effective health care system. In this perspective, Nursing - a service profession demands much dedication. Nurses have a moral responsibility to provide compassionate humanistic care with sound professional and ethical principals in their practice. Nurse, being a professional therefore needs to develop health care practices that are affordable, and cost effective state-of-the-art interventions. For developing such knowledge, the nurse is committed to conduct research. Evidences created by good quality research will improve the quality of patient care tremendously at the bed side and at the community level as well.

## 3<sup>rd</sup> Prize

### **“The Role of Nurses in Improving Patient Care through Clinical Research” by Shani S D**

In the era of customer as king and increased consumerism in medical care, the nurses are obliged to provide quality care which is satisfying to the patient in a cost effective manner. “Everything a nurse does must be grounded in evidence,” remarked by Fran Roberts, RN, PhD, vice president of the College of Nursing and Health Sciences at Grand Canyon University in Phoenix. The intervention without evidence is mere tradition and is the hall mark of unskilled workers. Improving nursing care through research is far superior to trial and error or routines followed from seniors. Many of the nursing care practices are outdated and without scientific evidence. The customers of health care can question the evidences for intervention. In order to improve quality of patient care nurses need to validate the existing care practices and inculcate the upcoming research evidences in clinical care. The clinical nurses are the best people to undertake clinical researches. The day today nursing practice clinical nurse may come across many variety of problems for which the research can answer. Moreover a costly intervention can be modified or removed from practice if proved otherwise. The nurse can be instrumental users of research evidences in the sense that they should implement the evidences into clinical practice rather than knowing and increasing awareness. Participation in research lead to acquisition of new skills and knowledge. It is well demonstrated that patients cared in research institutions have better quality of outcome than patients cared in institutions without research priority. So the research can improve quality as well as cost effectiveness. The nurse researchers can develop best clinical practice guidelines through retrieving research evidences, incorporating clinical expertise and respecting patient values and preferences. While retrieving evidences the validity of the evidences and quality of the studies need to be ascertained by using standard criteria. The linking of clinical research with quality patient care demands high quality of researches, as it is being translated into clinical practice. Good clinical practice is an international ethical and scientific quality standard for designing, conducting, recording, and reporting trials that involve the participation of human subjects. The nurse need to advocate for the patient in the context of clinical trials. She need to know the ethical guidelines for conducting good clinical research. Many nurse researches do clinical research with standard protocols and tools with meticulous data collection but they fail to publish because of many reasons. The initial researchers need support for research publication. At times they will not publish because of statistical insignificance. But in order to develop care guidelines negative results also need to be perused. In order to develop care guidelines nurses need training in systematic reviews and meta-analysis. One of the research area neglected in Indian scenario is qualitative methodology. The issues surrounding chronic conditions and palliative care areas are best studied using qualitative research methodologies. The nursing curriculum should include both these areas. The clinical nurse researchers face many challenges such as lack of standardized tools, difficulties to obtain ethical clearances, obtaining matched controls, lack of standard of care, lack of accountability in patient care, lack of administrative supports, lack of motivation and financial restraints. Nurses can collaborate with other health care professionals to develop good research protocols as patient care itself is multidisciplinary. Linking research with clinical care can definitely improve the quality of care and which will be translating into patient outcome. A nurse who really want to see good outcome and a satisfied smile in their client should involve in clinical research and evidence based practice.