

Workshop title

Report

Date

1. Workshop / webinar title

Enhancing Knowledge on Evidence Generation in Nursing Practice: A workshop on Research Methodology

2. Date

23rd and 24th March, 2025

3. Location

Kathmandu, Nepal

4. Summary

Nepal Public Health Foundation as a part of The Global Health Network Nepal Centre in alignment with the Global Health Knowledge sharing and research capacity-building mission organized the workshop titled ***“Enhancing Knowledge on Evidence Generation in Nursing Practice: A Workshop on Research Methodology.”*** on 23rd and 24th march in collaboration with the Maharajung Medical Campus, Institute of Medicine which showcased around 50 nurses' participants including registered nurses (RNs), nurse educators, and post-basic level nursing students. The session also included additional 10 interns at Nepal Public Health Foundation with a background in public health. The event brought together leading experts from the nursing and healthcare sectors to share their insights on improving evidence-based nursing practices. The workshop aimed to equip nurses with essential research skills, helping them understand the critical role of evidence generation in clinical practice and empowering them to participate actively in research activities. Through interactive sessions and hands-on training, the workshop encouraged collaboration and progress toward strengthening nursing research capacity in Nepal.

5. Introduction

In Nepal evidence-based nursing practice lags in contrast with global standards. Numerous challenges hinder its implementation. At present, there are limited pathways to empower nursing professionals toward the research culture. The workshop focused on specific research needs, providing practical guidance and support for designing and conducting research studies which will enable the participants to set up their Nursing research study addressing specific problems unique to their working places. addressed this gap by equipping nurses with essential research skills, helping them understand the critical role of evidence generation in clinical practice, and empowering them to participate actively in research activities.

6. Workshop / webinar aim and learning objectives

Workshop aims and objectives	
Foster a Research Culture	By the end of the 2-day workshop, participants will demonstrate an understanding of the importance of research in nursing by identifying at least one research topic relevant to their clinical practice
Develop Hands-On Skills in Research Design	Over the 2-day workshop, participants will gain practical skills to formulate a research question, develop objectives, and select an appropriate research methodology, with participants successfully presenting a draft research proposal outline during the workshop
Explore Ethical Considerations in Research	Participants will be able to identify and describe at least three ethical principles (e.g., informed consent, confidentiality, safety) applicable to their nursing research projects, as evaluated through a post- assessment
Enhance Data Analysis Skills	By the end of the workshop, participants will demonstrate understanding in using SPSS to conduct basic quantitative data analysis and thematic coding for qualitative data, evaluated through group activities and exercises
Train Participants in Research Dissemination	By the end of the workshop, participants will draft an outline for a journal article or presentation of research findings, completing an initial abstract or key summary for submission to relevant academic journals or conferences
Equip Participants for High-Quality Research	By the end of the workshop, participants will exhibit the ability to create a structured research plan, incorporating a problem statement, objectives, methodology, and sample size

7. Workshop structure and content

The workshop followed an interactive format, combining lectures, discussions, and hands-on training, with sessions facilitated by experts in public health, medical research, and nursing education.

The first day began with inauguration and opening remarks by Dr. Mahesh Kumar Maskey, Founding Chair and Executive Chief at Nepal Public Health Foundation and Lead at TGHN Nepal Center followed by an introduction session. The first day focused on introducing participants to the fundamentals of research, including its role in evidence-based nursing practice by Prof Dr Sharad Raj Onta and Ms. Ajanta Singh. Prof. Dr. Sharad Raj Onta led sessions on the importance of research, research problem identification, and hypothesis formulation. Similarly, Dr. Rajendra B.C. led a session discussing different study designs and their selection based on research objectives. The day also covered quantitative data analysis, with Prof. Dr. Sarala Shrestha explaining statistical concepts of quantitative data and Ms. Manita Rijal providing practical training in SPSS for data interpretation.

The second day emphasized qualitative research methods, led by Prof. Mandira Onta and Prof. Dr. Sharad Raj Onta, covering overview of and types of Qualitative research along with the analysis of Qualitative data. Ms. Namita Ghimire conducted a session on research ethics, highlighting informed consent, confidentiality, and participant safety. Dr. Rajendra B.C. guided participants on sample size calculation, while Prof. Dr. Sharad Raj Onta provided insights into journal article writing. The workshop also included an introduction to Global Research Nurses resources by Dr. Arancha De La Horra. The workshop ended with a closing remark by Prof. Muna Thapa Rana, Chief at Mahargunj Nursing campus followed by a Q&A session and a post-assessment to evaluate participants' learning.

8. Attendance report

The Nurses Workshop brought together a diverse group of participants, including registered nurses (RNs), nurse educators, and post-basic level nursing students, with approximately 50 attendees participating in person. The session also included additional 10 interns at Nepal Public Health Foundation with a background in public health. The sessions featured insights from esteemed experts and professionals, including Dr. Mahesh Kumar Maskey, Founding Chair and Executive Chief of Nepal Public Health Foundation; Dr. Sharad Raj Onta, Founding General Secretary of Nepal Public Health Foundation; Dr. Rajendra Kumar B.C, Treasurer at Nepal Public Health Foundation; Prof. Mandira Onta, Head of the Nursing Department at Manmohan Memorial Institute of Medical Sciences; Prof. Muna Rana Thapa, Campus Chief at Maharajgunj Nursing Campus; Dr. Sarala Shrestha, Director of the Medical Education Commission; Ms. Namita Ghimire, Chief of the Ethics Committee Secretariat at Nepal Health Research Council; Dr. Arancha De La Horra, Project Coordinator at Global Health Nurses; and Ms. Manita Rijal, Data Analyst at Nepal Public Health Foundation. Collectively, these experts and

participants fostered an interactive and collaborative learning atmosphere, equipping participants with essential research skills and knowledge to strengthen evidence-based nursing practices in Nepal.

9. Polling report – if used

N/A

10. Outcomes and evaluation

Pre and Post-test were conducted on the basis of the contents covered during the workshop which consisted of 29 questions. Both pre-test and post-test assessments were conducted during the workshop, revealing a significant improvement in participant performance. The results indicate a notable increase in knowledge, as the average score rose from 68.1% in the pre-test to 82.4% in the post-test. This overall progress demonstrates the workshop's effectiveness in enhancing participants' understanding.

11. Comments from attendees and summary of feedback

Both facilitators and participants appreciated Nepal Public Health Foundation for initiating this effort to enhance the research skills of nurse practitioners, recognizing that such opportunities are rare. Prof. Muna Thapa, Chief of the Nursing Campus, emphasized the workshop's significant role in strengthening research capabilities and promoting evidence-based practice in nursing. Participants found the sessions highly informative and engaging and expressed gratitude for learning from esteemed facilitators who are experts in their respective fields. They commended the workshop's comprehensive content and the facilitators' efforts in delivering detailed sessions. Additionally, participants requested follow-up training and expressed keen interest in exploring each topic in greater depth. They also requested NPHF of more workshops like this in the future.

12. Recommendations

1. Workshop Structure and Delivery

Both facilitators and participants suggested to Extend the duration of the workshop to allow for more in-depth discussions and hands-on practice and even recommended a follow-up workshop that delve into deeper on research methodologies.

Quote: " Although it is difficult for nurses to commit but these trainings would have been better if it was conducted for more days"

2. More practical Sessions and Group work

Participants suggested incorporating dedicated small group work sessions that would facilitate shared learning environment.

Quote: " The sessions were very good, group works assigned could enhance its effectiveness like using some case studies etc"

3. Continued support and mentorship for journal article writing

Participants recommended ongoing mentorship for research article writing including the abstract writing, journal selection and navigating the publication process.

Quote: " I want to publish and write articles but I am confused about how to do it"

4. Workshop tailored to qualitative data analysis

They suggested a comprehensive session on qualitative data analysis, including thematic analysis, appropriate tools, and other essential aspects.

Quote: " We would like to learn more about the qualitative analysis data collection"

5. Software training

Participants expressed their need and interest to delve deeper into learning SPSS for data analysis.

Quote: " The SPSS session could have been longer, we request you to conduct such session specifically on SPSS if possible next time"

6. Pre-Resources Availability

The participants suggested the availability of the session contents and slides before had so that those reading materials would help participants prepare in advance.

Quote: " The contents included in the study are very information, it would have been better if those were sent to us before the training"

13. Conclusion

This workshop played a vital role in enhancing the research capabilities of nursing professionals by providing a structured learning experience in both quantitative and qualitative methodologies. The emphasis on ethical considerations reinforced the significance of responsible research practices. Additionally, the workshop created networking opportunities and introduced participants to global research resources, broadening their access to international platforms. The involvement of expert facilitators ensured high-quality content delivery, equipping participants with essential research skills for generating evidence in nursing practice.

In Nepal, evidence-based nursing practice falls behind global standards due to various challenges that hinder its implementation. Currently, there are limited opportunities to cultivate a research-oriented culture among nursing professionals.

To address these barriers, specialized research education programs, workshops, and consultations are essential in bridging the gaps in nursing research knowledge and skills. Strengthening nurses' research capacity is crucial to empowering them to conduct high-quality studies that can influence health policies and practices. This need is particularly pressing in low- and middle-income countries, where research often receives limited funding and attention.

Although nursing education at the bachelor's and master's levels includes research as part of the curriculum, its application beyond academic requirements remains minimal. While a few nurses are engaged in research, their contributions have not been substantial enough to drive significant changes in nursing practices. Therefore, equipping nurses with the necessary research knowledge and skills is essential to fostering evidence-based practice in the field.

14. References

List any relevant references and resources used in the workshop

15. Event images

Please attached event images alongside this report.















