

Research Made Easy: Empowering Nurse Leaders Report

Date: 15th – 16th February 2025
Faculty of Nursing and Medical Technology,
University of Medicine and Pharmacy (UMP) at Ho Chi Minh City

1. Workshop/webinar title

Research Made Easy: Empowering Nurse Leaders

2. Date

15th – 16th February 2025

3. Location

Faculty of Nursing and Medical Technology, University of Medicine and Pharmacy at Ho Chi Minh City

4. Summary

(to publish on Global Research Nurses hub)

This 2-day workshop, attended by 62 nurses and midwives, simplifies research, making it more approachable by focusing on practical activities. Participants learned how to turn their everyday challenges into research questions, choose the right research methods, and analyse data in easy-to-understand ways.

The hands-on and supportive environment allowed nurses and midwives to collaborate and receive guidance from nursing lecturers at Ho Chi Minh University of Medicine and Pharmacy. By the end of the workshop, they felt more confident in using research to improve their practice and take on leadership roles in healthcare.

5. Introduction

The "Research Made Easy: Empowering Nurse Leaders" workshop was designed to provide nurses and midwives in Ho Chi Minh City with essential research skills in an accessible and engaging manner. Many healthcare professionals find research complex and difficult to apply in their daily work. This workshop aimed to bridge that gap by simplifying research concepts and making them practical for real-world nursing practice.

The workshop took place on February 15-16, 2025, at the Faculty of Nursing and Medical Technology, University of Medicine and Pharmacy, Ho Chi Minh City. Conducted in Vietnamese, the event provided a hands-on learning environment, allowing participants to gain confidence in formulating research questions, selecting methodologies, collecting and analysing data, and communicating their findings effectively.

6. Workshop aim and learning objectives

The workshop aimed to:

Enhance understanding of research in nursing practice, particularly how research supports clinical decision-making and improves patient outcomes.

Develop skills to identify research problems and transform everyday healthcare challenges into structured research questions.

Introduce appropriate research methodologies, equipping nurses with practical tools for conducting research in their professional settings.

Improve data collection and analysis skills, ensuring participants could interpret and apply research findings effectively.

Strengthen research communication skills, enabling nurses to present their findings clearly through posters.

7. Workshop Structure and Content

Duration and Format

Two full days (9:00 AM - 4:00 PM each day)

Face-to-face sessions, conducted in Vietnamese

Hands-on learning with group work, interactive discussions, and expert guidance

Topics Covered

The workshop followed a structured agenda with key components:

Introduction to Research in Nursing

Understanding the importance of research

Identifying research opportunities in nursing practice

Formulating Research Questions

Brainstorming and structuring research questions based on real nursing challenges

Research Methodologies

Selecting appropriate research designs and methods

Matching methods with nursing problems through interactive exercises

Ethical Considerations in Research

Understanding ethical principles in nursing research

Case studies exploring ethical dilemmas

Data Collection and Analysis

Hands-on practice in data collection techniques

Simplifying data analysis using practical methods

Communicating Research Findings

Designing research posters

Presenting research to clinical teams and stakeholders

Applying Research to Nursing Practice

Using research to improve patient care

Developing leadership in research and evidence-based practice

The workshop also included team-building activities, practical exercises, and real-world case studies to enhance engagement and learning.

8. Attendance report

A total of 62 nurses and midwives from Ho Chi Minh City participated in the workshop. The participants came from various clinical backgrounds, including hospital-based nursing, community healthcare, and academic institutions.

Many attendees had limited prior experience with research but were eager to apply research skills to improve patient care and professional practice. The workshop provided an opportunity for them to develop research competence, network with peers, and receive mentorship from nursing faculty.

9. Polling report – if used

10. Outcomes and evaluation

Workshop Impact

The workshop successfully increased participants' confidence and competence in research methodologies, data analysis, and ethical research practices. Many participants expressed enthusiasm for integrating research into their daily nursing practice and using it to improve patient care.

Key Outcomes

- Increased research knowledge and skills among nurses and midwives
- Enhanced ability to formulate research questions from practical challenges
- Improved understanding of ethical considerations in nursing research
- Greater confidence in data collection and analysis for evidence-based decision-making
- Development of research communication skills, especially poster presentations

Participant Feedback

Participants provided positive feedback, highlighting:

- The interactive and practical nature of the workshop made research more accessible and less intimidating.
- The guidance from expert nursing lecturers was invaluable in simplifying complex research concepts.
- The team-based learning approach helped foster collaboration and peer support.
- Many participants expressed interest in future research workshops and mentoring opportunities.

Suggestions for Improvement

- Extend the workshop duration to allow deeper exploration of data analysis techniques.
- Provide follow-up mentorship or online resources to help participants continue developing research skills.
- Organize additional sessions focusing on publication and funding opportunities for nursing research.

11. Comments from attendees and summary of feedback

Learners highly appreciated the benefits of the course. The instructors fostered a dynamic learning and research environment, focusing on enhancing scientific research skills. The content covered various stages of research, from developing ideas, objective setting, sample selection, and data analysis to result presentation. Practical skills were emphasized through activities such as poster creation, SPSS usage, literature search, and tables presentation.

The learning environment was described as positive, dedicated, well-resourced, and engaging with enthusiastic and devoted instructors. Teamwork and networking were highlighted, providing opportunities for learning, experience sharing, and relationship building. Diverse learning methods (games, group exercises, discussions, and hands-on practice) created a fun, creative, and effective learning environment.

Participants suggested improving the projector quality and proposed adding seminars, research courses, maintaining post-class activities, and shifting the class schedule in weekdays.

Instructors' feedback: The group has selected key concepts in the research process to deliver within a short timeframe in a concise and easily understandable manner. However, the reflective poster exercise may not have been uniformly completed by all participants. Therefore, we propose rearranging the presentation sequence slightly—for example, first introducing the components of a scientific research poster, then delving into each section while incorporating relevant research lessons. This approach follows a general-to-specific-to-general structure.

12. Recommendations

Create a follow-up plan (e.g., email series, discussion group, or mentorship network) to help participants apply what they learned.

Collect impact stories 1–3 months after the event.

Construct and conduct a series of research topics following participants' proposals with supervision from UMP lecturers. This series focuses on practice, which helps participants do actual research.

Extend this course to the clinical settings to increase practical engagement and real-world relevance.

Offer breakout sessions tailored to different roles (e.g., clinician, academic).

13. Conclusion

The "Research Made Easy: Empowering Nurse Leaders" workshop was a significant step in strengthening research capacity among nurses and midwives in Vietnam. The overwhelmingly positive response underscores the need for continued training, mentorship, and funding opportunities to further support evidence-based nursing practice.

We look forward to future collaborations and funding opportunities that will allow us to expand this initiative to benefit more nurses and midwives across different provinces in Vietnam.

14. References

Grove, S. K., Gray, J. R., & Burns, N. (2014). *Understanding nursing research: Building an evidence-based practice*. Elsevier health sciences.

Polit, D. F., & Beck, C. T. (2018). *Essentials of Nursing Research Appraising Evidence For Nursing Practice* (9th ed.). Lippincott Williams & Wilkins.

Kallar, S. P., & Kelvin E. (2012). *Munro's Statistic Methods for Health Care Research* (6th ed.). Lippincott Williams & Wilkins.

Website for calculating Sample size: www.biostatvn.com

Website for understanding levels of measurement: Stats In Action – Levels of Measurement.
<https://youtu.be/OlyBA57CpYo>

15. Event images

Workshop Introduction



Register to participate



Icebreaker Activity: Time to mix, mingle, and make new connections!

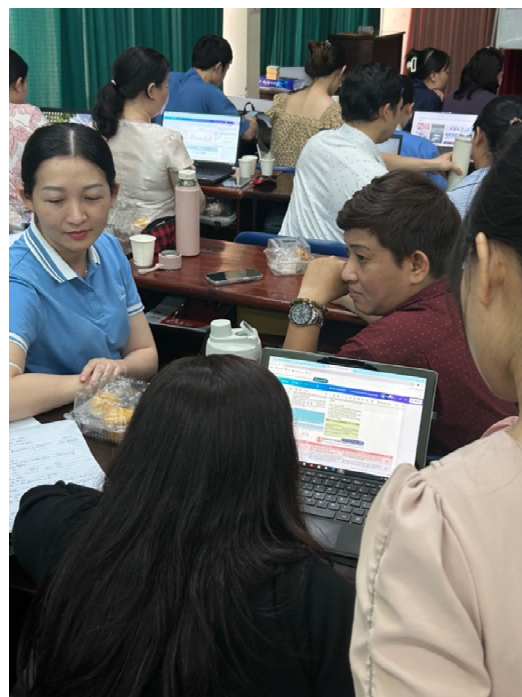


Grab the mic and share their thoughts!





Time to team up and level up!



Stuck? Don't worry!

Just wave, and friendly neighborhood teacher will appear!



This isn't food—this is a lesson on sampling!



Running low on energy?

Tea Break & Lunch to the rescue!



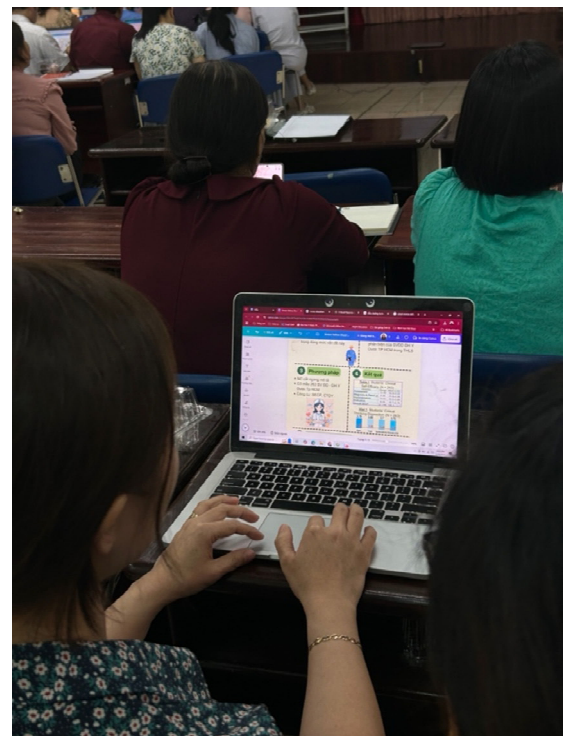
Numbers are great, but let's be real -

Charts, graphs, and visuals make them shine!



Sharing the
importance
of data
visualization

Let's get creative –
time to design an
awesome poster



Poster? Done!

Confidence to present? Full!



Top of the class, King and Queen of the test!



Teamwork doesn't end here -

Let's keep the network growing and the connections strong!

Team 1: Nurses from Military and Infectious Diseases Hospitals



Team 2: Nursing and anesthesia faculty members and district hospital nurses



Team 3: Midwifery faculty members and midwives of Obstetrics and Gynecology hospitals



Team 4: Nurses from Children's Hospitals



Team 5: Nurses from the General Hospitals



Team 6: Nurses from University Medical Center HCMC



We love doing research to improve the quality of care

And

We grow stronger together!

