

Research as the basics of professional nursing practice

**Development of Nursing in Kazakhstan through
strengthening institutional collaboration
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Aim and content of the presentation

- Presentation focuses
 - on the importance of nursing research for professional nursing practice
 - addressing the current state of evidence-based nursing (EBN)
- Content
 - Discipline of nursing and scope of nursing practice
 - Research in the development of professional nursing
 - EBN and nurses utilizing research information
 - Vision for the future

Background

- Globally there is a need to facilitate evidence-based practice in nursing to enhance the contribution of nurses in health care. In RK, this is identified in the national comprehensive nursing development plan.
- Nurses form the largest component of the health workforce and are key actors in delivering effective, efficient, accessible, acceptable, patient-centred, equitable and safe health-care services.
- Nurses are at the forefront of advancing evidence-based solutions and leading innovation in an atmosphere of accelerating change.
- The best available evidence should be utilized when improving aspects of quality in health care and enhancing evidence-based practice (EBP).
(WHO 2017)



Nursing Discipline

Definition of Nursing

- Nursing encompasses autonomous and collaborative care of individuals of all ages, families, groups and communities, sick or well and in all settings. Nursing includes the promotion of health, prevention of illness, and the care of ill, disabled and dying people. Advocacy, promotion of a safe environment, research, participation in shaping health policy and in patient and health systems management, and education are also key nursing roles
(ICN, 2002)

Scope and Characteristics of Nursing Practice

- Scope of nursing practice is a combination of knowledge, judgement and skill that allows the nurse to perform direct care giving and evaluate its impact, advocate for patients and for health, supervise and delegate to others, lead, manage, teach, undertake research and develop health policy for health care systems.
- The scope of practice is dynamic, the scope of RN practice is changing in many countries, with RNs expected to play a greater role in meeting the nation's need for high quality and accessible care.
- Nursing practice characteristics
- Nursing as a practice discipline → nursing practice cannot develop without nursing science.

(ICN 2013, ANA 2010)



**The high-quality
nursing care of tomorrow
is being shaped and decided
upon today.**

**In the future, nurses will
work more independently,
supporting clients/
patients in their self-care and in
maintaining their
health**

**The Republic of Kazakhstan:
Nurse with extended practice**

The connection between practice, research and theory



Clinical practice generates research questions and knowledge for theory. Research guides our practice and build knowledge through theory development. Theory guides research and improve practice.

(Saleh 2018)

Nursing research

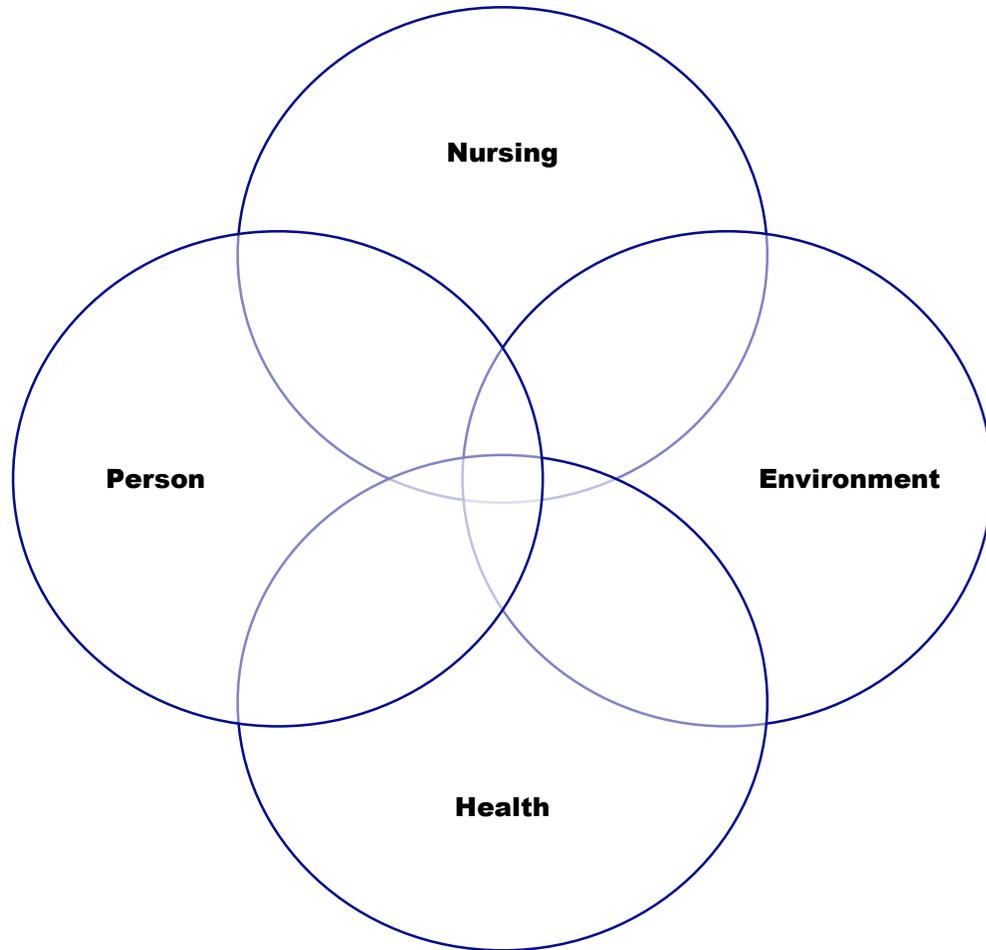
- Research is a process of systematic inquiry or study to build knowledge in a discipline.
- Nursing research is a systematic approach used to examine phenomena important to nursing and nurses, that clinical practice be based on scientific knowledge.
- Using multiple philosophical and theory-based approaches as well as diverse methodologies provides the foundation for high-quality, evidence-based nursing care.

(AACN 2016)

Current research challenges

- New health needs arising mainly from the ageing population, people living longer but with multiple chronic conditions, professional mobility, migratory movements, general development of the sector and technological innovation set new needs for nursing research.
- Nursing research provides the evidence base to support the practice of the largest health care profession, as well as to improve health, wellbeing and quality of life for all individuals.
(ENRF 2017, NINR 2016)

Nursing Science and Priority Areas in Nursing Research



Priority areas in Europe

- Positive practice environments for professional nursing
- Self-care: improvement of health outcomes in chronic processes
- Education and training of nurses in Europe
- Innovation for the improvement of nursing clinical practice
(ENRF 2017)

Nurses Use of Research

- To provide evidence-based care that promotes quality health outcomes for individuals, families, communities and health care systems
- To shape health policy in direct care, within an organization, and at the local and national level
- Nurses conduct research, use research in practice, and teach about research.

(ANA 2019)

Evidence-Based Practice (EBP)

- "The conscientious, explicit, and judicious use of **current best evidence in making decisions** about the care of individual patients. Evidence-based clinical practice requires integration of **individual clinical expertise** and **patient preferences** with the **best available external clinical evidence** from systematic research, and consideration of **available resources**."

(DiCenso et al. 2005, 555)

- EBP Competence

JBI Model of Evidence Informed Healthcare



Evidence generation and synthesis

Munn, Zachary; Stern, Cindy; Porritt, Kylie; Lockwood, Craig; Aromataris, Edoardo; Jordan, Zoe

International Journal of Evidence-Based Healthcare 16(2):83-89, June 2018.

doi: 10.1097/XEB.000000000000134

The Joanna Briggs Institute (JBI) model of evidence-based healthcare.

Benefits of EBP

Beneficiary	Benefits
General population	<ul style="list-style-type: none">• Improved conditions for patient-centred care• Patient preferences included in decision-making• Consistent health services leading to better equity• Reduction in geographic variation• Reduction in patients' length of stay• Better patient outcomes• Quality health-care services• Increased patient safety
Nurses and midwives	<ul style="list-style-type: none">• Increased job satisfaction• Empowerment• Improved skills to integrate patient preferences into practice• Support for professional growth• Continuous career development through expert roles
Health-care systems	<ul style="list-style-type: none">• Improvement in the quality of care• Better outcomes for patients• Increased patient safety• Reduced costs• Stronger basis for health-care investment decisions• Capacity-building through collaboration
Research and education	<ul style="list-style-type: none">• Increased need for production and synthesis of robust evidence• Competence development• Integration of nursing and midwifery expert roles in health systems

(WHO 2017)

Nurse's readiness for EBP and research utilization (RU) competence

- Research utilization (RU) is a core competence for evidence-based practice (EBP).
- Nurses are familiar, have positive attitudes towards RU and EBP and they believe in the value of EBP in improving the quality of the care and patient outcomes
- Nurses lack the EBP competencies required for integrating evidence into clinical care delivery and their knowledge and skills in RU are often low to moderate.

(Heikkilä et al 2018, Saunders 2016)

Need to Enhance Nurses Skills in EBP

- There is a need to enhance nurses' skills to achieve competency in EBP in order to ensure the high quality care and best population health outcomes.
- Nursing education should ensure competency in EBP in students by the time of graduation.
- Healthcare systems should set competency in EBP as an expectation and standard for professional working in clinical practice.

→Need to develop nursing education strategically to support the learning and evaluate the support structures and methods in organizations to promote EBP

(Melnik et al 2018, Oikarainen et al 2018,)



At a time when new models of health care are being introduced and the roles for nurses are expanding the need to reconsider how best to educate the nursing workforce of the future is critical. In addition, there is a need to find new ways to transfer and implement evidence-based information.

New Roles for Nurses -Vision for the Future

“The work of advanced practice nurses with an academic postgraduate **degree focuses on research and development of clinical nursing and the service system.** The work is implemented in close cooperation with care personnel, managers and a multidisciplinary team.

The scientific expertise of nurses with a doctoral degree and adjunct professors is visible in their broad knowledge of the theoretical phenomena in nursing, clinical nursing and the field of science, leading to cooperation between science and practice and strengthening innovativeness”

”

“Yes, nurses do research.

In order to have evidence-based practice, we need evidence. 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”

Nancy Blake, PhD, RN-

Thank you!



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