On the Road to Research:  
Getting the Novice Nurse in the Driver’s Seat

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Objectives

1) State the differences between a research utilization project, quality improvement project or research as it applies to nursing
2) Identify your burning question / problem
3) Develop an initial Aim statement, Purpose statement or Research Question for a research project
4) Refine the aim/purpose or question based on literature/evidence
5) Develop a plan to answer the question or identify resources to help with plan
6) Identify the need for protection of human subjects in research
7) Identify resources for data analysis and interpretation

Research Utilization

• A systematic method of implementing research-based innovations or practices
• Uses research findings to support practice changes, data collection, and evaluation in patient care
Quality Improvement (QI)

- Constant purpose of improvement through measuring, understanding and revising processes
  - Using process and outcome measures
  - Decisions made solely for individual organization

Evidence-Based Practice

- Evidence-based practice (EBP) is a problem-solving approach to practice that involves the conscientious use of current best evidence in making decisions about patient care. EBP incorporates a systematic search for and critical appraisal of the most reliable evidence to answer a clinical question.
- It assumes that evidence is used in the context of a particular patient's preferences and desires, the clinical situation, and the expertise of the nurse.

(Boyea & Slattery, 2006; Melnyk & Fineout-Overholt, 2005).

Research

- Discover NEW knowledge
- Confirm empirical information
- A systematic investigation, including research development, testing and evaluation, designed to develop or contribute to "generalizable" knowledge.

(45 CFR 46.102d)
Areas of inquiry for clinical practice

• Discover NEW knowledge
• Confirm empirical information
• Improve patient care structures, processes, and outcomes
• Promote the growth and evolution of nursing practice and nurses

Phases of Inquiry

• Thinking
• Planning
• Collecting
• Analyzing
• Concluding

Practice Change Can Happen IF you Use your Best Driving Skills to Get to Your Destination:
The Inquiry Process
(The Research Process)
(Systematic Investigation)
• State the Problem (What is your question?)
  – Why is this important?
  – Is it significant?
• Review the Literature
• Determine the Methodology
  – Design - Sample - Setting
• Collect Data
• Analyze Data
• State your Findings
• Draw Conclusions
• Examine the Use and Generalizability of Findings
• Communicate the Results

The PICOT Question Framework
• Population
• Intervention or Issue of interest
• Compared to: Intervention or Issue or action
• Outcome of interest: Measures
• Time

Practicing PICOT
• What are graduate nurses perspectives on satisfaction related to the content, applicability, and usefulness of the nurse residency program at three periods of their first two years of employment?
• Hypothesis: Patients whose Discharge Screening Score decreases from hospital admission to discharge will have a greater likelihood to be discharged with care services post-discharge.
• Is there a difference between surgical patients who self-report pain reassessment (intervention) and those who received usual care (control) in terms of documentation time, use of visual pain scale score, and satisfaction during the postoperative period?

Refining The Question (Why do this study?)

- Do we have enough evidence to change PRACTICE? Consensus articles, Regulatory guidance
- OR, the practice is already in practice but needs to be refined in PROCESS. Should we test the new Process change?
- Not enough evidence or not the same population: New Research

Organized Decision Making

- Shared Governance
- Nursing research committees
- Journal Club
- Policy and Procedure
- Physician Orders based on science/evidence
- Creative Buddy-ing: Research is a "Team" Sport
Research is a Team Sport

• Gather your Colleagues, Experts, and Consultants on the Bus!
  • Nurse scientist/researcher
  • Other researchers: psychologists, physicians, other?
  • Statistician
  • Clinical Nurse Specialists / Nurse Practitioners / Faculty
  • Journal club
  • Where? In your setting / At local college-university / Alumni

Where do you find evidence / literature?

• Library: in clinical setting, at school, your computer!
• Online databases for journals
  — Free: Pubmed (both database and search engine)
  — Subscription: CINAHL, Medline, PsychInfo, Embase
• Research texts / Clinical and reference books
  — Both online and paper
• Professional standards
• Professional organizations

Search for evidence (Literature)

• The Virtual Library Experience
Method

• Design
• Intervention, Action, Process
• Sample/Setting
• Procedure
• PROTECTION OF HUMAN SUBJECTS

Data Collection and Controls

• Independent and Dependent Variables
• Data collection tools
• Data collection plan: Code book, Excel
• Data Analysis: SPSS, Others
• Supports: Experts, Statistician

Results and Dissemination

• Writing a report
  – WHAT HAPPENED?
• Executive Summary
• Abstract
• Presentations
• Publications
Organized Decision Making after the Study

• Shared Governance
• Nursing research committees
• Journal Club
• Policy and Procedure

References


Thank You!

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