

Editorial Letter

Are We Implementing Research Findings in Practice

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Nursing research is a systematic approach to identify problem, solve the problem and practice the solution. Most of the nurse researchers do the two activities and not the third.

DURING 1980'S AND EARLY 1990'S

- Research utilization became a buzz word
- Several changes in nursing education and nursing research were prompted by the desire to develop knowledge base for nursing practice
- There was a shift in focus toward clinical nursing problems.

But, there was a lack in utilization of all these findings in practice. But now..... we have the following development in nursing profession but not implementing the findings.

- Nurses are prepared as researchers in nursing
- Scientific body of knowledge is growing
- Nurses are concerned with use of research findings in provision of nursing care.
- A professional nurse utilizes research findings in the direct provision of nursing care.
- Uses appropriate findings as the basis for Practice.

WHY ARE WE INTERESTED IN RESEARCH UTILIZATION?

- To improve quality, effectiveness and safety of healthcare delivery

- To enhance clinical Nurses
- Critical thinking
- Professional self-concept
- Safe and effective practice
- Current, scientific knowledge
- Self-confidence

Nurse Scientist validates efforts, provides motivation, discover new clinical problems for investigation. But still there is a gap between knowledge and practice.

A study conducted to identify the reason for poor or no implementation of research findings. With 200 registered nurses the data were collected by using the following questions. Majority of nurses of accepted that they are not implementing the findings. Their reactions were summarized and discussed as follows.

- To what extent do you use research findings in practice
- Can you provide some examples where you have used research to inform your practice
- Can you identify some of the barriers that have prevented from using research findings in practice
- Can you think of some strategies which could enable to increase the findings in practice

BARRIERS TO USING RESEARCH IN PRACTICE

Research Related Barriers	Nurse Related Barriers	Organization Barriers	Barriers Related To Nursing Profession.
Research knowledge is fairly primitive.	Many nurses have not received formal instruction in research and lack of skills to judge merits of a study.	Resist changes	Lack of collaborations among clinicians and researchers
Methodological flaws are extensive.	Lack of motivation and positive attitudes towards research.	Lack of intellectual curiosity and openness to challenge tradition and accepted practice	Shortage of appropriate role models
There is no much valid and trust worthy study results	People are often resistant to change (perceived as affecting job security)	Failed to motivate or reward competence in nursing practice	Nurses may not typically perceive themselves as independent professionals capable of recommending changes
Lack of replications	Some opposition for introducing innovations in the practice setting.	Limited availability of time to implement new ideas	Has attitude that they have no power to be self-directed.
Research findings are inaccessible to practitioners			

TIPS TO OVERCOME BARRIERS

Research related barriers	Nurse related barriers	Organization barriers	Barriers related to nursing profession.
Collaborate with clinicians	Read widely and critically	Foster a climate of intellectual curiosity	Incorporate research findings into curriculum
Do high quality research	Attend professional conferences	Offer emotional and moral support	Encourage research and research use
Replicate research	Learn to expect evidence that a procedure is effective	Reward efforts for using research	Place demands on researchers
Communicate clearly	Become involved in a journal club	Seek opportunities for institutional research utilizations	
Present findings amenable to meta-analysis	Pursue and participate in research		
Suggest clinical implications			
Disseminate aggressively & broadly.			
Prepare Integrative Research Reviews			

WHY TO BRIDGE THE RESEARCH – PRACTICE GAP?

- Improve client care
- Develop the artistry of practice
- Enhance the professional status of nursing
- Enhance the status of nursing within the academic, scientific and health services community
- Enhances the profile of “professional” practice.

WE NEED THREE THINGS TO GET OUR RESEARCH INTO PRACTICE

- **Evidence** -It is a combination of Research, Clinical experience, Patient experience and Local information
- **Context** - Environment or setting of health care service includes Physical environment, Operational boundaries, Decision making processes, Resources, Organizational culture and Patterns of power and authority.
- **Facilitation** - A technique by which one person makes things easier for other. Facilitators have a key role like, understand what they need to change, How they need to change, helping and enabling another.

WHAT CAN NURSES DO?

Practicing Nurses	Researchers	Educators and Administrators
Use nursing research findings	Conduct quality research	Incorporate research findings into the curriculum
Read nursing research journals	Replicate	Note absence of research
Read critical reviews of research	Collaborate	Encourage research utilization.
Attend professional conferences	Disseminate aggressively and broadly	Foster a climate of intellectual curiosity.
	Communicate clearly	Offer support for utilization.
		Reward efforts for utilization

CONCLUSION

Nurse practitioners are in an ideal situation to promote research utilization

- Have both clinical expertise and research expertise

- Know the context of their practice area
- Expert facilitators
- Acknowledged as “best” translators of research findings