NURSING RESEARCH

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APSTRAKT
S razvijanjem institucija za obrazovanje medicinskih sestara, javila se potreba za kontinuiranom edukacijom i proširenjem fonda naučnog znanja, a nakon uvođenja zdravstvene nege i sestrinstva na fakultete, naučna istraživanja u ovoj oblasti postala su neizbežni deo unapređenja profesije. Sestrinstvo u svoj fokus stavlja brigu o drugima i neretno se bavi temama poput ishrane, obezbeđivanja sigurnosti i bezbednosti, zbrinjavanja, pitanja higije i slično.

Promovisanje istraživanja i uključivanja sestara u istraživačke timove je od velikog značaja za sam kvalitet rada sestara jer podstiče rad zasnovan na dokazima i podacima. Uopšteno govoreći, možemo reći da istraživanja u sestrinstvu započinje zajedno sa modernim sestrinstvom. Medicinske sestre koje se bave istraživanjima često doživljavaju nedostatak podrške od strane sestara menadžera i nerazumevanje od kolega koji smatraju da rad na istraživanju negativno utiče na kliničku praksu. Ovakva situacija ukazuje na to da istraživački rad treba da bude ohrabrivan još za vreme školovanja.

Postoje tri velike oblasti kada su u pitanju istraživanja u sestrinstvu: obrazovanje sestara, sestinska nega i administracija u sestrinstvu. Kada su u pitanju trendovi u obrazovanju sestara, prvenstveno se apsorbuju značajne kvalitativne istraživanja koja imaju korene u filozofiji i humanizmu i koja mogu da pruže dokaze za praksu sestara. U oblasti sestinske prakse, akcent se stavlja na istraživanja koja se bave promocijom zdravlja i zdravih životnih stilova. Najzad, u oblasti administracije u sestrinstvu najčešće su istraživanja koja se bave donošenjem odluka zasnovanih na dokazima. Najveći fokus stavljan je na teme poput nege, energetskih terapija, znanja i stavova i duhovnosti, a odnos nege i lečenja, upravljanje simptomima, kvalitet života i depresija bili su teme koje su se najčešće ispitavale.

U Srbiji, medicinske sestre su tek od nedavno doživile mogućnost da se obrazuju na akademskom nivou, a takođe i sve veći broj visokih škola za medicinske sestre. Ovakva situacija govori u prilog podsticanju istraživačkog rada.

KLJUČNE REĆI: sestrinstvo, istraživanje u sestrinstvu, sestinska nega

ABSTRACT
With the development of nursing education institutions, there emerged a need for continued education and expansion of the body of related scientific knowledge. After the introduction of nursing care and nursing into the university curricula, scientific research in this area became an inevitable part of the advancement of the profession. Nursing focuses on the care for others and deals with issues such as nutrition, security and safety, admission and care, hygiene issues and similar.

Promoting the research and involvement of nurses in research teams is of great importance to the quality of nurses’ work, as it encourages evidence-based and data-based work. Generally speaking, we can say that the history of nursing research begins together with modern nursing. Nurses involved in research are often faced with a lack of support from managerial nurses and misunderstanding from colleagues who believe that doing research has a negative impact on clinical practice. Such a situation suggests that research work should actually be encouraged during school.

There are three major areas with regard to nursing research: nursing education, nursing practice, and nursing administration. When it comes to trends in nursing education, the emphasis is primarily put on the importance of quality research rooted in philosophy and humanism that is also able to provide practically usable results. In the field of nursing practice, the emphasis is on research that promotes health and healthy lifestyles. Finally, in the field of nursing administration, the most common is evidence-based research. The primary focus is placed on topics such as nursing, energy therapies, knowledge and attitudes, and spirituality. The relationship between care and treatment, symptoms management, quality of life and depression are the topics most commonly examined.

In Serbia, nurses have only recently been given the opportunity to study at a university level. There is also an increasing number of nursing colleges. This situation speaks in favor of stimulating and fostering research work.

KEYWORDS: nursing, research in nursing, nursing care
INTRODUCTION

Regardless of the rich history that has accompanied the development of nursing, it is a relatively new scientific discipline. For many years, nurses and nursing were viewed as a supporting branch of medicine that involved only practical work. The founder of modern nursing is Florence Nightingale, who believed that nursing should create the best conditions for the patient so as to enable the nature to do its work (1). According to the International Council of Nurses, health care is autonomous and collaborative care for persons of all ages, families, groups and communities, sick or healthy, in all environments (2). A nurse works to improve health, prevent disease and care for sick, disabled and dying persons. Advocacy, promoting a safe environment, research, involvement in health policy-making, and patient and health system management, and education are also nursing key roles. This definition is perhaps the most comprehensive one so far and includes various facets of nurses’ work. It includes the importance of nursing research and education and extends the lay perception of a nurse as a mere provider of practical procedures related to patient care.

Research topics in nursing

With the development of nursing education institutions, there emerged a need for continued education and expansion of the body of related scientific knowledge. After the introduction of nursing care and nursing into the university curricula, scientific research in this area became an inevitable part of the advancement of the profession. Nursing focuses on the care for others and deals with issues such as nutrition, security and safety, admission and care, hygiene issues and the like. Sarkis and Koners point out that with issues such as nutrition, security and safety, admission and care, hygiene, advice to the patient family and the observation of patients. As early as the 1960s, there was research addressing skin care, oral hygiene and vomiting mechanisms (10). The need for new scientific journals continued to grow, thus leading to the 1952 launch of the Nursing Research. In 1959, Harriet L我自己会写，翻译一下。
and a stable rate of development. The authors estimate that there is a 25-30 year difference between China and more developed countries when it comes to the state of nursing research.

Contemporary nursing research topics differ greatly from older works. Increasing attention is being paid to alternative methods in nursing.

In order to investigate the prevalence of holistic nursing research, one group of authors used a consecutive sample of 579 studies published in six journals from 2010 to 2015 that were identified as the most consistent with the scope of holistic nursing care.

**REFERENCES:**