

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 higijene 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 istorija 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, sestrinska praksa i administracija u sestrinstvu. Kada su u pitanju trendovi u obrazovanju sestara, prvenstveno se apostrofira značaj kvalitativnih istraživanja koja imaju korene u filozofiji i humanizmu i koja mogu da pruže dokaze za praksu sestara. U oblasti sestrinske prakse, akcenat se stavlja na istraživanja koja se bave promocijom zdravlja i zdravih životnih stilova. Najzad, u oblasti administracije u sestrinstvu najčešća su istraživanja koja se bave donošenjem odluka zasnovanih na dokazima. Najveći fokus stavljan je na teme poput nege, energetske terapije, znanja i stavova i duhovnost, a odnos nege i lečenja, upravljanje simptomima, kvalitet života i depresija bili su teme koje su se najčešće ispitivale.

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

KLJUČNE REČI: 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

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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 knowledge in these fields is often passed on verbally, from one generation of nurses to another. They observe nurses often rely more on common sense, tradition, learning through trial and error, much more often than on written documents (3). Therefore, it should be emphasized that promoting the research and involvement of nurses in research teams is of great importance for the quality of nursing work itself as it encourages evidence-based and data-based work.

In general, the history of nursing research begins together with modern nursing. The 1859 work of Florence Nightingale "Notes on Nursing" (4) is considered to be the first scientific publication on nursing. This publication contains advices and practices for the following areas: ventilation and heating, domestic health, delegating duties in absence, noise, variety (environment), eating and diet, bed and bedding, lighting, room hygiene, personal hygiene, advice to the patient family and the observation of patients. Also of importance is her work on the mortality and morbidity of soldiers during the Crimean War (5).

Most of the earlier nursing studies dealt with nursing education. American Journal of Nursing was established in 1900 (6). In 1949 the same journal reported that the most serious handicap of effective nursing research was the inability to draw up a definitive plan for scientific research (7). Due to the growing number of nursing schools, as well as the establishment of the first doctoral programs (1924 at the University of Columbia), interest in research has grown, and avenues opened to diversify and thus improve the field (8).

The need for new scientific journals continued to grow, thus leading to the 1952 launch of the Nursing Research. In 1959, Marjorie Simpson (9) starts the first Nursing Research Self-help Group in the UK called the Research Discussion Group. It acted as a nu-

cleus for the Royal College of Nursing Research Society which still operates today.

Over the years, there has been an increase in the number of nursing studies so that they address a variety of aspects of nursing care. As early as the 1960s, there was research addressing skin care, oral hygiene and vomiting mechanisms (10).

In the 1970s, the Brigs Report (11), which is considered by many to be a historical turning point for nursing, brought about a serious reconsideration of nursing research. Brigs opined that nursing must be research-based. However, decades after the report was published, some authors suggest that nursing has not become research-based. They argue that nurses do not understand what research is.

The authors dealing with this topic are often nursing researchers themselves. Experiences vary depending on the characteristics of the society in which research is conducted, the cultural factors and the stage of the development of the nursing profession in a particular country. It is a fact that research studies are being conducted and that their numbers are higher than before. However, some researchers question the extent to which nurses are trained in scientific work. Some authors find that research nurses often experience a lack of support from managerial nurses and resentment from colleagues who believe that research work has a negative impact on clinical practice (12). Such a situation suggests that research work should actually be encouraged during school, so that students get introduced to the techniques employed by research teams, methodology, critical thinking and necessary skills. This would enable them to carry out their own research and to apply the results obtained in practice.

Many countries have strategic plans that address the needs of the nursing profession and provide guidance for future researchers to better implement national public health policies. Clara Aaarts in her "Nursing Research Strategy in Sweden" identifies the following topics of importance: life with chronic illness and multimorbidity, mental health and health effects of migration, poor health and equality of care, safety, guidance and organization of nursing care, information and communication technology (13).

South Korean authors have analyzed the current status of evidence-based nursing research (14). They surveyed twenty publications, including national medical journals, masters theses and doctoral dissertations by November 2016. Most of the publications examined were journals (80.9%). The most common topic for the implementation of evidence-based nursing was readiness for evidence-based nursing (16 papers). The most common topic in systematic reviews and meta-analyses was the intervention effect of exercise programs. The most common topic in the guidelines was temperature control.

Shobhi finds 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, this author puts forward 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, this author states that the most common topics in the area of nursing administration have to do with evidence-based decision making.

Chinese authors analyze trends in nursing research and compare China to the world. They state that nursing research in China is under development and the number of publications is increasing rapidly (16). On the other hand, clinical research on nursing in developed countries is at a stage of stable development or a stage of maturation, characterized by a flat curve of publication volume

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.

INSTEAD OF CONCLUSION

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. In the recent years, nursing has become an area of study in both master's and PhD programs. In these programs, students learn, among the other things, basic methodological and statistical procedures, data analysis and critical thinking. This situation speaks in favor of stimulating and fostering research work. Finally, there are also relevant national scientific journals that

Of the total number of studies, 275 were considered holistic and included in the analysis (17).

The primary focus was 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 were the topics most commonly examined. Overall, 56% of studies were quantitative, 39% were qualitative and 5% were mixed. Only 32% of the studies were funded. The findings of this study speak in favor of the importance of holistic studies and the benefits they may have for nursing practice.

support nursing research and evidence based nursing. Researches in nursing are very important link between theory and nursing practice, because they have contribution in raising the quality of nursing care. Therefore, it is of great importance to encourage nurses to engage in research work and provide them with a wide range of knowledge and skills necessary to participate in scientific and research practice, all with the aim of achieving better health care services and improving the quality of life of patients.

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