Capacity building in clinical nursing research

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AGENDA

- Background
  - Research Capacity
- Aalborg University Hospital
  - Clinical Nursing Research Unit
- A research strategy
  - And a Research program
- One-year evaluation
- Research projects – examples
- Perspective
Research based nursing practice is essential for:
- The provision of patient-focused care
- A strategic direction in nursing research
- High ethical standards in nursing (Akerjordet et. al 2012)

A lack of **clinically based (hospitals)** nursing research:
- Inaccessibility of the language of research (Berggren 1996)
- Poor knowledge of how to obtain and critique research papers (Pearcey 1995)
- Low knowledge and skills and lack of time to do and use (Retsas 2000, Cooke & Green 2000, Oranta et. al 2002)
Bridging the gap is to identify barriers (Nilsson Kajermo et al. 2010):

- Clinical nurses’ research-related knowledge and education are rarely sufficient for using research findings in nursing practice (Brown et al. 2010, Jones et al. 2011, Jamerson & Vermeersch 2012)

- Lack of a research culture (Corchon et al. 2011), administrative support (i.e. insufficient time and facilities), authority and peer support as well as barriers related to clinical nurses’ values, awareness and skills have been highlighted (Ashley 2005, Roxburgh 2006, Brown et al. 2010, Kocaman et al. 2010, Breimaier et al. 2011, Jones et al. 2011, Moreno-Casbas et al. 2011).
Increasingly positive attitude towards research, despite the fact that few were engaged in research-based activities (40%)

Lack of designated time (60%), interest (31%) and knowledge (31%) constituted important research barriers, as did lack of research supervision and support (25%)

Research supervision was one of the most significant needs to enhance clinical nurses’ research skills, management and organization of research activities (30%)
Conscious efforts strategically built on clinical and academic collaborative networks are required to promote and sustain clinical nurses’ research capacity.

Capacity is thereby the sum of processes, values and climate within an organization (Severinsson 2014).
Nordic University Hospitals (2006): an arena for everybody involved in clinical research in the Nordic Countries

Workshops for nurses (2008, 2009, 2012), **same challenges:**
**A limited clinical based nursing research at hospitals**
To increase nurses interest in research and their research capacity it is necessary to guide capacity building in clinical research by means of:

- A research network
- Research training
- Building a culture of research dissemination
- Providing workshops that enhance research skills, confidence, interest and participation in research and innovation
To facilitate capacity building in clinical nursing research at Aalborg University Hospital in order to develop and disseminate research that are vital to promote safe patient-focused care.
6.500 employees, North Denmark Region’s largest hospital
Highly specialised functions that serve 640,000 inhabitants
Conducts high-quality undergraduate and postgraduate training and research
Researchers publish 500 peer-reviewed articles yearly
Co-workers in projects and networks sponsored by national, EU and international research funds and programs
Research fields with a strong position: clinical epidemiology, medical gastroenterology, lipidology, visceral biomechanics, cardiology and haematology

Highly prioritised areas:
The study of pain
Metabolic disorders
Clinical nursing
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2 fulltime researchers (fulltime = 37 hours weekly)
1 researcher in a 20% positions (= 7,4 hours weekly)
1 researcher in a 50% positions (= 18,5 hours weekly)
1 researcher in a protected position, on reduced hours (< 15 hours weekly)
1 fulltime research assistant
### Aalborg University Hospital

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AALBORG UNIVERSITY HOSPITAL
From Strategy → To a (joint) Research Program → To…

Strategy for Research in Clinical Nursing 2013-18

Research Program in Clinical Nursing 2013-18

Course- and Supervision program 2013-18
A new Strategy → A new (joint) Research Program

Focus:
Patients Involvement
(patients and relatives)

Background:
- There exists various evidence-based activities describing the involvement of patients and relatives in care and treatment.
- Studies indicate that the co-decision between the patient/family and the healthcare staff is an idealized model, which is rarely found in practice.
- There is a need to focus on patient and relatives involvement, including the terms and conditions that influence opportunities to involve patients and families in care and treatment.
Includes:

- 40 research projects (in 8 clinics)
  - Each research project is generated on a identified problem in clinical practice
  - Each research group consists of a minimum of 2 nurses from clinical practice
  - Supervision by a PhD or a PhD-student – both planned and on an ad hoc basis
Purpose:

Develop and improve clinical nursing practice by:

- Improving clinical nurses’ research capacity
- In collaboration with mono- and interdisciplinary collaborators.

Focus:

**Patients Involvement** (patients and relatives)
All nurses are offered 1½ year training program, Including:

- A short workshop open for all: “Have to start a project…”
- 7 course modules: All including 1-3 working days
  - Literature search - Critical reading
  - Research Methods - Theoretical preconceptions
  - Methods for analyzing data
  - Paper writing
- Products – working papers:
  - Synopsis (initial)
  - Project Protocol
  - Data analysis
  - Peer reviewed articles
ONE-YEAR EVALUATION

Class 1 starting September 2014
- 33 participants

Capacity building
- Training program
  - 1½ year
  - No fee
  - In all two class’

AALBORG UNIVERSITY HOSPITAL

NORTH DENMARK REGION
ONE-YEAR EVALUATION

High Activity – Commitment – All clinics are involved!

Research:

- Funding December 2013:
  
  2,950,000 Dkr.

- Supported by leadership on clinical and organizational level
A mobile app for young adults treated with teeth and jaw surgery.

Method: Participatory Design

Living with premature ejaculation
- A qualitative interview study
RESEARCH PROJECTS - EXAMPLES

Earlier:
Bairhugger carpet on top of the patient = hypothermia

Prevention of hypothermia in patients during back surgery

This study:
Bairhugger coat under the patient – lying on this
An ethnography study to explore patient compliance: Small children using a patent “Iltsut” (oxygen soother) after surgery in general anesthesia
Exploring Clinical nurses’ research capacity

A research project conducted parallel to the ongoing research program

- An evaluation
- Exploring the effects of the research program
- By measuring the clinical nurses’ research capacity
- A process evaluation
- Using survey method
Enhance clinical nurses’ research capacity

- Educational and strategic processes → changing the culture
- Encourage and reduce barriers
- Secure that the research culture is sustainable and continue to develop
- Improve patient care
- Improve nursing as a profession
Information:
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