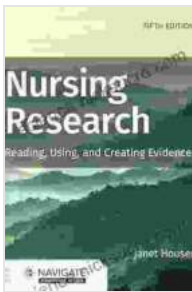


# Nursing Research: Reading, Using, and Creating Evidence | Comprehensive Guide

Nursing research is a systematic and rigorous process of inquiry designed to generate knowledge and improve patient care. It involves the systematic collection, analysis, and interpretation of data to answer research questions and test hypotheses. As a nurse, having a strong foundation in nursing research is essential to staying up-to-date on the latest evidence-based practices, evaluating the quality of research studies, and contributing to the advancement of the field.



## Nursing Research: Reading, Using, and Creating

**Evidence** by Janet Houser

★★★★☆ 4.8 out of 5

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File size : 26861 KB  
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Screen Reader : Supported  
Enhanced typesetting : Enabled  
Print length : 520 pages



## 1. Reading and Critically Appraising Nursing Research

The ability to read and critically appraise nursing research is a crucial skill for all nurses. When reading research, it is important to consider the following:

- **Purpose:** What is the main goal or objective of the study?

- **Methods:** How was the study conducted? What research design was used? What data were collected and how?
- **Results:** What were the findings of the study? Were the hypotheses supported or rejected?
- **Discussion:** What are the implications of the findings? How do they contribute to the existing body of knowledge?
- **Limitations:** What are the limitations of the study? How might these limitations affect the interpretation of the findings?

In addition to considering these elements, it is also important to evaluate the quality of the research study. This can be done by assessing the study's:

- **Validity:** Is the study design appropriate for the research question? Are the measurements valid and reliable?
- **Reliability:** Would the study yield the same results if it were repeated?
- **Generalizability:** Can the findings be applied to other populations or settings?

## 2. Using Evidence in Nursing Practice

Once you have identified and critically appraised relevant nursing research, the next step is to use the evidence to inform your nursing practice. This process is known as evidence-based practice (EBP). EBP involves integrating the best available research evidence with clinical expertise and patient preferences to make informed decisions about patient care.

There are five steps to EBP:

1. Ask a clinical question.
2. Search for the best available evidence.
3. Critically appraise the evidence.
4. Integrate the evidence with clinical expertise and patient preferences.
5. Evaluate the outcomes of the decision.

By following these steps, nurses can ensure that their practice is based on the latest and most reliable evidence.

### **3. Conducting Nursing Research**

In addition to reading and using research, nurses can also play a role in conducting research. This can be done through either qualitative or quantitative research methods.

- **Qualitative research** is used to explore complex phenomena and gain a deeper understanding of human experiences. It typically involves collecting data through interviews, observations, or focus groups.
- **Quantitative research** is used to test hypotheses and measure the effects of interventions. It typically involves collecting data through surveys, experiments, or clinical trials.

Nurses who are interested in conducting research should first develop a research question and then choose the appropriate research design. They should also obtain approval from an institutional review board (IRB) before beginning their study.

### **4. Advancing the Science of Nursing**

Nursing research is essential for advancing the science of nursing and improving patient care. By reading, using, and conducting research, nurses can contribute to the development of new knowledge and best practices.

There are many ways to get involved in nursing research. Nurses can:

- Join a research team.
- Conduct their own research studies.
- Publish their research findings.
- Present their research at conferences.
- Mentor other nurses who are interested in research.

By getting involved in research, nurses can make a real difference in the lives of patients and families.

Nursing research is a vital part of nursing practice. By reading, using, and conducting research, nurses can stay up-to-date on the latest evidence-based practices, evaluate the quality of research studies, and contribute to the advancement of the field. Ultimately, this leads to better patient care and improved outcomes.



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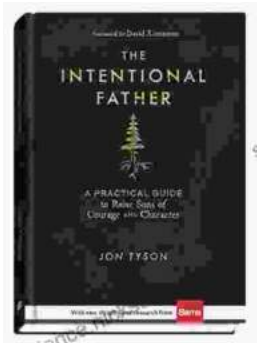
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