NUR-311. W6. Discussion

[Name of the Writer]

[Name of the Institution]

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**Introduction**

There existed a misconception a few years ago that existed around the role of nurses in health care. Majority of people thought that nurses only changed bed sheets and looked after the patients. However, this perspective has changed in recent years. There are two reasons for that. First, the masses got educated about the combined importance of nurses and healthcare. Second, the active role that nurses have played apart from looking after the patients. The job of a nurse is a challenging job that demands around the clock emotional and mental stability.

**Discussion**

Nurses have comprehensive knowledge of various diseases, multiple treatments. Additionally, they maintain a close relationship with healthcare professionals and patients. Nurses, in the last decade or so, have played an active role in improving patient care. This has been made possible because they are encouraged to take on small scale research and quality assurance projects. The healthcare industry, doctors, patients, and nurses themselves reap the benefits of the research and projects. Nurses have adopted an evidence-based approach that has improved patient safety and healthcare outcomes. Additionally, it has helped in reducing health care costs. There is a psychological benefit for the nurses in this because they feel empowered.

There are numerous advantages when nurses engage in research projects. Research provides nurses an opportunity for continuously increasing their existing knowledge (Tappen, 2015). The research nurses conduct produces information that consolidates the role of nurses in healthcare. The research enables nurses to make decisions that are well thought and rational. Another advantage of nurses making great strides in the domain of research is that the cost of healthcare has decreased significantly (Tappen, 2015). Adopting research-based practice has enabled nurses to foster a relationship of trust and care with the patients (Tappen, 2015). Research conducted by nurses demonstrates their effectiveness in healthcare delivery. Additionally, comprehensive research carried out may assist the nurses in tackling any unfamiliar situation that may arise during the provision of health care (Tappen, 2015). Furthermore, the research enables nurses with the power of intervening in any given unwanted situation that may jeopardize the patient's safety and well-being (Tappen, 2015). Research carried out by nurses helps in devising a thorough and robust nursing care plans and factors affecting it (Tappen, 2015). With so much patient data available, evidence-based research has enabled nurses to foresee certain outcomes of multiple situations. Furthermore, this has helped in controlling the frequency of occurrence of unwanted situations. Another advantage of nurses carrying out research and taking up various projects is that they are able to guide and advice patients more effectively regarding the outcomes of certain situations. With nurses taking up research projects, they are able to advocate for the patients’ rights unequivocally (Tappen, 2015).

While the advantages of the research carried out by nurses are numerous, there also exist certain issues and challenges that are faced in carrying out the research. First of all, opportunities for nurses to make progress in their careers are few and far between. This might prove an impediment in maintaining the quality of the research (Moule, Aveyard & Goodman, 2016). Researching often requires working in complete alienation which might cause frustration among the nurses. As the profession of nursing demands continuous interaction with healthcare professionals and patients, nurses may find it difficult to carry out research (Moule, Aveyard & Goodman, 2016). Additionally, lack of knowledge and familiarity with modern technologies and research methodologies might obstruct nurses from carrying out research in a professional manner (Moule, Aveyard & Goodman, 2016). To tackle these challenges, nurse researches must be provided with continuous support and training. Additionally, professional development and refresher courses must be introduced to help nurses stay updated with modern practices around the world (Moule, Aveyard & Goodman, 2016). Nurses would definitely benefit should this step is taken. Additionally, whole healthcare system would reap benefits from this.

**References**

Moule, P., Aveyard, H., & Goodman, M. (2016). *Nursing research: An introduction*. Sage.

Tappen, R. M. (2015). *Advanced nursing research: From theory to practice*. Jones & Bartlett Publishers.