

Connecting Research with Clinical Nursing in Medical Practice

Gloria Smith*

Department of Nursing, University College & Middlesex School of Medicine, Georgia, USA

Introduction

This aims to explore strategies and approaches for bridging the gap between research and clinical nursing practice. It will delve into practical techniques for accessing and appraising research literature, overcoming barriers to implementation, promoting a culture of evidence-based practice within healthcare organizations, and enhancing collaboration among interdisciplinary teams. Nursing care is a multifaceted and essential component of the healthcare system, encompassing a wide range of responsibilities aimed at promoting optimal health outcomes for patients across diverse settings. At its core, nursing care involves the holistic assessment, planning, implementation, and evaluation of patient care. Nurses play a pivotal role in not only addressing the immediate physical needs of patients but also in considering their emotional, psychological, and social well-being. This holistic approach is integral to providing comprehensive care that addresses the full spectrum of patient needs [1]. The importance of collaboration among nurses, physicians, allied health professionals, and administrators in implementing evidence-based practices and improving patient outcomes.

In contemporary healthcare it involves the conscientious use of current best evidence from research, clinical expertise, and patient preferences to inform decision-making in nursing practice. Despite its recognized importance, there remains a gap between research findings and their application at the bedside. Bridging this gap is essential to harnessing the full potential of evidence-based practice in nursing. This gap often stems from various challenges, including limited access to research literature, lack of time for critically appraising research, and resistance to change in clinical routines [2]. Addressing these challenges requires nurses to engage actively in ongoing education, collaborate with interdisciplinary teams, and adopt systematic approaches to integrating research into daily practice. This series aims to explore strategies for nurses to effectively navigate and bridge this gap, empowering them to implement evidence-based interventions that enhance patient outcomes and contribute to the advancement of nursing practice.

Description

In the dynamic field of healthcare, the concept of stands as a cornerstone for delivering high-quality, effective patient care. It represents a systematic approach to clinical decision-making that integrates the best available research evidence with clinical expertise and patient preferences or values. By grounding practice in evidence, nurses can enhance patient outcomes, improve safety, and optimize resource utilization. Evidence-based practice in nursing emerged as a response to the need for healthcare interventions and

practices that are not only based on tradition or authority but also grounded in rigorous research and proven effectiveness. It involves the conscientious, explicit, and judicious use of current best evidence to inform clinical decision-making. This encompasses findings from systematic reviews, randomized controlled trials, cohort studies, and other rigorous research designs. Research evidence provides a foundation for understanding the effectiveness and safety of healthcare interventions. Nurses bring their clinical experience, skills, and knowledge to the decision-making process. Clinical expertise involves the ability to critically appraise research findings, apply knowledge gained from experience, and adapt interventions to meet individual patient needs [3].

This gap poses challenges to the implementation of evidence-based interventions and limits the potential for improving patient outcomes. Accessing and navigating the vast amount of research literature can be challenging for nurses, especially in busy clinical settings. Keeping up with the latest evidence requires time, resources, and skills in searching databases, critically appraising studies, and synthesizing findings. Recognizing that healthcare decisions should align with patient preferences, values, and circumstances is crucial in evidence-based practice. It involves shared decision-making with patients, considering their beliefs, cultural background, and treatment goals [4]. By integrating these three components—research evidence, clinical expertise, and patient preferences—nurses can make informed decisions that are both clinically effective and patient-centered. Despite the recognized benefits of evidence-based practice, there exists a significant gap between research findings and their application at the bedside.

Variability in educational preparation and training in evidence-based practice among nurses can influence their readiness and confidence in applying research findings to clinical decision-making. Evidence-based practice has been associated with improved patient outcomes, including reduced mortality rates, complications, and hospital readmissions. By implementing practices supported by research evidence, nurses can enhance the quality and safety of patient care. Nurses often face time constraints in their daily practice, which may limit opportunities for engaging in evidence-based activities such as literature review, critical appraisal, and implementation of new practices. Healthcare systems and organizational cultures may resist change, presenting barriers to the adoption of evidence-based practices. Resistance can stem from entrenched routines, perceived risks associated with change, or lack of awareness about the benefits.

Evidence-based interventions are often more cost-effective and efficient than traditional practices. By using resources judiciously, healthcare organizations can allocate resources effectively while achieving positive patient outcomes. Engaging in evidence-based practice fosters professional growth and development among nurses. It enhances critical thinking skills, promotes lifelong learning, and empowers nurses to contribute to the advancement of nursing knowledge and practice. Nurses who participate in evidence-based practice report greater job satisfaction and increased confidence in their clinical decision-making abilities. They feel empowered to make meaningful contributions to patient care and organizational improvement [5]. Through this exploration, nurses will gain insights and practical tools to enhance their ability to integrate evidence-based practice into their daily clinical decision-making. By bridging the gap between research and practice, nurses can contribute to delivering safe, effective, and patient-centered care that aligns with current best evidence and advances the profession of nursing.

*Address for Correspondence: Gloria Smith, Department of Nursing, University College & Middlesex School of Medicine, Georgia, USA; E-mail: gloria11@gmail.com

Copyright: © 2024 Smith G. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

Received: 31 July, 2024, Manuscript No. jnc-24-145846; Editor Assigned: 02 August, 2024, Pre QC No. P-145846; Reviewed: 14 August, 2024, QC No. Q-145846; Revised: 19 August, 2024, Manuscript No. R-145846; Published: 26 August, 2024, DOI: 10.37421/2167-1168.2024.13.664

Conclusion

In conclusion, nursing care is an indispensable element of the healthcare system, intricately woven into every aspect of patient management and well-being. It embodies a comprehensive approach that not only addresses the immediate medical needs of patients but also considers their holistic health, including emotional, psychological, and social dimensions. Nurses engage in continuous assessment, personalized care planning, and the execution of interventions, all while maintaining a clear focus on effective communication and patient advocacy. Their roles extend to managing chronic conditions, providing emergency care, promoting preventive health, and contributing to research and evidence-based practices.

Acknowledgement

None.

Conflict of Interest

There is no conflict of interest by author.

References

1. Blakely, Kala and Diane G. Cope. "Establishing an advanced practice nursing clinic in the cancer setting." *Semin Oncol Nurs* 31 (2015).

2. Nicacio, Talita Rodrigues, Vanessa Pellegrino Toledo and Ana Paula Rigon Francischetti Garcia. "From alienation to the nursing clinic: Care of patients with psychiatric comorbidity." *Revista Brasileira de Enfermagem* 71 (2018): 2229-2236.
3. Buttriss, Grace, RuthAnne Kuiper and Betty Newbold. "The use of a homeless shelter as a clinical rotation for nursing students." *J Nurs Educ* 34 (1995): 375-377.
4. Flowers, Karen A., Winsome St John and Janice M. Bell. "The role of the clinical laboratory in teaching and learning family nursing skills." *J Fam Nurs* 14 (2008): 242-267.
5. Aurilio, Louise A. and Valerie M. O'Dell. "Incorporating community-based clinical experiences into a maternal-women's health nursing course." *J Nurs Educ* 49 (2010): 56-59.

How to cite this article: Smith, Gloria. "Connecting Research with Clinical Nursing in Medical Practice." *J Nurs Care* 13 (2024): 664.