Emergency Nursing Research: Why? How?

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Disclosure

- Objectives:
  1. Understanding why emergency nursing research is important
  2. Discussing barriers and enablers of emergency nursing research
  3. Provide practical strategies to start up nursing research

- Conflicts of interest: No
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CLIFF CLAVIN ON BEER
"Well ya see, Norm, it's like this... A herd of buffalo can only move as fast as the slowest buffalo. And when the herd is hunted, it is the slowest and weakest ones at the back that are killed first. This natural selection is good for the herd as a whole, because the general speed and health of the whole group keeps improving by the regular killing of the weakest members. In much the same way, the human brain can only operate as fast as the slowest brain cells. Excessive intake of alcohol, as we know, kills brain cells. But naturally, it attacks the slowest and weakest brain cells first. In this way, regular consumption of beer eliminates the weaker brain cells, making the brain a faster and more efficient machine. That's why you always feel smarter after a few beers."
Importance of nursing research

• Essential for the development of empirical knowledge that enables nurses to provide evidence-based nursing care
Ideal emergency department activities

Clinical care

Quality and safety improvement

Education & training

Research
ED activities – the real world!
MYTHS ABOUT DOING RESEARCH

1. You need lots of TIME
2. You need lots of FUNDING
3. You will have NO LIFE
Barriers

- “There is no time”
- “It’s too hard / complicated”
- “Our ED is too small”
- “Our ED is not university-affiliated”
- “Research projects need a special team”
- “Research does not directly impact my patients”
- “There are no research questions that are relevant for our ED”
- “We get no credit for it”
- “It’s a doctor thing”
Enablers

• Lots of patients!
• Large, well educated team
• Lots of important clinical questions
"The more I learn, the less I know"

- George Harrison
Subjects

- Safe handover
- Medication safety
- Using advanced practice nurses
- Education and training nurses
- Interdisciplinary teamwork in critical cases
- End of life care in ED
- Dealing with nursing shortage
- Quality and cost
- And many more...
Just start….

- Work in pairs
- Keep the project small and manageable
- Retrospective data collection
- Involve co-authors
- Involve experts
Steps in the research process

1. Select a topic
2. Define the problem
3. Review the literature
4. Formulate your hypothesis
5. Choose a research method
6. Collect your data
7. Analyze your data
8. Disseminate your findings
Developing a research question

Internet Sources

Books

Articles

To develop a topic you must read!
Developing a research question II

- P - Population
- I - Intervention
  (or variable of interest if there is no intervention)
- C - Control group (if applicable)
- O - Outcome
- T - Timeframe

Are ____ (P) who have _______ (I) at ____
(Increased/decreased) risk for/of ______ (O) compared
with ______ (P) with/without ______ (C) over _____ (T)?

Structure
BEGIN WITH THE END IN MIND

STEPHEN COVEY
Cause and Effect

HE'S HOWLING AT THE MOON

HE'S TALKING TO HIS FRIEND NEXT DOOR

E-O-W-W!
H-E-E-LP!
MY TAIL'S
STUCK IN
THE D-O-O-R!
Thank you!

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