

Changing a Clinical Nursing Culture to Include Nursing Research as Part of Nursing Care



CHRISTINE BROSCIOUS, RN, CRRN, CMT; PAMELA C. SPIGELMYER, PHD, RN, CNS; DIANE BRECKENRIDGE, PHD, RN, ANEF

What We Learned: This pilot project demonstrated the feasibility of conducting a small research project. Staff nurses, with no prior research experience, can carry out aspects of the research process while performing normal caregiving activities for their patients on their clinical units.

BACKGROUND

- The practice of touch has been a component of basic nursing care since the turn of the 20th century. (Ruffin, 2011)
- Nurses have the potential to move the patient toward harmony, health and spiritual change during a caring moment.
- Nurses can incorporate aspects of research while providing care for their patients.

OBJECTIVE

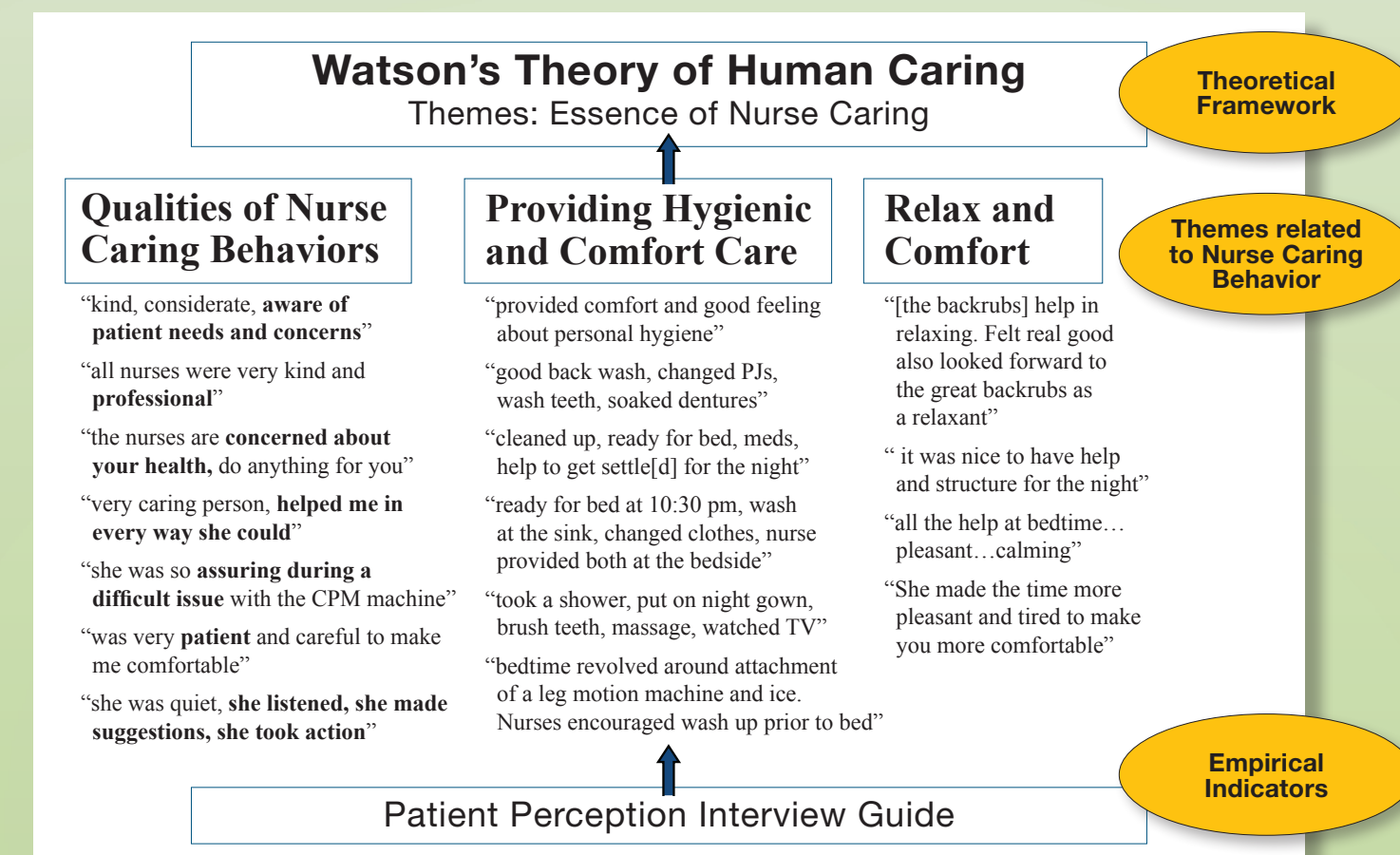
- The purpose of this project is to demonstrate the feasibility of changing a clinical nursing unit workplace culture to involving staff nurses in the implementation of a nursing research project.

METHODS

- A pilot project was conducted using a quasi-experimental design to answer the question: “Will incorporating a three minute slow back massage into daily evening care for rehabilitation patients have an effect on their perceived pain levels and perceptions of nursing care?”
- Upon IRB approval, staff nurses were trained in the art of a three minute slow back massage and the research process.
- Training consisted of several sessions with a nurse certified in massage and a return demonstration by staff.
- Staff nurses were trained by the clinical research specialist in data collection, storage and ethical principles of research.
- Staff was also informed of the project timeline and data collection process and tools.
- Patients enrolled in the study were allocated to either treatment group or usual care based upon their admission date.
- Patients remained in the study until their discharge.
- The overall project lasted four months.
- The project start was celebrated with doughnuts and coffee and the conclusion was celebrated with a pizza party.

RESULTS

Nurse Age	Yrs in Practice	Yrs on Rehab unit	Gender	Race	Nursing Education Level	Nursing Certifications
40-50	>25	>10	F	Caucasian	RN AD	CRRN
40-50	<5	<5	F	Caucasian	RN AD	
20-30	>5	>5	F	Caucasian	RN AD	
40-50	>10	>10	F	Caucasian	RN	CRRN
20-30	<5	<5	M	Caucasian	RN AD	
	>10	<5	F	Caucasian	RN-diploma	
>50	>10	>10	F	Caucasian	RN BSN complete working on MS	CRRN
40-50		<5	F	Caucasian	RN	
>50			F	Caucasian	RN BSN	



		totcbi	pst1
totcbi	Pearson Correlation	1	.076
	Sig. (2-tailed)		.835
	N	13	10
pst1	Pearson Correlation	.076	1
	Sig. (2-tailed)	.835	
	N	10	25

DISCUSSION

- Although all staff were introduced to the study, not all staff willingly agreed to participate in the research process with their patients.
- Staff who did participate expressed interest in research and the research process.
- Findings from the pilot suggested that nurses on the rehabilitation unit were caring in both the intervention and usual care groups.
- The use of a mixed method design helped to strengthen the results of the small patient sample size.
- Patients were very receptive to the slow back massage.

NEXT STEPS

- Design research projects that are no longer than four months in length to ensure nursing staff stay engaged in the research project.
- Incorporate reminders and audits to ensure proper data collection and prevent missing data points.
- Engage more staff nurses in the planning of next research project to help facilitate the application of nursing research in practice.

LIMITATIONS

- This was the first research project in the healthcare facility to incorporate research as part of staff nursing care.
- Patient admissions were lower than normal causing the project to last four months - two months longer than anticipated causing staff fatigue and missing data.

REFERENCES

Harris, M and Richards, K.C. (2010). The physiological and psychological effects of slow-stroke back massage and hand massage on relaxation in older people. *Journal of Clinical Nursing* 19(7-8), 917-926.

Raffin, R. T. (2011). A history of massage in nurse training school curricula (1860-1945). *Journal of Holistic Nursing: Official Journal of the American Holistic Nurses Association*, 29(1), 61-67.

Schmock, B. N.; Breckenridge, D. M. and Benedict, K. (2009). Effect of sacred space environment on surgical patient outcomes: A pilot study. *International Journal for Human Caring*, 13(1), 49-59.