Embedding research into nursing practice

Actively shaping the future of Mental Health Care

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1. **Why is research important?**
2. **How is the culture of nurses in research changing?**
3. **What opportunities are open to you?**

Why is Research Important in Mental Healthcare?

Research aims to improve the future in healthcare:

- **Prevention**

E.g. identifying risk factors, early management/intervention, reducing restrictive practices

- **Diagnosis**

Does the label effectively describe someone's experience? Does symptomatology present differently in different groups? What overlap of factors constitute a diagnosis?

- **Treatment**

Modalities of therapy, medicines and their management, behaviour change strategies

- **Best Practice**

Ensures policy reflects evidence base, improve competency of staff/carers/patients, ethical conduct

- **Economy**

Best use of a limited resource - increases efficiency, reduces treatment cost/time, receive funding from commercial research

Research active services have also shown to improve patient outcomes

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Current Climate and Implications for Nurses

➢ Whilst mental health nurses are taught about the academic side of research in university, there is currently limited opportunity for them to apply the practical elements in their clinical placements and roles.

➢ Theory-practice gap in mental health nursing
- Generic NMC standards for pre-registration education
- Lack of MH (nursing) presence in research
- Discussed at RCN congress June 2022

➢ **Changes in policy and national nursing strategies have been implemented in recent years to improve nurses access to research involvement**

Sources
Warrender, D. 2021. Mental health nursing and the theory-practice gap: Civil war and intellectual self-injury. *Journal of Psychiatric and Mental Health Nursing*. **29**(2), pp. 171-173

Sustainable and supported careers

'This includes raising awareness of the breadth of opportunities for nurses to become involved in research – whoever they are and wherever they work. We will design a framework to enable seamless transition through the stages of a research-related career. This also means increasing opportunities during pre-registration nursing programmes so students can experience the variety of research-related roles available to them throughout their careers.'

Chief Nursing Officer for England -Ruth May-

https://www.england.nhs.uk/wp-content/uploads/2021/11/B0880-cno-for-englands-strategic-plan-fo-research.pdf

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Ruth Mays' Strategic Plan for Research

1. Aligning nurse-led research with public need
2. Releasing nurses research potential
3. Building the best research system for nurses to lead
4. Developing future nurse leaders in research
5. Digitally-enabled nurse-led research

Research Active Nurse: Work actively in a clinical service as a nurse but embeds research into their role. They can advocate research to potentially eligible people and refer to the research department.

Research Nurse: Embedded into both the research and clinical environments. Uses an in-depth knowledge of research protocols to effectively set-up, deliver and recruit to research studies in the trust.

Lead Research Nurse: Identifies potential projects, and coordinates research funding bids and related opportunities to develop & strengthen NHS research profile.

Research Nurse Roles (Clinical)

Research Activities Programme!

A programme designed to enable mental health nursing students and staff to **embed** research into clinical practice

Builds **research skills** and capabilities whilst still in university or as part of professional development

Develops CV, adds diversity to their bank of skills and adheres to the current **NHS research and nursing strategies**

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Example Research Activities for Nurses in Practice

- **Good Clinical Practice (GCP) training:** The international ethical, scientific and practical standard to which all clinical research is conducted. It is an online self-directed course taking approximately 4 hours to complete. It also counts towards nursing revalidation and continuing professional development.

- **Study Involvement:** Reading up on studies currently running in the trust and actively advocating these studies to potentially eligible patients. Can observe our research staff conducting research or interventions with patients. Even attend study meetings with chief investigators to improve knowledge.

- **Research and Development Meetings:** Sessions with members of the research and delivery team to understand different aspects to research design, funding, and delivery within the NHS and appreciate careers in research. Can also attend our research forum or an ethics committee meeting.

Benefits of Research Involvement
Student Nurse: Han's Experience

Made research feel less abstract
- From research idea to research delivery
- How different members of the team work together to design & deliver research
- Networking with wider research community

Builds clinically relevant skills
- Self-awareness
- Time management
- Assertiveness

Strengthens theory-practice links
- Skills taught in classroom in a clinical setting

Builds research portfolio
- GCP trained
- Assisted in two clinical studies
- Presented at the International Mental Health Nursing Research Conference – September 2022
- Confidence to publish – currently in the process of co-authoring a research paper
- Good early position for MRes, PhD, ICA PCAF/DCAF/ACAF etc.

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Benefits of Research Involvement

"Our Nursing Strategy focuses on the **importance of research** and providing **development opportunities** for future clinical academics as part of their chosen career pathways."

Cathy Woffendin
Director of Nursing,
Quality and Professions
LYPFT

"Examples such as this clearly **change student and clinician attitudes towards awareness and engagement** in research and are truly welcomed. As a Trust board, we **appreciate the role that research has in improving the quality and safety** of the services that we offer"

Prof. John Baker
Director of Research & Professor of
Mental Health Nursing
(University of Leeds)
Panel member - NIHR Advanced
Fellowship
Chair - NIHR Doctoral Clinical
Academic Fellowship (DCAF) Scheme

Contact Us

If you can help us develop this opportunity; want to become involved yourself; have interested students/staff; or merely want to know more; please get in touch.

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