

Masterclass:

Routes into research for
community nursing

SUMMARY

Thursday 5 September 2024
1pm - 2pm, via Zoom



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Welcome to everyone - this forum is for nurses who are undertaking or considering carrying out research in the community and those keen to be more research aware. It aims to strengthen the capacity of community-based nursing research through peer support, mentorship, and supporting personal development and research opportunities. We offer monthly newsletters about research and research activities, webinars, masterclasses.

- We have a private Facebook group, join it here:

<https://www.facebook.com/groups/qnicommunitynursingresearchforum>

- This is the 4th masterclass of 2024. The next one will be on 25 September and will be on 'Conducting Systematic Reviews and Critical Literature Reviews.' To sign up and/or find out more, go to:

<https://qni.org.uk/nursing-in-the-community/community-nursing-research-forum/>

or scan the QR code below:



1. Routes into Research for Community Nursing

Donna Clements RN MSc Clin Res BSc Adult Nursing NIHR Senior Research Leader for Community Nurses, Clinical Research Nurse, Norfolk Community Health Care NHS Trust

- Welcome everyone, I'd like to give you some tips on how to progress your research journey.

Facts on nurse research

- 90% of all care globally is administered by nurses and 90% of all care is administered outside hospital settings
- BUT only 1% of UK nurses and midwives are delivering research and 0.2% of nurses and midwives in community and primary care are delivering research: that's quite a big gap!

My background

- 6 months after becoming a registered nurse I joined a commercial international drug study - the first licensed oral therapy for Multiple Sclerosis - where I learned how to deliver research.
- I worked for a drug company to help MS nurses adapt services - in the UK and the Middle East.
- This experience gave me great grounding on how to conduct research trials.
- I then did a masters in clinical research - get the theory and use it to underpin your practice.
- I then moved into primary care, which was quite a shift: bigger inequality in health in research and community settings. So much evidence in community nursing has been adapted and tweaked in order to meet needs of patients in the community.
- It's a rich untapped area to get our research evidence.



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Defining research

- Often quality improvement and audits get confused with research.
- **Service evaluation** looks at current care and what standard does this service achieve, its' benchmarking that moment in time.
- **Audit**: does this service reach a pre-determined standard? It's measuring what is already set.
- **Usual practice**: what is the case of this outbreak or incident and how do we manage it? So that's collective data from usual care in order to improve population health. We saw a lot of that in covid, quick reactions. I was involved in collating evidence in how covid was presenting in people at first. Then Long Covid. And that was through usual practice: systematically recording what is going on, rapid overview.
- **Quality improvement**: why does this issue exist and what is an effective sustainable solution? Plan, Do, Study, Act.
- **Research**: an attempt to derive transferable new knowledge to answer questions with scientifically sound methods including studies that aim to generate hypotheses as well as studies that aim to test them in addition to simply descriptive studies.

Fundamental skill set

- Know your population, particularly those underserved by research
- Be an expert in your area of clinical practice



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- Be curious
- Critical thinking and ability to challenge your own ignorance (be that annoying 5 year old, 'why? why? why?')
- A desire to create an improvement
- Being fearless and open to change
- Good clinical practice training - [NIHR Learn](#) - add it as an objective during your next appraisal!
- Remember: research is not something that is done quickly, it can take years and years. You have to have a real desire to make an improvement and has to burn long in you. And because it's long, it's enduring, so you may need to adapt the initial idea as you go along.

Conversation with Anca Manea, LD Nurse and Research Champion

- My background is in community learning disability nursing; a few year ago I got involved in service improvement and I led it, It was quite a project because it looked at care in an integrated way.
- I pulled together stakeholders from Norfolk to create an ante natal pathway then developed more research ideas in December 2022 and then won an NHS England research award, which was a stepping stone for me.
- I had an opportunity to apply for fellowship and become a niche fellow, my research fitted like a glove.



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Conversation with Anca Manea, LD Nurse and Research Champion

- There are a multitude of drivers that keep me committed: I loved to see my own journey, how I learn, it's like a ripple effect. Every day I learn something new. I now engage with different networks, I've presented at international conferences, but my greatest motivator is how my work impacts practice: it's a very empowering feeling, makes me think I would even do it unpaid!
- The support from my managers was amazing, but what I lacked was confidence, that was and has been my biggest challenge - I needed that nurturing approach to start with, this may resonate with some of you: to commit to a change, you don't know where to start, you need someone to cheer you on, to guide you.
- I was very fortunate that the leadership team in our trust was there for me every step of the way.
- My big piece of advice: trust yourself, the research community is very welcoming and inclusive, I hadn't known that. Our biggest enemy is ourselves, those internal conversations are too critical. Just do it, go into research, you won't look back!
- Read my blog on 'Becoming a Research-Active Community Learning Disabilities Nurse on the QNI website here: <https://qni.org.uk/becoming-a-research-active-community-learning-disabilities-nurse/>
- More resources available on the QNI website here: <https://qni.org.uk/nursing-in-the-community/community-nursing-research-forum/research-resources-hub/>



2. Interview with Jo Moore - supporting research from a manager's perspective

Joanne Moore, Clinical Operations Manager, Norfolk Community Health and Care NHS Trust

My background

- I started a role as a clinical lead nurse, it was all brand new coming from a clinical background but this was more management focused.
- I love leg ulcers and anything related, and many years ago I saw a research suggestion and it felt very relevant so I found out about the research team and that was my route in.
- I was lead on a research trial and spent time with researchers and found out how research worked, I line manage now and more of what I do is with staff.
- As with every NHS organisation, we're an under pressure service. Time is a factor, as is staffing. There is always more demand. Where can we still fit research into our day to day practice.
- There is scope for collaborative working, there are others who can support you.
- Advice
- Don't be afraid to ask in the first place, you know what's missing, don't be afraid to go to your manager and say: this could improve. That's how things improve and get better! It can start small.



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Your next steps

- You need a strategic plan: but think of it like creating a care plan for a patient: what's the problem? What's the goal? What's the context? How do you achieve it? And a strategic plan is no different to that.
- Start to break it down to see how to get there. Think about it like the care plan, that will give you a grounding and a structure that you're familiar with.
- Who needs to be involved? You're not on your own, you're a team, there will be people to assist you on your journey.

How to influence and gain support for your route into research

- Look at your job description - does it mention research? Most NHS jobs include a bit about being involved in research, even if it's just 3 lines, highlight that.
- Why not set your intention by discussing this with in your annual appraisal?

I'm very interested, what now?

- Seek a mentor: [look at the QNI's mentor scheme here.](#)
- Research Champions Programme
- HRA research ethics committee member
- Future Learn Courses / NIHR courses
- Present a poster at a conference
- Read literature/peer review and get publishing!



Thank you to all delegates who attended the Masterclass.

The next masterclasses:

- 25 September - [Conducting systematic reviews and critical literature reviews](#), with Dr Diane Bunn.



To join the forum or book your free place on a masterclass, scan the QR code
or go to www.qni.org.uk/news-and-events/events/

As a Community Nursing Research Forum member we'd be very grateful if you could take our short survey.



Take part in our survey



Join our private Facebook group:

<https://www.facebook.com/groups/qnicommunitynursingresearchforum>

Thank you to all delegates who attended today's meeting.

FEEDBACK:

Thank you very much, it was a great presentation and very helpful

This session was brilliant thank you so much all!

Great advice on bringing research involvement into appraisals

Thank you very much, the session was informative

Fabulous masterclass Donna

That's very helpful thank you

