

Nursing and Research: A Current Reality

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There is still a certain sense that nurse research is the “poor” sister of the rest of clinical disciplines. But nursing professionals research is a reality; He has come to stay. And it must gain importance because if there is something that differentiates us from other healthcare professionals, it is the holistic view we have of problems. We not only focus or focus our attention on the main causes of a disease or a need for health. Our 360° vision allows us to go beyond where other professionals stay. Research nurses are needed. A long time ago, a PhD professor told me: “Not everyone serves to investigate, but we can all help”. We should apply in our daily practice, whether assistance, manager or teacher, that research vision; that doubt that raises the “why am I doing this?” and apply a reasoning, a scientific thought always following a methodology that seeks the best possible and current scientific evidence. Because we must not forget one thing: while health resources are limited, the demand grows exponentially and is infinite. I am a nurse and I investigate. This phrase every time sounds less “strange” and the time will come that the nursing community will have an important weight in the scientific world. Meanwhile in this “desert crossing” closer and closer we will have specific training and development of increasingly high quality research projects to make a dent in this world where until recently we were only considered supporting elements. That is why the work of emerging nursing research journals is important. They support new researchers so they can publish their work and start working on a name in the research community. The rest, we put each of us. With a brilliant idea; with a question that nobody has dared to ask yet; with that curiosity typical of children who plan the reason for anything; with a posture of rebellion before the archaic phrase “this is done so because we have always done it”. In short against daily conformity. I am a nurse and I investigate and if I can... you too. Do it [1-3].

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