

## Beyond Bedside: Importance of Research in Nursing

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**R**esearch is a careful inquiry or examination in seeking facts or principles, a diligent investigation to ascertain something. Nursing Research is concerned with systematic study and assessment of nursing problems or phenomena, finding ways to improve nursing practice and patient care through creative studies, initiating and evaluating change and taking actions to make new knowledge useful in nursing. Evidence-based care forms the backbone of health care delivery. Nurse researchers play a vital role in all aspects of health care delivery, from policy development to advancement of nursing education to best practices in healthcare of the community. There is a new focus on emerging infectious diseases and non-communicable diseases along with increasingly ageing population, rising healthcare costs and the use of technology in the healthcare sector.

The main difference between inductive and deductive approaches to research is that whilst a deductive approach is aimed at testing theory, an inductive approach is concerned with the generation of new theory emerging from the data. A deductive approach usually begins with a hypothesis, whilst an inductive approach will usually use research questions to narrow the scope of the study. There are two types of data: primary and secondary and two main types of research designs, qualitative and quantitative. Qualitative research is done by Focus Group Discussions and In-depth interviews. Under quantitative research, we have observational (Cross-sectional and Longitudinal) and experimental studies. Recently the combination of qualitative and quantitative approaches, referred to as a mixed methods approach to research, has been applied to many disciplines, including nursing and midwifery. Ultimate goal of nursing research is to generate an empirical knowledge base to guide nursing practice. Solid research base is needed to document the effectiveness of selected nursing interventions in treating particular patient problems and promoting positive patient and family outcomes.

### Biography:

Dr. Paramita Sengupta (MD, MPH (UK), FIPHA, FIAPSM) working as a Professor in Community Medicine in CMC, Ludhiana, since Aug 2010. She is the supervisor of an Urban Health Center and regularly monitors the field and clinic activities. Apart from her primary responsibilities of teaching and training of Undergraduate and Postgraduate medical students and Allied Health Personnel, She has been actively involved in quite a large number of Research Projects and Training Programs. She is the Principal Investigator (PI) in 4 adhoc and 2 multicentric national task force and implementational project of Indian Council of Medical Research (ICMR) and co-investigator in a multitude of other projects. She has authored 41 papers in journals of repute, has been a resource person and plenary/keynote speaker in national and international conferences/workshops, has written and reviewed chapters in books. Besides this, she has evaluated innumerable PhD and MD thesis and also remained an external examiner for MBBS and MD in number of Universities.