

How is this working for you? Early insights from a masterclass to advance frontline rehabilitation nursing research

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Navigating the research process:

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Background

- Nurses more than ever have higher education^{1,2}, but are under-engaged with research vs. other health professionals³.
- Nurse-led research is impeded by lack of experience, knowledge or skills, lack of insight into the complexity of the research process, and the perennial problems of being time-poor and having inadequate resources and support⁴.
- Stronger research capacity and culture can enable nurse-led, practice-relevant research and its dissemination^{5,6,7}.

Rationale

Nurse-led research can improve the quality of rehabilitation care, and showcase rehabilitation nursing as a specialty.

Purpose

To assess the value and impact and experience of a research masterclass program for rehabilitation nurses.

Method

Mixed methods, pre-post evaluation.

Sample and setting

11 rehabilitation nurses practising within Metro South Health, Queensland, Australia

The Masterclass

- 1-day interactive workshops: foundation (April 2018), advanced (October 2018).
- Between workshops: informal peer-group mentoring, supported by experienced mentor.
- *Foundation workshop topics:* barriers to research, pitching an idea, applying for ethical clearance, research planning templates, research methods, next steps.
- *Advanced workshop topics:* mentee presentations, expectations and experience with mentored research process, mentees' future plans.

Early results

Aim	1. Value of Masterclass	2. Impact of Masterclass	3. Experiences of research process
Focus	Satisfaction with workshop.	Engagement with research.	Participants' experiences with a mentored research project.
Method	1-page self-administered survey at end of each workshop.	4-page self-administered survey at workshops; baseline demographics.	Group interview in second workshop, audio-recorded and transcribed for deductive/ inductive thematic analysis.
Measure	New world reaction sheet ⁸ : 21 statements across 9 domains, 4-point Likert scale to rate level of agreement.	Research Spider ⁹ : 4 domains (experience, confidence, interest, opportunity), each with 10 items, 5-point Likert scale to rate level of impact	Open-ended questions: 1) expectations and experiences; 2) how mentoring influenced current involvement in research; 3) broader engagement with nursing research.

Results

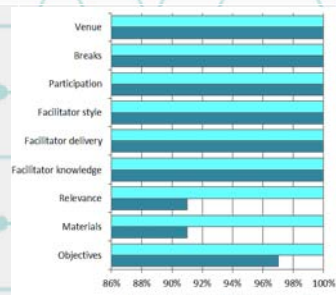


Fig. 1 Satisfaction with workshop (agreed/strongly agreed)

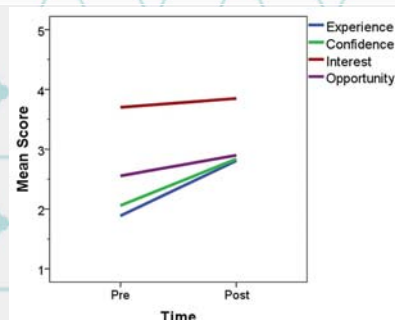


Fig. 2 Changes in research engagement mean scores at workshop 2

1) Mapping the route

"It provides you a framework to be able to move through whatever is the question you want to do...if you want something done, you'd like to have it done by the next class" (P3).

2) Extending the map

"I want to get the best out of this course and the mentors so I can become the best I can for other people" (P10).

3) Making new maps

"[The] nursing leadership team [have seen] how we've engaged them in this process and they're really excited about what we're doing...there's an avenue and a future and an interest out there in what we're heading towards. And that's a big thing" (P7).

Provisional conclusions

- The workshop evaluations suggest the Masterclass supports a keen pre-existing interest in and desire for nurse-led rehabilitation research.
- Participants remained highly interested in research, and their experience, confidence and opportunity increased between the workshops.
- Participants remained committed to their research goals in a landscape that included opportunities for colleagues and their practice specialty.

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