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Quantitative research in orthopaedic and trauma nursing

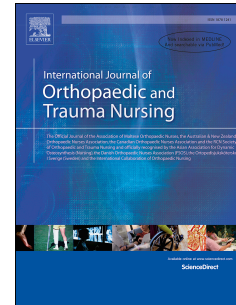
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UNDERSTANDING RESEARCH**Quantitative research in orthopaedic and trauma nursing****Paul McLiesh**

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Understanding research series

This 'Understanding Research' series aims to provide a plain language explanation of the various types of research related to orthopaedic and trauma practice. Each article in the series will identify why research is important, who uses the knowledge from research, how it is used to shape or influence practice and its importance in the delivery of safe and effective practice that is based on high quality research and evidence.

It is important that all health care professionals develop skills in understanding, reading, conducting and incorporating research into their practice. For some people, understanding research articles may be challenging, especially for those not experienced in reading, conducting or using research. The language used can seem complicated and make understanding, and therefore using, research difficult. This series will explore different approaches to research, explain why research is conducted in a certain way and consider the benefits of using different approaches whilst defining some of the terminology used.

There is much focus in nursing practice and in the literature on ensuring that practice is based on good quality evidence, but it is important to understand what evidence is, where it comes from and how to know if it is of a high enough quality to influence practice. Best practice recommendations are rarely based on a single piece of evidence. Policy and practice tend to change over time in response to collection of new evidence identified through research. When thinking about changing practice, clinicians can become overwhelmed where there are large amount of literature to consider

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