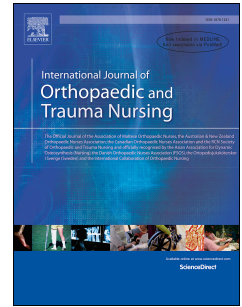


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An overview of research in orthopaedic and trauma nursing

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**UNDERSTANDING RESEARCH****An overview of research in orthopaedic and trauma nursing****Paul McLiesh****RN, BN, GDip Orth, MNSc, PhD Candidate.****Lecturer, University of Adelaide, South Australia**[paul.mcliesh@adelaide.edu.au](mailto:paul.mcliesh@adelaide.edu.au)**Philippa Rasmussen****RN, BN, Grad Cert Health CAMHN, Grad Dip Psych St, MN, PhD****Senior Lecturer, University of Adelaide, South Australia**[philippa.rasmussen@adelaide.edu.au](mailto:philippa.rasmussen@adelaide.edu.au)**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 we 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 collections of new evidence identified through research. When thinking about changing practice, clinicians can be overwhelmed when there is large amount of literature to consider on a given topic and it can be confusing if research sometimes recommends opposing practice so identifying exactly what best practice can be difficult. This is compounded by the fact that not all research is conducted or reported well. Evidence may also be specific to a setting or situation and may not always be relevant for a given situation or setting.

This series will assist the reader in understanding what constitutes good research. We hope that this will facilitate reading and understanding various types of research, allowing practitioners to begin applying and incorporating this knowledge within practice.

**What is Research?**

Everything known about healthcare and nursing has been learnt or discovered at some time in the past. Throughout history, clinicians and researchers have (either formally, through research, or

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