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Research Article

Knowledge and Attitude of Nurses toward Research at a Tertiary Care Hospital Lahore

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Abstract

Background: Research is a systematic investigation into and study of materials and resources to establish facts and reach new conclusions. In this time of advancement and technological development research is very essential and it is the source achievement and great success for any individual and organization including health care settings. Nurses have been challenged over recent years to develop practice that is based on the best available research. The practices that represent recent scientific indication. This requires that nurses must have knowledge, skills and positive attitude towards research. **Methodology:** A descriptive cross-sectional quantitative study was conducted on 150 registered nurses working at Fatima Memorial hospital non-probability convenient sampling technique was used in the study. **Results:** The results of the current study show that nurses don't have up to mark knowledge regarding research due to lack of support, expertise and environment. Same is the case with the attitude of the nurses regarding research. The attitude of the nurses is not positive towards research due to lack of awareness, supportive environment and workload. Therefore, the health care administration should emphasize on the enhancement of knowledge and attitude of the nurses regarding research. **Discussion:** The results of the current study show that nurses don't have up to mark knowledge regarding research due to lack of support, expertise and environment. Same is the case with the attitude of the nurses regarding research. The attitude of the nurses is not positive towards research due to lack of awareness, supportive environment and workload.

Keywords: Knowledge; attitude; Research; Nurses

Introduction

Several studies have been conducted to explore and understand research and research utilization of nurses. Wilson et al. (2004) surveyed nurses to identify their level of participation in and use of nursing research, their need for research education and areas of research interest. Researcher developed a questionnaire and distributed it to 172 nurses. The results showed that nurses have low level of knowledge and negative attitude toward research. They are unaware about the significance of research. A similar study showed that their knowledge and attitude toward research were poor. He also stated in his study that an awareness program regarding research is needed.

Implementation of new research results is very important to improve nursing practices, providing quality care and for

the development of nursing profession as well. (Krugman as cited by F. Parvin et al) declared using research results is worth important to empower nursing profession, he also believes that by applying new researches outdated practices will be removed and standards of patient care will be improved (Farahvash *et al.*, 2015).

Research helps nurses to generate new knowledge, enhance cost savings by convincing a healthier workforce, promotes best decision making and participate in the development of research skills among nurses. Nursing research is an organized, specially designed way to formulate knowledge about the problems that are important to nurse in their clinical practice, nursing education, and ward administration.

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By doing research nurses can find out the ways to bring improvement in patient care, can increase the trustworthiness and accountability of their profession and can document the cost effectiveness of patient care (Halabi, 2016). Overall literature is unreliable regarding nurse's use of research and their attitudes toward it. It is authoritative that nurse educators assess the research climate of their precise nurse population to determine their knowledge and attitude about research

There are limited number of studies conducted in Pakistan to explore nurse's knowledge and attitude toward research. Therefore, it is important to study current aspects as research is playing key role in raising the standards of every profession. It is necessary to make nurses aware about worth of research. On behalf of current background this study is needed to conduct.

A study conducted at King Abdul-Aziz college of nursing on 186 nursing students "The overall attitude of nursing students was positive almost 69% participants of the study has shown positive attitude toward research (78%) expressed that research is very useful for the nursing carrier and 61% reported that research has vital role in professional and personal development. However, a large proportion of students (71%) declared that research is difficult and stressful subject and 64% perceived difficulty in statistics" (Samia *et al.*, 2017).

A study conducted at Iceland to assess "Iceland nurse's beliefs, skills, and resources associated with Evidence – Based Practice and related factors" all the participants of this study are strongly agree in the favor of evidence based practice for the care of patients but unfortunately they not much confident in their knowledge and skills needed for evidence based practice 82% of the RNs make peers in the search of information .54% RNs had received instructions in the use of electronic databases only a third were successful in using them.it shows lack of search skills that is the fundamental barrier in the use of research in practice.

Another study was conducted on Spanish nurses "Spanish nurses' attitudes towards research and perceived barriers and facilitators of research utilization a comparative survey of nurses with and without experience as principal investigator" it was a cross sectional comparative survey in hospitals, Primary care centers and university affiliated schools .the results of this study were according to the perception of the investigators "the nurses who had experience conducting research shown positive attitude toward research than without experience (Teresa *et al.*, 2011).

A survey was conducted at Zanjan at their critical care department to assess the perception, barriers to research utilization and its relation to some demographic variables according to the results of this study the first three barriers

that were assessed in the application of research were" they have not proper resources, not adequate time to read research and even not sufficient time on job to utilize new ideas. So it was recommended by the investigators that teaching hospitals should bring changes in nurses training and provide them proper resources and time to read and implement new research findings (Amini, 2012).

Problem Statement

Nurses have poor knowledge and attitude toward research. This can be an obstacle in the way of increasing the standards of nursing profession and providing quality care to the patients. There are few studies that show data about nurse's knowledge and attitude about research in our country. So, this problem was assumed to be studied. This is the need of the hour to develop research culture by the organizations and health services centers.

Significance of the Study

Not enough literature is available on this great issue in Pakistan therefore the current study will provide true picture of the knowledge and attitude of nurses towards clinical research at tertiary care hospital Lahore. The results will be helpful to understand the nurse's tendency towards clinical research.

Research Objective

- To assess the knowledge and attitude of nurses towards research in a tertiary care hospital Lahore.

Research Question

- What is the knowledge and attitude of nurses towards research in a tertiary care hospital Lahore?

Results

Current chapter deals with the analysis and interpretation of data collected by questionnaire. The data will be presented in the form of tables, graphs, frequencies and percentages.

According to Table 1 Majority of the participants 52.9% were in the age group 20-25 years of age, 35.5% were in age group 26-30, 75 were below 20 years and 4% were above 30 years.

Table 2 show that most of the participants 53.5% were females and remaining 46.5% were male.

According to Table 3 majority of the study subjects 45.3% were having and 44.8% were FSC holder.

According to Table 4 Majority of participants 55.8% have experience of 1-3 years, 38.4% have 6-8 years' experience, 1.7% have 4-8 and 4.1% have above 9 years' experience.

According to Table 6 majority of the participants 47.1% were agree about scientific knowledge is very important for nursing practice ,46.5% were strongly agree, 3.5% were disagree, 1.7% were strongly disagree and 1.2% were neutral.

**Table 1: Age**

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	below 20 years	12	7.0	7.0	7.0
	20-25years	91	52.9	52.9	59.9
	26-30years	61	35.5	35.5	95.3
	Above 30 years	8	4.7	4.7	100.0
	Total	172	100.0	100.0	

Table 2: Gender

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Male	80	46.5	46.5	46.5
	Female	92	53.5	53.5	100.0
	Total	172	100.0	100.0	

Table 3: Academic Education

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Fsc	77	44.8	44.8	44.8
	BSc	78	45.3	45.3	90.1
	Others	17	9.9	9.9	100.0
	Total	172	100.0	100.0	

Table 4: Professional Experience

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1-3Years	96	55.8	55.8	55.8
	4-6Years	3	1.7	1.7	57.6
	6-8Years	66	38.4	38.4	95.9
	Above 9 years	7	4.1	4.1	100.0
	Total	172	100.0	100.0	

Table 5: Clinical experience for nursing practice is very important

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	strongly disagree	6	3.5	3.5	3.5
	disagree	9	5.2	5.2	8.7
	Neutral	5	2.9	2.9	11.6
	Agree	54	31.4	31.4	43.0
	strongly agree	98	57.0	57.0	100.0
	Total	172	100.0	100.0	

Table 6: Scientific knowledge is very important for nursing practice

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	strongly disagree	3	1.7	1.7	1.7
	Disagree	6	3.5	3.5	5.2
	Neutral	2	1.2	1.2	6.4
	Agree	81	47.1	47.1	53.5
	strongly agree	80	46.5	46.5	100.0
	Total	172	100.0	100.0	



Table 7 show 49.4% participants were agreed about that research findings can influence nursing practice, 40.1% were strongly agree, 6.4% were disagree and 4.1% were neutral.

According to Table 8 most of the study participants 41.9% were strongly agree about that nursing research is important in the recognition of nursing as a profession, 38.4% were agreed, 12.2% were neutral and 7.6% were disagree.

Table.9 show that 43.6% were agreed about nursing education program should have research units, 38.4% were strongly agree, 12.8% were neutral, 3.5% were strongly disagree and 1.7% were disagree.

According to Table 10 most of the subjects 47.7% were strongly agree about that it is important for all nurses to participate in nursing research, 37.8% were agreed, 8.1 % were neutral, 4.7% were disagree and 1.7 were strongly disagree.

Table 7: Research findings can influence nursing practice

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Disagree	11	6.4	6.4	6.4
	Neutral	7	4.1	4.1	10.5
	Agree	85	49.4	49.4	59.9
	strongly agree	69	40.1	40.1	100.0
	Total	172	100.0	100.0	

Table 8: Nursing research is important in the recognition of nursing as a profession

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Disagree	13	7.6	7.6	7.6
	Neutral	21	12.2	12.2	19.8
	Agree	66	38.4	38.4	58.1
	strongly agree	72	41.9	41.9	100.0
	Total	172	100.0	100.0	

Table 9: Nursing education programs Should have research units

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	strongly disagree	6	3.5	3.5	3.5
	Disagree	3	1.7	1.7	5.2
	Neutral	22	12.8	12.8	18.0
	Agree	75	43.6	43.6	61.6
	strongly agree	66	38.4	38.4	100.0
	Total	172	100.0	100.0	

Table 10: It is important for all the nurses to participate in nursing research

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	strongly disagree	3	1.7	1.7	1.7
	Disagree	8	4.7	4.7	6.4
	Neutral	14	8.1	8.1	14.5
	Agree	65	37.8	37.8	52.3
	strongly agree	82	47.7	47.7	100.0
	Total	172	100.0	100.0	



According to Table 11 majority of participants 43% were strongly agree that they are enthusiastic for being involved in nursing research project, 37.2% were agree, 12.2% were disagree and 7.6% were neutral.

Table 12 show that 36% were agreed about clinical nursing job promotion be influenced by amount of research an applicant has conducted, 33.1% were strongly agree, 15% were neutral, 14% were disagree and 1.7% were strongly disagree.

Table 13 show that 51.7% were agree about differences between the ideal practices learned in school and real situation in the health care environment cause of stress, 25% were strongly agree, 19% were neutral and 4.1% were disagree.

According to Table 14 most of the participants 46.5% were agreed about unfriendliness from senior staff and fear of making mistakes in care of patients are causes of clinical stress, 31.4% were strongly agree, 10.5% were disagree, 10.5% were neutral and 1.2% were strongly disagree.

Table 11: You are enthusiastic for being involved in a nursing research project

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	disagree	21	12.2	12.2	12.2
	Neutral	13	7.6	7.6	19.8
	Agree	64	37.2	37.2	57.0
	strongly agree	74	43.0	43.0	100.0
	Total	172	100.0	100.0	

Table 12: Clinical nursing job promotion be influenced by the amount of research an applicant has conducted

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	strongly disagree	3	1.7	1.7	1.7
	Disagree	24	14.0	14.0	15.7
	Neutral	26	15.1	15.1	30.8
	Agree	62	36.0	36.0	66.9
	strongly agree	57	33.1	33.1	100.0
	Total	172	100.0	100.0	

Table 13: Differences between the ideal practices learned in school and real situations in the healthcare environment cause of stress.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Disagree	7	4.1	4.1	4.1
	Neutral	33	19.2	19.2	23.3
	Agree	89	51.7	51.7	75.0
	strongly agree	43	25.0	25.0	100.0
	Total	172	100.0	100.0	

Table 14: Unfriendliness from more senior staff and fear of making mistakes in patient care is cause of stress in clinical setting.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	strongly disagree	2	1.2	1.2	1.2
	Disagree	18	10.5	10.5	11.6
	Neutral	18	10.5	10.5	22.1
	Agree	80	46.5	46.5	68.6
	strongly agree	54	31.4	31.4	100.0
	Total	172	100.0	100.0	



Table 15 show that 41.9% were agree about changes in sleep pattern/lack of sleep enhance stress, 36.6% were strongly agreed, 14.5% were disagree and 7% were neutral.

According to Table 16 most of the participants 40.1% were agreed about humiliating behavior of physician and being criticized in front of patients are causes of stress, 36% were strongly agree, 11.6% were neutral, 10.5% were disagree and 1.7% were strongly disagree

According to Table 17 mostly participants 45.3% were agreed about financial problems are main source of stress, 34.3% were strongly agree, 11% were disagree, 8.1% were neutral and 1.2% were strongly disagree.

Table 18 show 44.8% were agreed about decline in personal health contribute a lot to stress, 30.8% were strongly agree, 12.2% were neutral, 11% were disagree and 12% were strongly disagree.

Table 15: Changes in sleeping pattern/lack of sleep enhance stress.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Disagree	25	14.5	14.5	14.5
	Neutral	12	7.0	7.0	21.5
	Agree	72	41.9	41.9	63.4
	strongly agree	63	36.6	36.6	100.0
	Total	172	100.0	100.0	

Table 16: Humiliating behavior of physicians and being criticized in front of patients is reason of stress.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	strongly disagree	3	1.7	1.7	1.7
	Disagree	18	10.5	10.5	12.2
	Neutral	20	11.6	11.6	23.8
	Agree	69	40.1	40.1	64.0
	strongly agree	62	36.0	36.0	100.0
	Total	172	100.0	100.0	

Table 17: Financial problems are main source of stress.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	strongly disagree	2	1.2	1.2	1.2
	Disagree	19	11.0	11.0	12.2
	Neutral	14	8.1	8.1	20.3
	Agree	78	45.3	45.3	65.7
	strongly agree	59	34.3	34.3	100.0
	Total	172	100.0	100.0	

Table 18: Decline in personal health contribute a lot to stress.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	strongly disagree	2	1.2	1.2	1.2
	Disagree	19	11.0	11.0	12.2
	Neutral	21	12.2	12.2	24.4
	Agree	77	44.8	44.8	69.2
	strongly agree	53	30.8	30.8	100.0
	Total	172	100.0	100.0	



According to Table 19 majority of the participants 43.6% were agreed about lack of confidence and inability to decision making enhance stress, 32% were strongly agree, 14.5% were disagree and 9.9% were neutral.

Table 20 show that most of the participants 34.3% were agreed about lack of recreational facilities during semester is a source of stress, 31.4% were strongly agree, 16.95 were disagree, 15.7% were neutral and 1.7% were strongly disagree.

According to Table 21 majority of the participants 38.45 were agreed about difficulties with transportation is also source of stress, 34.3% strongly agree, 15.7% were neutral and 11.6% were disagree.

According to Table 22 most of the study subjects 39% were agreed about that not enough leisure time creates frustration, 33.7% were strongly agree, 18% were neutral and 9.3% were disagree.

Table 19: Lack of confidence and inability to decision making enhance stress.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Disagree	25	14.5	14.5	14.5
	Neutral	17	9.9	9.9	24.4
	Agree	75	43.6	43.6	68.0
	strongly agree	55	32.0	32.0	100.0
	Total	172	100.0	100.0	

Table 20: Lack of recreational facilities/activities during semester is a source of stress.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	strongly disagree	3	1.7	1.7	1.7
	Disagree	29	16.9	16.9	18.6
	Neutral	27	15.7	15.7	34.3
	Agree	59	34.3	34.3	68.6
	strongly agree	54	31.4	31.4	100.0
	Total	172	100.0	100.0	

Table 21: Difficulties with transportation also source of stress.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Disagree	20	11.6	11.6	11.6
	Neutral	27	15.7	15.7	27.3
	Agree	66	38.4	38.4	65.7
	strongly agree	59	34.3	34.3	100.0
	Total	172	100.0	100.0	

Table 22: Not enough leisure time creates frustration.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Disagree	16	9.3	9.3	9.3
	Neutral	31	18.0	18.0	27.3
	Agree	67	39.0	39.0	66.3
	strongly agree	58	33.7	33.7	100.0
	Total	172	100.0	100.0	

Discussion and Conclusion

This study aims to analyze the level of knowledge and attitude of nurses regarding research at the tertiary care hospitals. The results of the current study show that nurses don't have up to mark knowledge regarding research due to lack of support, expertise and environment. Same is the case with the attitude of the nurses regarding research. The attitude of the nurses is not positive towards research due to lack of awareness, supportive environment and workload. Therefore, the health care administration should emphasize on the enhancement of knowledge and attitude of the nurses regarding research.

Study Limitations

- The current study was restricted to some of tertiary care hospitals in Lahore only; hence results cannot be comprehensive.
- A large sample is required to authenticate the results in detail.
- Non-probability technique is a limitation, as results will be more generalizable if probability sampling technique would have been used.

Recommendations

- Theory and practice gap should be included in important health program.
- Nurses should strictly follow the theory-based practice for reducing this gap.
- Healthcare system should develop guidelines and protocol for theory-based practice.
- Nurses should make obligatory the use of theory-based practice to reduce this gap.
- Duplication of the study on a large sample size is compulsory.
- Barriers influencing to theory-based practice are needed to be identified.

Study can be applied on effectiveness of structured training programs on nurse's knowledge and practice regarding reduction in gap between theory and practice.

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