

Title of the symposium: Life stage and cross-population nursing research: from evidence to application

Chair/presenters (including country): Chair: Professor Mats Eriksson, Sweden
Presenters: Dr. Emma Olsson, Sweden, Professor Dimitri Beeckman, Belgium and Sweden, Dr. Malin Karlberg-Traav, Sweden

Description of the symposium (including background, aim, set-up/topics that will be presented, implications and future perspectives): Örebro University has embarked on a strategic endeavor to establish a robust international nursing research environment encompassing all stages of life and types of healthcare. Our commitment spans from the care of preterm infants, children, and adolescents, to adults, the elderly, and various healthcare settings, including health promotion, general nursing, prehospital care, intensive care, and perioperative nursing.

In this symposium, our primary objective is to showcase selected areas of our research and underscore their collective contribution to the development of sustainable and robust nursing research with a significant international impact on healthcare. Through focused presentations, we will highlight research findings within two distinct age groups: newborn infants and adults and elderly individuals. Furthermore, we will explore the role of evidence-based nursing practice and its profound influence on patient care. Lastly, we will summarize how our research translates into clinical implications, our efforts in fostering international outreach, and outline our future trajectory as an integral part of the new European University alliance, NEOLAiA.

1. Advancing Pain Research in Vulnerable Populations: Enhancing Understanding and Care

Presenter: Emma Olsson

This presentation delves into the extensive research conducted by Örebro University on the topic of pain management in preterm and sick newborn infants. Numerous studies, carried out through both national and international collaborations, have unequivocally demonstrated the profound impact of pain on the short and long-term health outcomes of these vulnerable infants. The research endeavors have focused on various facets of pain assessment, pain treatment, and the integration of evidence-based practices in clinical settings. Our studies have garnered significant attention within the academic community, reflected in their high citation rates. Furthermore, the outcomes have translated into tangible improvements in the well-being of newborn infants by employing innovative approaches such as the use of sweet solutions and facilitating skin-to-skin contact during painful procedures. The ongoing projects encompass a comprehensive investigation of both pharmacological and non-pharmacological pain alleviation strategies. For instance, we examine the pain-relieving effects of Clonidine during painful eye examinations in preterm infants. Additionally, we explore the potential benefits of infant-directed lullaby humming by parents during venipuncture. Collaborating with Cochrane-projects, we also contribute to the synthesis of evidence regarding diverse aspects, including pain assessment scales, opioids, and pain management during therapeutic hypothermia. The findings from these multifaceted research endeavors shed light on effective interventions to mitigate pain experienced by preterm and sick newborn infants

2. Advancing Understanding of Skin Health and Wound Care in Adults and the Elderly

Presenter: Dimitri Beeckman

This presentation highlights the collaborative research endeavors between Örebro University and

Ghent University, aimed at enhancing skin health and wound healing to optimize patient outcomes. The studies encompassed a wide range of investigations, including clinical evaluations of surface support systems, development of novel technologies for incontinence products to prevent skin damage, predictive models for assessing wound risk associated with incontinence, and the development of advanced wound dressings and innovative therapies to prevent chronic wounds in adults and the elderly. Moreover, researchers initiated studies to establish a novel framework for a person-centered approach to support self-management in home wound care, with a specific emphasis on older individuals. At Örebro University, researchers explored the potential of technology and artificial intelligence in improving outcomes for individuals with wounds. Key areas of focus included understanding age-related changes in skin structure and function, as well as the impact of tapes and adhesives on patients with sensitive skin. Methodological research centered on the development of core outcome sets (COS) for evaluating interventions and products targeting the prevention and treatment of wounds within clinical settings. The collective efforts of Ghent University and Örebro University have significantly advanced our understanding of various aspects of skin and wound research. Through their studies, innovative strategies such as advanced wound dressings and tailored interventions for the elderly have been developed. By expanding our knowledge of skin health and wound healing, these research endeavors hold the potential to improve clinical outcomes and enhance the quality of life for individuals with chronic wounds, both in adults and the elderly population.

3. Enhancing Clinical Practice: Empowering Nurses with Evidence-Based Approaches

Presenter: Malin Karlberg-Traav

This presentation focuses on a project aimed at studying and exploring the utilization of evidence-based nursing (EBN) in a clinical context, with a specific emphasis on the four cornerstones of EBN: research, nursing theory, clinical competence, and the patient's perspective. By examining various perspectives and their relation to EBN, including work climate, research utilization, nursing theory, leadership, and the patient's perspective in nursing interventions, the project contributes to a deeper understanding of the concept of EBN. Through a phenomenographic study, it was discovered that working with an implemented nursing philosophy facilitated clinical work, allowing nurses to reflect on and share concepts and values. The presence of a dedicated leader was identified as a prerequisite for organizing work in this manner, and interviews with first-line managers highlighted the need to bridge the gap between vision and reality to promote EBN. In the final study of the project, an integrative literature review examined how the patient's perspective was addressed in articles reporting on interventions designed to enhance nursing. Preliminary findings revealed that the patient's perspective encompassed five key aspects: respect, relationship, independence, relief, and well-being as a patient. The conclusion drawn was that reporting the clinical implications of nursing research is essential for successful implementation of research findings in a clinical context. Overall, this project provides valuable insights into the utilization of EBN in a clinical setting, offering a comprehensive understanding of the interplay between research, nursing theory, clinical competence, and the patient's perspective. The findings highlight the significance of academic qualifications, work climate, leadership, and the incorporation of the patient's perspective in facilitating the application of EBN in practice.

By sharing our research endeavors and outcomes in this symposium, we aim to demonstrate the multifaceted aspects of our work and how they collectively contribute to the advancement of nursing research.