

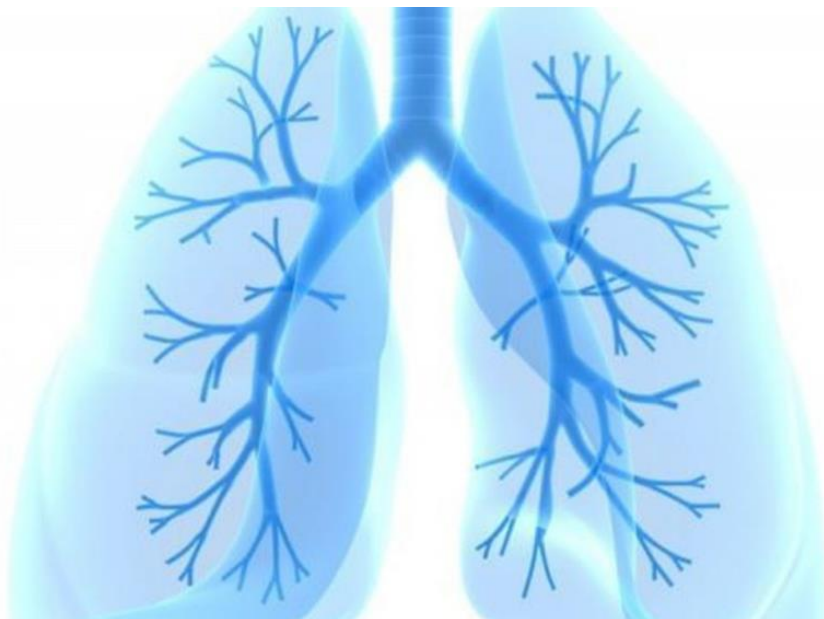


Association of Respiratory
Nurse Specialists

Association of Respiratory Nurse Specialists (ARNS)

Research Strategy 2017-2022

Inspiring, Leading, Empowering



Introduction

This document sets out a five-year research strategy for the Association of Respiratory Nurse Specialists (ARNS). ARNS was established in 1997 as a nursing forum to champion the specialty respiratory nursing community, promote excellence in practice, and influence respiratory health policy. ARNS also works to influence the direction of respiratory nursing care. With a growing membership, ARNS seem to benefit its members by providing an informed and engaged support network, best practice sharing, research collaboration, regular emails and news, protocols and tools for practice, courses and conferences and access to educational bursaries.

Respiratory disease imposes a considerable impact on patients, their families and carers, in terms of mortality and morbidity, and the burden on healthcare services, in terms of economic impact, is significant both nationally and internationally. Respiratory nurses already offer an important contribution to the care and management of respiratory patients and the delivery of respiratory healthcare services. However, a limited nursing evidence base means that the significance of this role, and the contribution of respiratory nursing to patient care, is often not recognised or valued. In turn this leads to a lack of recognition and investment which ultimately impacts on the future provision of care.

There are currently no UK national research priorities identified, or research strategy set for respiratory nursing. Respiratory nurses can be ideal leaders of research, which could potentially improve morbidity and mortality for respiratory patients, but a lack of co-ordination, common agendas, and funding negates against taking respiratory nurse research forward.

Supporting the Advance of Respiratory Nursing Research

In 2016, ARNS and The Faculty of Health and Social Care (FoHSC) at Edge Hill University embarked on a collaborative venture to establish the Respiratory Nursing Research Consortium (RNRC), with an overall aim to empower respiratory nurses to speak with a single voice on research issues, enabling an influencing, lobbying, and consultative forum. The RNRC aims to mobilise and aggregate the collective experience, knowledge, and capacity for respiratory care research nationally, through co-ordination, mentorship, and collaboration. The RNRC, which includes patient representation, will be officially launched at the ARNS conference in May 2017.

In order to facilitate the development of respiratory nursing research, it was seen as fundamental to identify research priorities via ARNS members and develop a research strategy. This led to ARNS commissioning EHU to conduct a UK-wide Delphi study to identify the research priorities for respiratory nursing and develop a research strategy for the future.

Research Priority Setting Exercise

A UK-wide Delphi study was conducted from April 2016 to January 2017 by Edge Hill University to identify the research priorities for respiratory nursing in the UK. Details of the full study are published elsewhere and an executive summary available at <https://arns.co.uk>.

The findings of the study have informed the priority research areas and list of initial priorities listed in this strategy. Four overarching theme were identified.

Priority Research Areas

The following key research themes and priorities were identified from the Delphi study to inform this five year research strategy.

Key Research Priorities	
Theme 1: Prevention of respiratory disease and related disability	
Included topics on smoking behaviour, exercise for respiratory health, and prevention and early intervention.	
Research Priority 1:	Research into the smoking behaviours in teenagers, children and adults, with an emphasis on the use and impact of e-cigarettes given current trends in reported public behaviour.
Theme 2: Disease management	
Included topics on Self-management, Pulmonary rehabilitation, Cognitive behavioural therapy (CBT), Long-term conditions, and incorporated disease specific topics for COPD, Asthma, Bronchiectasis, Cystic Fibrosis, Interstitial Lung Disease, Lung cancer, and Obstructive Sleep Apnoea Syndrome (OSAS).	
Research Priority 2:	Patients' understanding of asthma control
Research Priority 3:	Inhaler techniques
Research Priority 4:	Prevention of exacerbations
Research Priority 5:	Symptom management
Research Priority 6:	Self-management and education related to bronchiectasis
Research Priority 7:	Psychological management of anxiety and depression.
Theme 3: Organisation and delivery of care	
Included topics on Care pathways, Clinical and cost-effectiveness of respiratory nurse intervention, Role effectiveness (e.g. cost and quality outcomes), Nurse prescribing in respiratory care (impact on disease management and cost; acceptability to patients), Impact of nursing assessment, examination and intervention, Nurse-led clinics (advantages, disadvantages, outcomes), Tele-health and tele-medicine, Economics of care delivery, Primary care models of respiratory care, Expert patient/patient support groups, Education and training of nurses in respiratory care, Infection control, Models of care, Outcome measures, and Adherence to guidelines.	
Research Priority 8:	Clinical and cost-effectiveness of respiratory nurse interventions.
Research Priority 9:	Impact of nurse-led clinics on patient care.
Research Priority 10:	Impact of training on the quality of spirometry.
Theme 4: Palliative care	
Included topics on Decision making, Style/format of communication, Recognising the palliative care phase, Care for carers, Impact on carers, Skills/training, Symptom management, Models of end of life/palliative care delivery, and Complimentary therapies.	
Research Priority 11:	Integrated approaches to delivery of care by respiratory nurses with palliative care services.

Research Strategy Aim

To facilitate a vibrant research culture that supports and values the continued development of a research active workforce of respiratory nurses in the UK.

Objectives

1. To raise the profile of respiratory nursing research through promotion and facilitation of presentations (both oral and poster) by respiratory nurses at key national and international meetings such as the British Thoracic Society, European Respiratory Society (ERS) and the American Thoracic Society (ATS).
2. To conduct a training needs analysis of respiratory nurses' research skills and knowledge to provide a baseline to inform a training plan for the development of future training opportunities.
3. To facilitate and guide respiratory nurses who wish to pursue a clinical academic career through mentorship with the RNRC.
4. To develop the research career component of the annual ARNS conference to showcase early stage researchers and provide research training sessions.
5. To develop bursaries, in collaboration with other funding bodies, specific to respiratory nursing research to support small scale pump prime funding for pilot studies and PhD fellowships.
6. To provide resources to ensure the continued existence and development of the RNRC, as agreed by ARNS, EHU and PGMI, including a dedicated section of the ARNS website and £5,000 a year for research activity to support the role of the RNRC in achieving these strategic objectives.
7. To annually monitor and measure the impact of our research strategy.

Capacity Building

To advance respiratory nursing in the UK there is a need to build capacity for nurses to lead research in their areas of interest and ongoing research to improve patient outcomes. ARNS already provides support for capacity building in various ways, such as educational and travel bursaries, but this is limited. Collaboration with the RNRC is aimed at enhancing this support further by focusing on research through mentorship, facilitating collaboration, building international reputation and disseminating opportunities for training.

Research Collaborations

ARNS funded and collaborated on the UK-wide Delphi study to identify the research priorities for respiratory nursing. All members of ARNS and associated organisation were invited to take part and share their views to shape this research strategy. ARNS is part of the team who were awarded research funding to support the development of the RNRC. ARNS will seek other opportunities to collaborate with respiratory nurses and promote collaborations. In addition, individual members of ARNS will collaborate within their own localities and through sub-speciality groups to initiate, plan, and undertake research projects.

Networks and Communications

ARNS communicates regularly with members through regular emails and news updates to share best practice learning, course and conferences.

Training/Career Development

It is essential that there are clinical/academic career pathways available to respiratory nurses who want to develop a research career. Support, development and guidance for those who wish to seek opportunities to apply for funding and fellowships will be provided through the RNRC. Opportunities to showcase early career researcher and provide research training sessions at the annual national conference will also support shared learning and development.

Funding

In addition to funding the UK-wide Delphi study, ARNS will seek to be part of collaborations for future research projects which support the objectives of this research strategy. ARNS already provides educational bursaries which can be used for research activities but will develop bursaries specific to research to support small scale pump prime funding for pilot studies, dissemination through peer reviewed publications and conferences and PhD fellowships to support the objectives of this research strategy. It will be expected that any recipients of such bursaries will feedback to the membership through the newsletter and annual ARNS conference.

The RNRC will be a central information point for sources of funding available for respiratory nurse research and research fellowships.

Measuring the impact of our research strategy

ARNS will endeavour to measure the impact of this research strategy and the RNRC by gathering data for each objective using several approaches as outlined below.

- 1. Objective 1:**
 - a. Number of applications for conference/research bursaries
 - b. Individual mentorship provided by the RNRC
 - c. Number of presentations/posters by respiratory nurses
 - d. Funding and conference opportunities promoted by RNRC and ARNS.

- 2. Objective 2:**
 - a. Funding being released to conduct a training needs analysis of respiratory nurses' research skills and knowledge
 - b. Development of a research training plan for respiratory nurses.

- 3. Objective 3:**
 - a. Individual mentorship provided by the RNRC
 - b. Gathering and sharing information on individual successes.

- 4. Objective 4:**
 - a. Number of sessions and uptake at the annual ARNS conference.

- 5. Objective 5:**
 - a. Collaborative development of PhD bursaries
 - b. Number of applications for:
 - i. Conference bursaries
 - ii. Research bursaries.

- 6. Objective 6:**
 - a. Creation and continued development of a dedicated section of the ARNS website for the RNRC
 - b. Monitor the ongoing development and activity of the RNRC
 - c. Monitoring the annual resources and funding which support the RNRC activities.

- 7. Objective 7:**
 - a. Annually review the role of the RNRC in supporting the objectives of the research strategy
 - b. Annually review any additional funding or resource required to support the activity for ARNS.

Acknowledgments

The ARNS Committee and the Edge Hill University research team would like to thank all who took part in the Delphi study for giving their time and sharing their views to inform the priorities of the research strategy. We would also like to acknowledge the contribution of the Respiratory Nurse Research Consortium (RNRC) and the ARNS Committee, in the preparation of this first ARNS research strategy.

Research Team: Edge Hill University:

Dr Carol Ann Kelly, Senior Lecturer, Post Graduate Medical Institute (PGMI)

Dr Katherine Knighting, Senior Research Fellow, Evidence-based Practice Research Centre (EPRC)

Mr Andrew Kirkcaldy, Research Assistant, EPRC

Ms Melissa Pilkington, Research Assistant, EPRC

Clinical Steering Group:

Dr Matthew Hodson, Consultant Respiratory Nurse, Chair of ARNS

Ms Lindsay Welch COPD Team Lead, Solent and University Hospital Southampton, Foundation Trust

Prof. Janelle Yorke, Professor of Nursing, University of Manchester

Dr Dave Lynes, Innovation Lead, Faculty of Health and Social Care, Edge Hill University

Respiratory Nursing Research Consortium (RNRC) (including patient representatives)