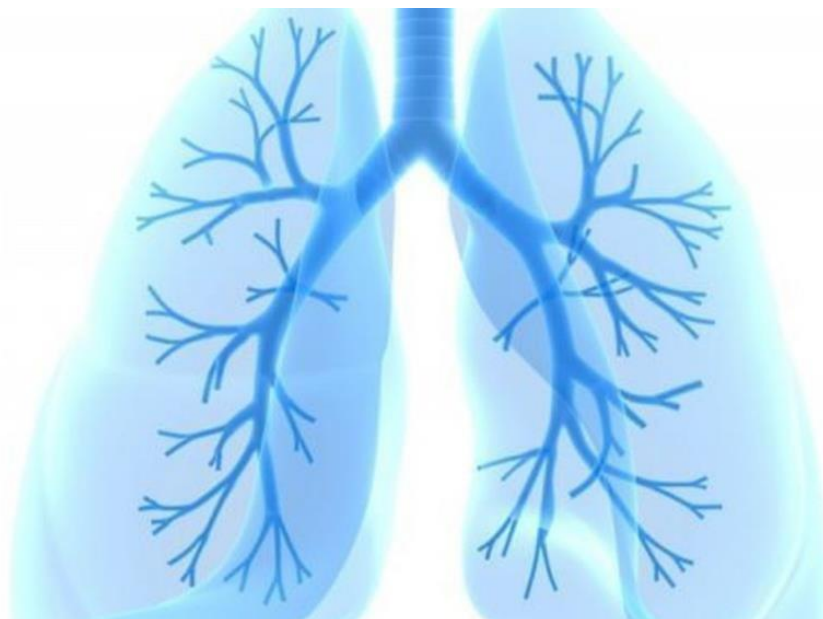




Association of Respiratory Nurses (ARNS)

Research Strategy 2023-2028

Inspiring, Leading, Empowering



Introduction

This document sets out a five-year research strategy for the Association of Respiratory Nurses (ARNS). ARNS was established in 1997 as a nursing forum to champion the 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 provides 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.

There is a considerable burden on people living with respiratory disease, their families and carers regarding morbidity and mortality and managing their condition. The burden on healthcare services, in terms of economic impact, is significant both nationally and internationally. Respiratory nurses offer an important contribution to the care and management of respiratory patients and the delivery of respiratory healthcare services. A limited nursing evidence base means 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 investment in respiratory nursing which ultimately influences the future provision of care. Respiratory nurses are well positioned to be leaders of research for patient benefit, which could potentially improve morbidity, and mortality for people living with respiratory disease and their families. However, a lack of co-ordination, common agendas, and funding impedes capacity building in and the delivery of respiratory nurse led research.

Supporting the advance of respiratory nursing research

In 2017, The Faculty of Health and Social Care (FoHSC) at Edge Hill University launched 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. This became the Research and Education committee of ARNS in 2019.

In 2021, the Chief Nursing Officer released the strategic plan for nurse research [B0880-cno-for-englands-strategic-plan-fo-research.pdf](#) [accessed 6/2/23] outlining five key areas for development:

1. Aligning nurse-led research with public need
2. Releasing nurses' research potential
3. Building the best research system
4. Developing future nurse leaders of research
5. Digitally enabled nurse led research

Our research strategy aligns with these priorities.

We also acknowledge the importance of research as one of the four pillars of advanced practice (clinical practice, leadership, facilitation of learning, evidence, research and development). However, we also recognise that to release nurses' research potential, research training must be embedded in the nursing role from the start – i.e. from pre-registration education. We also

emphasise the paramount importance of the provision of research that supports the fundamentals of nursing care – person-centred, holistic care.

Research Priority Setting Exercise

Edge Hill University conducted a UK-wide Delphi study from April 2016 to January 2017 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>.

Priority Research Areas

The Delphi study identified four overarching themes with associated priorities.

Key research priorities	
<p>Palliative care</p> <p>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 complementary therapies.</p>	
	<ul style="list-style-type: none"> • Integrated approaches to delivery of care by respiratory nurses with palliative care services
<p>Prevention of respiratory disease and related disability</p> <p>Included topics on smoking behaviour, exercise for respiratory health, and prevention and early intervention.</p>	
	<ul style="list-style-type: none"> • 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
<p>Disease management</p> <p>Included topics on self-management, pulmonary rehabilitation, cognitive behavioural therapy (CBT), long-term conditions</p> <p>Disease specific topics for chronic obstructive pulmonary disease (COPD), asthma, bronchiectasis, cystic fibrosis, interstitial lung disease, lung cancer, long covid fibrosis and obstructive sleep apnoea syndrome (OSAS).</p>	
	<ul style="list-style-type: none"> • Patients’ understanding of asthma control • Inhaler techniques • Prevention of exacerbations • Symptom management • Self-management and education related to bronchiectasis • Psychological management of anxiety and depression

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.

- Clinical and cost-effectiveness of respiratory nurse interventions
- Impact of nurse-led clinics on patient care
- Impact of training on the quality of spirometry

The ARNS respiratory and education committee reviewed these priorities in February 2023 and agreed that they were still pertinent.

Additional priorities identified were:

- Nursing management of breathlessness
- Effective integration of respiratory care across primary and secondary care (with specific reference to nursing)
- The role of the nurse in delivering the fundamentals of person-centred, holistic respiratory care
- What is a respiratory clinical nurse specialist?
- Supporting people living with respiratory disease with digital innovations where appropriate, considering digital, health literacy, and social factors.

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 ARNS conference, British Thoracic Society, European Respiratory Society (ERS) and the American Thoracic Society (ATS) and working with the International Coalition of Respiratory Nurses.
2. To facilitate and guide respiratory nurses who wish to pursue a clinical academic career through mentorship with ARNS.

3. To provide research training sessions at the annual ARNS conference to help develop research skills and confidence.
4. To offer bursaries specific to respiratory nursing research to support small scale pump prime funding for pilot studies and PhD fellowships.
5. To monitor and measure the impact of our research strategy annually.

Capacity Building

There is a need to build capacity for respiratory 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. We aim to enhance this support by focusing on research through mentorship, facilitating collaboration, cascading opportunities for training and building our international reputation.

Research Collaborations

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, courses and conferences, webinars and podcasts. There is also an opportunity to contact them directly with any related queries.

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 ARNS. Opportunities to showcase early career researcher and provide research-training sessions at the annual national conference will also support shared learning and development.

Funding

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.

ARNS 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 ARNS
- c. Number of presentations/posters by respiratory nurses
- d. Funding and conference opportunities promoted by ARNS.

2. Objective 2:

- a. Development of a research-training plan for respiratory nurses.

3. Objective 3:

- a. Individual mentorship provided by ARNS
- 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 research bursaries.

6. Objective 7:

- a. Review the research strategy every 3 years.
- b. Annually review any additional funding or resource required to support the activity for ARNS.

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