



# Research BULLETIN

International Council of Nurses • Conseil international des infirmières • Consejo internacional de enfermeras

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## ICN International Conference 2015

The ICN international Conference “*Global Citizen, Global Nursing*” took place on 19-23 June 2015 in Seoul, Republic of Korea. Nearly 5,500 nurses from 116 countries gathered at the Conference to share knowledge and discuss global healthcare priorities. The sessions addressed major public health issues such as mental health, non-communicable diseases, communicable diseases, Millennium Development Goals and post 2015 sustainable development goals, disaster, and human resources for health, highlighting the role and contributions of nurses in achieving global health goals.

Highlights included the keynote address of Dr. Margaret Chan, Director-General of WHO and the Debate session on Universal Health Coverage with Dr. Sheila Tlou, Director of the UNAIDS Regional Support Team for East and Southern Africa; Dr. Jim Campbell, Director of Health Workforce and Executive Director of Global Health Workforce Alliance at the WHO; and Dr. Agnes Soucat, Lead economist at the World Bank. The photos and speakers’ presentations can be found at the ICN website: [www.icn.ch/who-we-are/icn-conference-2015/](http://www.icn.ch/who-we-are/icn-conference-2015/).

## WHO and HRH Global Strategy

At the meeting of the Council of National Nursing Association Representative (CNR), ICN and WHO co-hosted the first professional consultation on the **Global Strategy on Human Resources for Health** (GSHRH) that will be on the agenda of WHO Executive Committee in January 2016 and then to the World

Health Assembly in May 2016. The Consultation was attended by 250 representatives from national nursing associations (NNAs) and provided a forum for discussion of the draft GSHRH & the Nursing and Midwifery Strategic Directions (2016-2020). Participants stressed the key role of nurses in achieving the Sustainable Development Goals, including universal health coverage, and provided input into the Global Strategy and direction for WHO and ICN. Please see more in the ICN press release:

[www.icn.ch/images/stories/documents/news/press\\_releases/2015\\_PR\\_19\\_HRH\\_Strategy\\_Press\\_statement.pdf](http://www.icn.ch/images/stories/documents/news/press_releases/2015_PR_19_HRH_Strategy_Press_statement.pdf) and on the ICN webpages: <http://www.icn.ch/what-we-do/the-global-strategy-on-human-resources-for-health-workforce-2030/>

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## Meeting of the ICN Research Network

The ICN Research Network held its face-to-face meeting during the 2015 ICN Conference in Seoul with the theme “Research Network: Beyond the Bedside”.

Yasmina Ouharzoune, Health Professional Journals Director and Editor-in-Chief of ‘Revue francophone internationale de recherche infirmière’ presented this new quarterly on-line journal. The journal will contribute to the developments and dissemination of nursing knowledge and promote nursing research. There is currently limited nursing research written in French making this information inaccessible to French-speaking countries. The journal attempts to promote nursing research in the international francophone community and to make nursing research findings available to the entire professional community.

ICN TB Project Director Carrie Tudor discussed evidence-based nursing as part of the nursing process and how evidence is used to guide nursing practice. She also looked at how change in practice is evaluated.

Experiences from Cochrane Reviews in Nursing Care were presented by Erika Ota, Chief of the Department of Health Policy at the National Research for Child Health and Development in Japan. Erika also manages the Japan branch at Cochrane and is associate editor for the Cochrane pregnancy and childbirth group. Cochrane Reviews in Nursing Care attempts to increase publications of systematic reviews and random control trials for nursing care. There exist over 350 Cochrane reviews relevant to the nursing field. These reviews promote evidence based nursing by increasing use of well conducted SR evidence in nursing health policy and practice.

## The UN Sustainable Development Goals



On 25 September 2015, the 193 Member States of the United Nations officially adopted the [Sustainable Development Goals \(SDGs\)](#) replacing the previous Millennium Development Goals of 2000. The 17 goals have global applicability and are made up of 169 specific targets, most of which are meant to be achieved by 2030. The indicators are to be finalised early next year. Goal 3 “Ensure healthy lives and promote well-being for all at all ages” is the one health-specific goal. It has ten targets and four sub-points.

Although nurses’ main contributions are to Goal 3 on health and wellbeing, the impact of investing in nursing will go beyond health to areas such as gender, employment and economic growth. ICN encourages the involvement of nurses both in health and non-health policy design, planning and implementation at national, regional and international levels. For further reading on this topic, see “Health-care workers as agents of sustainable development” at [www.thelancet.com/journals/langlo/article/PIIS2214-109X%2815%2970104-X/fulltext?rss=yes](http://www.thelancet.com/journals/langlo/article/PIIS2214-109X%2815%2970104-X/fulltext?rss=yes).

As countries are accelerating efforts towards universal health coverage, there is a need for strong, well-equipped and well-staffed healthcare systems in order to continuously provide good quality healthcare services to all people in need. Nurses are the frontline responders to a range of health problems as a result of factors that are beyond health sector control. We believe that health must be considered in non-health goals including poverty, nutrition, water and sanitation, environment, education, human rights, gender and equity, disaster risk reduction and transport.

## Research Briefs

### **12 h shifts and rates of error among nurses: A systematic review**

Initially introduced with the intention of improving the flexibility of work hours for nurses, there is now great debate in the literature regarding the disadvantages of the 12 hour shift. Shifts of 12 hours or more have been associated with increased fatigue, greater risk of errors, greater risk of injury to self and negative physiological outcomes. This systematic review aimed to determine the effect of working 12 hours or more on a single shift in an acute care hospital on rate of error among nurses. Using the Joanna Briggs systematic review process, 13 of 5429 publications were of sufficient quality to be included for review. A broad definition of error was used in order to capture the multiple ways in which error can occur in a work setting.

Six studies, comprising 89% of the total sample size (N=60,780), reported significant rises in error rates in nurses working 12 hours or more. Despite the fact that other factors may be of influence, the review found an association between working 12 hours or longer on a single shift and rates of error. As such, the authors recommend workplaces review current scheduling practice with a view of limiting shift length to 8-10 hours where possible. Further research is needed to describe factors that may mitigate the risk of error where 12 hour shifts are scheduled and to explore other potential variables that may have an influence on error rates.

Clendon, J, & Gibbons, V 2015, '12 h shifts and rates of error among nurses: A systematic review', *International Journal of Nursing Studies*, vol. 52, no. 7, pp. 1231–1242 12p.

### **Leadership and Cultural Competence of Healthcare Professionals: A Social Network Analysis**

Many countries are experiencing an increase in international migration. Migrants are at a higher risk of experiencing poor health outcomes compared to the rest of the population due to a number of factors. Health services should provide culturally competent care

to ethnic minority patients in order to reduce these health inequalities. This study used a social network analysis to look at the influence of leaders on the cultural competence of healthcare staff. A cross-sectional survey was conducted from 2010 to 2012 in 19 inpatient services and five primary care services in Belgium. A total of 507 healthcare professionals, including 302 nurses, identified their social networks with other healthcare professionals. Results showed that cultural competence of healthcare staff was positively associated with the cultural competence of leaders but that the leadership effect varied with the degree of cultural competence of the leaders.

Findings suggested that cultural competence was spread among health professionals through role-modelling rather than through formal leadership (i.e. head nurse). Based on these findings, the authors suggest that social relationships and leadership effects should be considered when developing and implementing culturally competent strategies.

Dauvrin, M & Lorant, V 2015, 'Leadership and Cultural Competence of Healthcare Professionals', *Nursing Research*, vol. 64, no. 3, pp. 200–210 11p. doi: 10.1097/NNR.000000000000092

### **mHealth SMS text messaging interventions and to promote medication adherence: an integrative review**

According to the World Health Organization, 50% of people with chronic conditions discontinue medications within the first six months prescribed and estimates are that adherence rates range. Medication adherence has direct impacts on the individual as well as indirect economic impacts on healthcare systems. Individual studies have shown that Short Message Service (SMS) text message (TM) interventions improved medication adherence rates in some conditions as they are integrated into daily life and adapted to individual needs.

The objectives of this integrative review were to report and summarise evidence of TM interventions to promote medication

adherence and identify which components of the interventions improved rates. Cumulative Index to Nursing and Allied Health Literature, Excerpta Medica dataBASE, Scopus, the Cochrane Library and PubMed were searched for relevant studies between 2004 and 2014. Overall, TMs were well received by participants and were supported as an effective intervention for medication adherence with 9 of 13 studies finding higher medication adherence rates using TMs. Considering their potential efficacy, TMs offer nurses a simple method of medication reminders. The authors concluded that future research is needed to examine the effectiveness of TMs but that they have the potential to help promote medication adherence and improve health outcomes.

mHealth SMS text messaging interventions and to promote medication adherence: an integrative review.' 2015, *Journal of Clinical Nursing*, vol. 24, no. 19/20, pp. 2722–2735 14p. doi:10.1111/jocn.12918

### **Secondhand Smoke Exposure Among Nonsmoking Adolescents in West Africa**

Exposure to secondhand smoke (SHS) account for more than 600 000 annual deaths among nonsmokers worldwide and is a confirmed health hazard. It is estimated that by 2030, tobacco-induced noncommunicable diseases will be the leading cause of mortality in Sub-Saharan Africa. As of January 2015, only two West African countries had comprehensive smoke-free policies. This study aimed to address the research gap on SHS exposure among non-smoking youth in Africa. The study used data collected from The Global Youth Tobacco Survey (GYTS) between 2006 and 2009 in Cape Verde, Cote d'Ivoire, Ghana, Guinea, Mali, Mauritania, Niger, Senegal, and Togo. Descriptive statistics were used to determine the prevalence of SHS exposure and inferential statistics were used to determine factors associated with SHS exposure.

Results showed that SHS exposure inside the home ranged from 13% to 45% and outside the home from 24.7% to 80.1%. Parental or peer smoking behaviours were

significantly associated with higher probability of SHS exposure. The authors recommend policymakers to adopt comprehensive smoke-free policies that are consistent with the World Health Organization Frame Convention on Tobacco Control (FCTC) and its guidelines; create 100% smoke-free school campuses; educate adults about the health dangers of SHS exposure; promote smoke-free households; empower nonsmoking youths to insist on their rights to smoke-free environments; and incorporate religion (e.g. fatwa in predominantly Muslim countries) into tobacco control.

Mamudu, HM, Veeranki, SP, John, RM, Kioko, DM & Ogwell Ouma, AE 2015, 'Secondhand Smoke Exposure Among Nonsmoking Adolescents in West Africa.', *American Journal of Public Health*, vol. 105, no. 9, pp. 1823–1830 8p. doi: 10.2105/AJPH.2015.302661

### **Contribution from a Network Member**

#### **Nursing Research: An Emerging Venture in the United Arab Emirates** **Nariman Ghader**

#### MoH Strategic Plan

Research has always been deemed an indispensable part of an effective and up-to-date modernized healthcare system. As part of the UAE Vision 2021, nursing leaders have taken steps to advance and strengthen nursing research in the healthcare research arena. Results of survey conducted by the UAE Nursing and Midwifery Council in 2012 found that in more than 66% of health care organisations nurses were not involved in research and more significantly that 86% of nurses surveyed perceived themselves as lacking basic research skills. Consequently, a 4-year strategic plan to advance nursing research was devised with two major foci: 1) capacity building and, 2) strengthening the position of nurses and nursing in the overall healthcare research.

The plan included fast-track multi-directional initiatives including:

- A robust nursing research awareness campaign that aimed at reviving nursing leaders' commitment to advancing their profession through the incorporation of a research-based model of nursing practice.
- A substantial operational plan to develop nurses' basic research skills was devised in collaboration with official entities such as the Clinical Research Center, the Emirates Nursing Association, nursing colleges, and other local healthcare authorities. Certification in Good Clinical Practice (ICH-GCP) was placed at the top of the priority list of training activities.

#### Nursing presence on the Research Ethics Committee

It is well acknowledged that the UAE is a country competing for excellence in all domains and healthcare is not an exception. The placement on the international healthcare research map demands a well-grounded participation in international clinical trials. The Clinical Research Center and the Research Ethics Committee (REC) are the research regulatory bodies that review applications for all hospitals and health institutions under the jurisdiction of MoH. By developing a team with research nurses at the core, the UAE can substantially increase its contribution to clinical trials. To be able to do so, nursing and nurses must be well positioned among other healthcare disciplines in terms of recognition, development, and involvement in related decision-making. In my position as the Head for Nursing Studies and Research Development Section at MoH, I was called for membership in the REC and later assumed the position of Deputy Chair. As a result, REC members have acknowledged nurses at the fulcrum of clinical research and have advocated the provision of a support and assistance program to equip them with the necessary skills and knowledge. This was made possible through the persuasive presence

of nursing personnel at this highly esteemed body.

A robust multidisciplinary approach to push forward healthcare research is needed – for nurses to be catalysts in this endeavour, nursing leaders must fulfill conventional mandates in developing a new nursing mindset that guides nurses towards embracing emergent global healthcare trends as well as providing them with adequate opportunities to acquire necessary research related knowledge and skills.

More information on the UAE Nursing and Midwifery Council Research Center can be found at <http://www.uaenmc.gov.ae/en/ResCenter.aspx>.

#### Conferences

**27th International Nursing  
Research Congress**  
**CAPE TOWN**  
**SOUTH AFRICA**

The 27<sup>th</sup> International Nursing Research Congress will be held 21-24 July 2016 in Cape Town, South Africa under the theme "Leading Global Research: Advancing Practice, Advocacy, and Policy". This year the new "Emerging Nurse Researcher Award" will be presented to one member from each global region for her/his research that has impacted the profession and the people it serves. For more information on the Congress visit <http://congress.nursingsociety.org/2016.html>

### **A Call for Participation**

The ICN Research Network Bulletin relies on its membership to serve its purpose of being a "market place" for the exchange of research issues, trends and experiences. Please send information on nursing and health research activities in your workplace or country and other information that would be of interest to others worldwide. Submissions will be included in the next issue of the Research Network Bulletin. Please contact [kusano@icn.ch](mailto:kusano@icn.ch).

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The **International Council of Nurses (ICN)** is a federation of more than 130 national nurses associations representing the millions of nurses worldwide. Operated by nurses and leading nursing internationally, ICN works to ensure quality nursing care for all and sound health policies globally.

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