

Short Commentary

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Nursing and experimental research: A correlative perspective

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Nursing as such is considered a noble profession that has possibilities for making it a research based profession. Research is an important entity that shapes and develops every profession and discipline. Historically, it is well known that animals have been used in biomedical research for decades, as animal models to investigate research problems about diseases and how they affect health. However, it should be considered as an innovative suggestion to use animals in nursing research also. Some health problems that are poorly understood along with their associated physiological, biochemical and behavioral processes, can only be studied on an investigating manner in a whole animal model that make it a good research subject because they have short life cycles allowing the researchers to study them throughout their entire life span or part of it. Furthermore, the animal models serve a great purpose because we do not have to expose human subjects to health risks for observing the course of a disease and to study the effects of interventions by natural or synthetic compounds through reliable, ethical, responsible, economical, and safe preclinical assays in early stages of drug screening processes in search of compounds for treating various diseases.

This communication may encourage the nurses to get involved in experimental research to understand various physiological stress which have a correlative perspective with the ailing patients with whom they often interact during their treatments and handling. Furthermore, such nursing research can develop their passion to understand indirectly the importance of screening natural food products that are beneficial in ameliorating various health problems using experimental models.

As for the correlation of experimental research with nursing research perspective, it is emphasized here that involving nurses in relevantly related experimental research may infuse multifactorial benefits to them in their professional knowledge and career. It may train them in developing experimental animal models for neurodegenerative as well as non-neurodegenerative diseases to understand various manifestations of neurobehavioral, oxidative stress disturbances leading to cognitive and other several dysfunctions. Furthermore, it can develop their interest in natural food products also to gain evidence-based knowledge about them, for the treatment of various disorders through relevant parameters. Nurses can discuss such experimental results with their experimental research collaborators and their healthcare professional co-workers on the clinical

manifestations of their patients suffering from health disorders. Besides their bedside responsible services, their research activities will more likely strengthen nursing education if their institutes and organizations support their research activities by sanctioning them time from their clinics for conducting their research [2]. Recently, it has been suggested that evidence-based practice by the nurses provide direct and indirect benefits not only for patients, but also to providers and their affiliated organizations and thus, their research interest should be nurtured through research funds for them [1,3]. It may encourage them to fully participate in research for meticulously understanding different experimental models of induced diseases and the beneficial outcomes from such research. It might provide a passion to them for better handling and improving the quality of life of their patients suffering from various ailments. It is to be clearly realized that research provides the foundation for high-quality, evidence-based nursing care.

It can be surmised that nursing research provides the foundation for high-quality, evidence-based nursing care with an updated professional care of their patients, efficient screening and guiding the consumers with better information for self-care.

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