

## NURSE'S VOICE FROM THE FIELD

# Deriving Inspiration to Effect Change through Reflexivity

Mariam H. Alanazi, RN<sup>1</sup>

In my nursing journey, reflexivity stands out as a critical idea that has shown me how human experience and becoming more self-aware interact dynamically (Cunningham & Carmichael, 2018). As a nurse in the emergency room for six years, my career grew to the point where I was doing real work and developing an interest in study. My work gave me extensive experience in providing effective care to patients. My job in the northern region of Saudi Arabia and my clinical rotation at King Faisal Specialist Hospital and Research Center (Riyadh, Saudi Arabia) have very different landscapes, which showed me how context significantly affects evidence-based practices.

The research module of my postgraduate education triggered a great change in me and provided a fresh perspective on how research can contribute to bridging gaps in healthcare delivery at the regional level. It has enhanced my knowledge of research methods, care delivery, and meeting diverse patient needs. As a result, I have been able to collaborate with diverse nursing facility workers and undertake novel tasks, improving my skills in the nursing field (Cunningham & Carmichael, 2018). Being a master's degree student, doing reflexivity has enabled me to become both a consumer and a potential producer of evidence. It has equipped me to improve my nursing knowledge and care for patients effectively. Reflexivity is crucial for cultivating a practice that embraces study and follows evidence.

## An Eye-Opening Journey

My nine weeks at the King Faisal Specialist Hospital and Research Centre were eye-opening. The experience greatly aided my professional development. At King Faisal, I learned that evidence-based methods are applied everywhere. This was a turning point in my understanding of patient care. The nurses at King Faisal Hospital were able to critique research reflectively and were knowledgeable about searching for,

critically appraising, and implementing scientific knowledge in their clinical practice.

The environment at King Faisal promotes and encourages evidence-based practice, and the healthcare professionals at King Faisal had access to relevant research evidence, received mentoring and organizational support, and had the authority to change their practice based on the evidence. Protocols based on thorough study were seamlessly woven into daily work. I saw how these evidence-based interventions led to better patient results, better care, and a palpable sense of confidence among the healthcare team (Natesan *et al.*, 2020). One of these interventions was used in a case of fractured upper extremities, when vitamin C was used to prevent complex regional pain syndrome. Vitamin C supplementation has shown promise in preventing complex regional pain syndrome and aiding wound healing after fractures or orthopedic surgeries (Giustra *et al.*, 2021). This rewarding experience also showed me how different healthcare is in places with few resources compared to places with many resources. Looking back at my job in the northern region, I noticed that I needed the same resources and opportunities to adopt research-driven care methods.

The Northern nurses lacked access to various devices such as up-to-date data collected in a research study, training materials and an avenue of information sharing that the King Faisal Hospital nurses required (Khattab *et al.*, 2019). and the difficulty of providing those advantages was clear. The nursing workforce in the northern region lacked research infrastructure, which made implementing evidence-based practices challenging. During my journey as a healthcare professional, I identified the importance of using evidence-based practice in studies and practice to enhance effective care provision. Thus, my early experiences are evidence of

<sup>1</sup> Emergency Room Nurse at the Prince Abdulaziz bin Musa'ed Hospital- Arar, Riyadh, KSA; Email: mariam.alanazi5@mail.dcu.ie

the power of correct methodologies in medical care. Moreover, the availability of resources and amenities greatly influenced the extent of this impact.

This broadened my understanding of nursing systems and ignited a strong resolve to act for positive change. As I transitioned into a new phase of my career as a nurse practitioner, my reflective journey commenced. My experiences have shown me that one must not only promote evidence-based practices but also advocate for a fair distribution of the knowledge and resources that foster innovation in healthcare practice. As I move forward in nursing, this commitment will guide me in bridging gaps and making healthcare effective and meaningful for all.

### My Journey with Research

My nursing career experienced a pivotal transition when I leaped from being a emergency room (ER) nurse to master's student during a research program's launch. This had an immediate and significant effect, setting into motion a paradigm shift regarding evidence-based methods and research integration. Through structured yet immersive experiences in my research module class, I learned how research works as I transitioned from evidence consumer to evidence producer, learning how to evaluate research critically, conduct thorough literature reviews, and develop projects using good research methodologies. This helped transform how I think. Thanks to this new ability, I am better equipped to help advance nursing as a profession. The module was a spark that validated my independent search for evidence-based approaches during the early stages of my nursing work and made it more important (Fung, 2017). The positive effects I saw at King Faisal Specialist Hospital and Research Center made sense to me, and they strengthened my belief that research-based methods can work even in places with few resources (Khattab *et al.*, 2019). As a result of this research, I have learned how to best provide quality care despite a lack of necessary resources. It was after this that I learned about providing adequate care that raises the quality of life of people who have health problems.

This positive experience also prompted me to consider how studies may be utilized towards addressing these health inequalities within the region. As such, the program led to the increased efforts of nurses who were interested in the issue on how research could aid in closing the dichotomy of operation in the developed healthcare institutions and the institution with underlying problems. That is, if these cultures were not so ingrained, I realized that applying research in the right way could lead to change for good (Wasserman *et al.*, 2019). The program taught us how important it is to apply research to different healthcare settings, making the search for evidence-

based care more accessible. It became clear that the study was not just an idea but a living thing that could change how healthcare is provided and reduce differences. This realization made me even more determined to push for research to be included in the Northern Region. As I began the research module, it gave me more power, improved patient outcomes, and contributed to nursing knowledge (Wasserman *et al.*, 2019). The role of all nurses is to improve outcomes among patients and contribute positively to nursing knowledge in general. It is easy to conclude that the beginning of the research module marked a crucial turning point in my reformation period. It also left me with a deep interest in research, which has driven me to a master's degree program and even further.

This module prepared and inspired me to develop a life-long dedication to nursing knowledge and practice, as well as providing many tools for my inquiry work. This interest in research turned out to be a catalyst for the development of my understanding of how research can be used to improve healthcare and reshape local nursing practices (Wasserman *et al.*, 2019). This approach to solving health problems with research has transformed my thinking and highlighted the importance of evidence-based practice for improving patient care. My vision of the importance of research in healthcare and promoting the value and capacity of nurse researchers has been a driving force in every step of my career and improvement in this profession.

### Take-aways from being a Nurse-Researcher

From being an experienced emergency room nurse to becoming a master's student, I have undergone a transformation. I have learned how important critical reflexivity is for recognizing and accepting my changed identity as a researcher. The significant differences between areas with few resources and areas with well-established healthcare institutions show how important it is to integrate research. Starting a research module sparked my change from being a consumer of evidence to becoming a possible producer, strengthening my resolve to fix healthcare disparities in the northern region. As I move on to my master's program, the research course has given me the skills and sense of responsibility to contribute to nursing research. I will continue fighting to introduce evidence-based practices in the northern region. Essentially, I want to close the study access gap and provide better health services to patients today and in the future. The future of nursing practices demonstrated in this research shows that education and study are agents for change. Additionally, it demonstrates my resolve to create a positive impact on nursing knowledge and patient care within the northern region.

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## ABOUT THE AUTHOR



**Ruth Torres Riñon-Rodriguez, MAN, RN,** is a clinical instructor at Union Christian College. She finished her Bachelor of Science in Nursing at Lorma College, now Lorma Colleges, and obtained a Master of Arts in Nursing, Major in Nursing Administration at the Union Christian College.

She derives inspiration for doing qualitative research in Nursing from her mother's experiences in giving birth, as she juggles the duties and responsibilities of being a nurse-educator, wife, mom, daughter, and caregiver to her 86-year-old mom.

"The character  
of the nurse  
is as important  
as the knowledge  
she possesses."

– Carolyn Jarvis

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## ABOUT THE AUTHOR

**Mariam Alanazi, RN,** is an Emergency Room Nurse currently serving as a Link Nurse for Infection Control and a KPI Data Collector at Prince Abdulaziz bin Musa'ed Hospital-Arar. She obtained her bachelor's degree from Northern Border University in Saudi Arabia and is currently pursuing her postgraduate degree in Masters in Advance Nurse Practice Program of the Dublin City University in the Princess Nourah bint Abdul Rahman University, Riyadh, KSA. Her research interests focus on investigating the impact of Virtual Clinic Systems on patients, specifically aiming to enhance their decision-making skills.