ISSN NO. 2814-0419

NURSING CABLE

NURSING CABLE NEWSLETTER

MAIDEN EDITION

MEET INR

Institute of Nursing Research (INR) is a non-governmental professional organization birthed under the Fellowship of Christian Nurses, South West Zone, Nigeria which is registered with the Corporate Affairs Commission with Registration Number 11081. This institute was borne from the need to impact families and communities thorough credible clinical and community-based researches. This organization which seeks to equip nurses with all it takes for their voices to be heard in the scientific community was launched 14th May 2016 at the Fellowship of Christian Nurses, South West Zone conference of Fellowship of Christian Nurses held at Ekiti State University Teaching Hospital, Ado-Ekiti, Nigeria.

Institute of Nursing Research is an organization that comprises like-minded, vision driven and research oriented nursing students and nurse - clinicians, nurse - academics and nurse-administrators whose utmost goal is to impact nursing, nurses and the community using research as tool. INRN is committed to mentoring nurses along their research trajectories by providing nurses with the skills and resources needed for conducting research from the conceptual phase to the dissemination of findings in the scientific community. This organization is also passionate about projecting the image of nursing, the heartbeat of the health sector.

VISION:

- ★ A non-governmental professional organization passionate about influencing families, communities and the world at large through research and community based projects.
- ★ Building up nurses in searching, knowing and proffering solutions to the problems of humanity.

MISSION

We are a team of nurses committed to:

- Conducting credible clinical and community based scientific researches.
- Providing nurses with vital resources that will bring out their best in research.
- Ensuring quick and easy publication of findings through thorough monitoring assessment and analysis.
- Planning and executing life changing community development projects.
- Organizing scientific conferences, seminars and workshops.
- Contributing to scholarship by publishing papers in local and international journals.
- Sensitization and campaigns that would lead to the integration of research findings into practice.

INSTITUTE OF NURSING RESEARCH (INR) IJC JOURNAL CLUB

INSTITUTE OF NURSING RESEARCH INR

From the CEO's Desk

YOU CAN GIVE US YOUR HAND

Our dream at INR Journal Club is simple. We have a very tall ambition of bringing out the researcher in you as we firmly believe **'there is a researcher in every nurse'**. When this institute started operations five years ago, many believed the dream was impossible, but we believed and will continue to believe that *with God nothing shall be impossible*.

In five years, we have organized physical and virtual research workshops, a campaign against rape, a Nursing Academia Summit, and very recently, the Nursing Career Summit. We have provided guidance for our members in disseminating their research findings through publication in peer-reviewed journals and presentation in scientific conferences. Similarly, the institute published a book- *Nursing Research made Easy*- a tool to guide early career researchers.

While we started from south west Nigeria, our organizational reach has spanned across other geopolitical zones in Nigeria, other countries in Africa, United Kingdom, United States of America, Canada, and Hong Kong where members of the institute are currently domiciled. In just few months of launching the journal club, we are glad that our newsletter- *Nursing Cable* is out and we are more excited that our peer-reviewed online journal- *Advanced Journal of Nursing Research* will soon be launched.

As our members scale heights in their postgraduate education locally and internationally, we are excited to see them give back to INR. The Nightingale's Award of Honour we received in 2019 in recognition of our contribution to nursing research in Nigeria is a testament to our commitment to uplift Nursing research in Nigeria to an enviable status globally.

Dear nurse, we believe you have a lot to contribute to this laudable initiative. We have a long way to go and we will love to have you on board. You can give us your hand and you can be sure we will take you from your current level to that height you are longing for.

If you are ready, let's start.

Warmly,
Oluwadamilare Akingbade
The Nethersole School of Nursing
Chinese University of Hong Kong

ADDRESS BY THE DIRECTOR, INR NIGERIA JOURNAL CLUB

With great pleasure, I present to you the maiden edition of the quarterly newsletter "Nursing Cable" from the stable of Institute of Nursing Research (INR), Nigeria Journal Club. The journal club is a community of scientific nurses established to improve the knowledge of research methodology & biostatistics and to provide improvement for clinical practice by the latest research findings. The overall goal of the club is to improve nurses' critical appraisal skills, encourage the use of research and promote social contact.

Since inception, Institute of Nursing Research, Nigeria, a non-governmental organisation, has been committed to building the capacity of nurses in research and other scholarly endeavours, a vision which led to the formation of the journal clubs in all nursing citadels of learning and health institutions in Nigeria in partnership with Nigerian Universities Nursing Students Association (NUNSA) and National Association of Nigeria Students Nurses and Midwives (NANSNM).

Nursing profession in Nigeria is at a period when the awareness of the importance of research to nursing profession is coming into limelight. Our level of readiness to impart the profession through research and provide quality nursing care through evidence-based practices is expected to increase, positively influencing our career as a nurse.

Among other benefits of the club is promotion of professional and skill development in reading and critically appraising research, shortening the knowledge-to-practice gap, promotion of a structured social venue to learn from each other, stay current, and debate the evidence, among other benefits.

In conclusion, this newsletter – Nursing Cable, is an important component of communication within and outside the journal club, written by the members of the club. This is to enable everyone to stay informed and current about happenings in nursing and research. I urge you all to kindly make good use of this newsletter.

Best regards.
Daniel D. Faleti

Editorial Unit

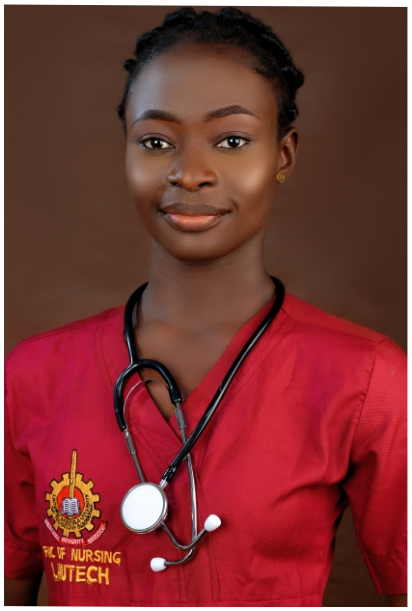
We are delighted to introduce Nursing Cable to you. This is the official newsletter of the Journal Club of Institute of Nursing Research (INR), Nigeria. The INR Journal Club (IJC)is a gathering of nurse-researchers where we build competencies in research and scholarly endeavours. Nursing Cable will be published on quarterly basis and this is the maiden edition.

This newsletter will update you of events in the journal club while keeping you abreast of developments in the institute at large. Sit back as you read about INR, IJC among other news in the Nursing world.

Oluwatosin Olarinde
Editor-in-Chief
Nursing Cable

Editorial team members

- Adepegba Folasade
- Atoki Ruth
- Fawole Israel
- Idigbe Glory
- Ogunleye Aduragbemi
- Ogunlowo Bose
- Olarinde Oluwatosin



INR NEWS

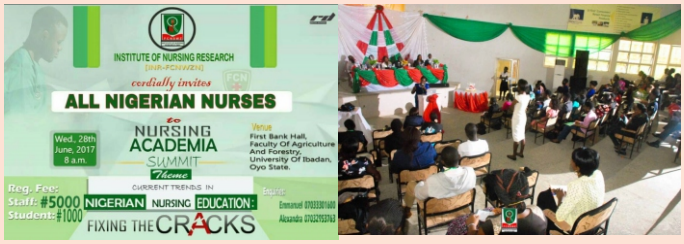
RESEARCH WORKSHOP

The workshop which had the participation of students and staff from the six states in Western Nigeria was held at Lagos University Teaching Hospital on Wednesday, 12th October, 2016. The guest lecturer was the Head, Department of Nursing, University of Ibadan, Prof Prisca Olabisi Adejumo. The programme was titled: **21st Century Nursing Research: Prospects and Challenges.**

THE CAMPAIGN AGAINST RAPE

It was a huge victory as the Institute of Nursing Research- Fellowship of Christian Nurses, South West Zone, Nigeria (INR-FCNSWZN) came all out to declare WAR AGAINST RAPE. The programme was titled: The Menace of Rape: The Professionals' Perspectives. The programme was held Wednesday, 9th November, 2016 at School of Nursing Auditorium Ekiti State University Teaching Hospital, Ado Ekiti.

NURSING ACADEMIA SUMMIT



It was a great reawakening for Nursing Nigeria as lecturers in the Nursing profession had a round table discussion with their students to discuss the Nursing Academia. This initiative was birthed by Institute of Nursing Research, Fellowship of Christian Nurses Southwest Zone, Nigeria, an organization passionate about impacting families and communities through research while also advocating for revolution in nursing. The Nursing Academia Summit which was aimed at identifying and proffering solutions to the challenges in the Nursing Academia was held on Wednesday, 28th June, 2017 at the First Bank Auditorium, University of Ibadan. The theme of the summit was: **CURRENT TRENDS IN NIGERIAN NURSING EDUCATION: FIXING THE CRACKS.**

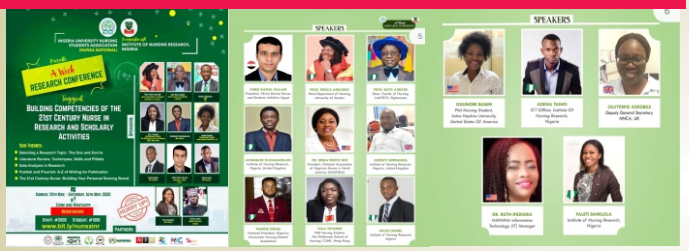
A THREE DAY PHYSICAL TRAINING ON RESEARCH

A research focused three day physical training was held at 11, Oluwole Oyebamiji, Oroki Estate, off Okefia, Osogbo between 28th of February, 2020 and 1st of March, 2020. The training was anchored by seasoned researchers who took their time to simplify research well enough for the participants to understand and also be able to teach others. The training was also aimed at motivating the participants to carry out researches to improve the world.

NURSING CAREER SUMMIT

INR is envisioned to develop nurses with the skills to conducting research from the conceptual phase to the dissemination of findings in the scientific community and the world at large and this brought about her collaboration with the Faculty of Nursing Sciences, LAUTECH to hold a 3-day webinar with the theme: Diverse Fields in Nursing DISCOVERING AND NAVIGATING THE PATHWAYS IN THE 21ST CENTURY which was held on zoom, so as to share opportunities and also provide a structured mentorship program that will aid nurses in getting to their desired heights in the profession. Fourteen speakers were carefully selected from six countries and four continents who inspired, motivated and guided every participant into the higher heights in Nursing.

A WEEK VIRTUAL RESEARCH CONFERENCE



The research conference which was full of impacts and enlightenment aroused the interest of nursing students in research and as well added to their knowledge during the Covid 19 lockdown. This initiative was birthed by Institute of Nursing Research, in conjunction with Nigerian Universities Nursing Students Association. The research conference was started on the 10th of May, 2020 and ended on the 16th of May, 2020 via WhatsApp and Zoom platforms with 278 participants in attendance from five different countries, the registration fee for staff was #2,000 while students paid #1,000. The theme of the conference was BUILDING THE COMPETENCIES OF THE 21ST CENTURY NURSE IN RESEARCH AND SCHOLARLY ACTIVITIES. There were fourteen speakers from five countries for the week-long virtual event, who touched every aspect of research and made it easy. Each session was very interactive making it possible for participants to ask questions and gain more knowledge. The event was reported by AuthorAid, a global network of researchers https://www.authoraid. info/en/news/details/1391/ and London School of Economics and Political Science Blog.https:// blogs.lse.ac.uk/impactofsocial sciences/2020/ 10/10/covid-19-researcher-stories-adapting-under-adversity-in-nigeria/

PUBLICATION WITH PHARMANEWS

This is an online medical journal owned by an Association of Pharmacists in Nigeria. This journal is also read by other health professionals. One of the publications so far on this platform is on Obesity.

http://www.pharmanewsonline.com/overweight-and-obesity-an-emerging-epidemic-in-nigeria-2/

INR LAUNCHES THE FIRST NURSING JOURNAL CLUB IN NIGERIA

INR launched the first nursing journal club in Nigeria after the research conference held in May 2020, in partnership with NUNSA. The club started when it held orientation programme for its first intakes in November,2020 and now the institute has four (4) cohorts in the journal club.

INTERNATIONAL SCIENTIFIC (VIRTUAL) RESEARCH CONFERENCE

The Institute played host to a variety of nursing leaders from Nigeria, Africa and other parts of the world who brought insight & wisdom, leading us and exposing us to their unique ideologies about various issues in the world of nursing leadership, innovation & academia. Some nurses were selected to present abstracts, it was their first time presenting in an international scientific conference; an experience they will never forget in a hurry. And a selected few went home with awards. This exposure has strengthened courage & increased confidence for many nurses who were given the privilege to present. They have also learned valuable presentation skills & methods which will help them in subsequent presentations, and above all built good relationships with other scholars.

PUBLICATIONS OF INR MEMBERS

While various members of the institute have papers in press, the following is a compilation of some of the papers already published by members:

Adeyemo, F.O., Okpala, P.U., Olajide, O.A., & **Fawole, I.O**. (2020). Knowledge and Attitude of People Living in Ogbomoso on COVID-19. *Nursing and Primary Care* 4(3), 1-8.

Adesuyi, E. O., Obaila, D. A. & Aladeyelu, M. A. (2016). Evolutionary basis of Cancer metastasis and its implication to a lasting cure. *Journal of Cancer and Tumor International, 4*(4), 1-16.

Aghedo, P., **Owoeye, I.D**., Adeyemo, M., Nwanchukwu, V.B., & Ogidan O. (2020). Challenges in Communication with Nursing and Midwifery Council of Nigeria. International *Journal of Innovative Science, Research and Technology*. *5*(6), 1100- 1104

Ajayi, D. M., & Faleti, D. D. (2017). Level of awareness on breast cancer and practice of breast self-examination among market women in Ido community, Ido-Ekiti, Ekiti State, Nigeria. *Journal of Cancer and Tumor International, 5*(2), 1-11.

Akingbade O. (2016). Perspectives on Community Tuberculosis Care in Nigeria. *International Journal of Tropical Disease and Health, 15(2)*.

Akingbade O., & Okanlawon, F.A (2019). Practice of Community-Based Tuberculosis Care among Patients and Health Personnel in Ibadan. *African Journal of Nursing and Health Issues,* 7(1).

Akingbade O., & Okanlawon, F.A (2017, August 1-3). *Practice of Community-Based Tuberculosis Care among Patients and Health Personnel in Ibadan*. [Oral Presentation] Africa Forum for Research and Education in Health (AFREHealth) Conference, Accra.

Esan, D., Muhammad, F., **Owoeye, I.D**., Olasoji, C., & Esan, T (2020). Coping Strategies and its Perceived Effect on Cancer Patients' Quality of Life in a Tertiary Health Institution in Nigeria. *Middle East Journal of Cancer, 11*(3), 322-332.

Faleti, D. D., & Adesuyi, E. O. (2016). The effectiveness of substance abuse management: Perspectives of nurses in Neuropsychiatric Hospital, Aro, Abeokuta, Ogun State, Nigeria. *International Neuropsychiatric Disease Journal, 8*(2), 1-9.

Nun, D. R., Adesuyi, E.O., & Olawoore, S.A. (2018). Knowledge Attitude and Practices of Pregnant Women Attending Comprehensive Health Centre, Isolo, Ondo State towards Hygienic Practice. *Journal of Cancer and Tumor International, 5*(2).

Odejobi, Y. O., Maneewat, K., & Chittithavorn V., (2019). Nurse-led post-thoracic surgery pain management programme: its outcomes in a Nigerian Hospital. *International Nursing Review*, 66, 434 – 441.

Ogbebor, E.O., Ogunfowokan, T,R., Omitogun, E.O., **Owoeye, I.D.,** & Soyinka-Ayodele, O. Z. (2020). Socio-demographic attributes, religious practice and treatment adherence among the mentally-ill attending out-patient clinic of a Neuropsychiatric Hospital, South West, Nigeria. *International Journal of Innovative Science and Research Technology, 5*(7). 1337- 1344

Ohaeri, B.M., **Otun, O.C.,** Onyemachi, B.C., & Onyeneho, C.A. (2020). Utilization of Cervical Cancer Screening Services Among Women Attending Antenatal Clinic in University College Hospital, Ibadan. *International Professional Nursing Journal*, 10(2).

Oluseye, O.M., Kehinde, D.R., **Akingbade O** , Ogunlade, O.L., Onyebigwa, O.O., Oluwatosin OA (2019). Knowledge and Utilization of Referral System among Health Care Workers in Selected Primary Health Care Centres in Oyo State, Nigeria. *Journal of Community Medicine and Primary Health Care, 37*(1).

Onasoga, O.A., Afolayan, J.A., **Owoeye, I.D**., & Umar, G.O (2019). Maternal knowledge on causes and strategies in home management of childhood diarrhea in University of Ilorin Teaching Hospital, Kwara state. *Journal of Positive Psychology and Counselling, 3*(2)..

Owoeye, I.D. (2018). *Unionism and Professionalism in Nursing: The heroic legacy of HRM Oba (Apostle) Moses A. Olabode*. Heart2world Publishing, Lagos.

Owoeye, I.D., Opaleye, T.E., Olowolafe, E.O., Makanjuola, J.O., & Ogunfowokan T. (2020). Psychometric Properties of 2018 Mental Health Module Questions in Ogun State Mandatory Continuous Professional Development Programme for Nurses. *International Journal of Innovative Science, Research and Technology*, *5*(6), 1523-1525.

Owoeye, I.D., Ajigbotafe, M., Anyanwu, B.C., Ajao O.O., & Onasoga, O.A. (2019). Patients' perception of nurses and nursing image in a Nigerian public hospital. *African Journal of Nursing and Health Research*, *1*(1).

Owoeye, I.D., Sodimu, J.O,. Anyanwu, B.C., & Olowolafe, E.O. (2019). Comparative Analysis of Nurses' Knowledge in the 2018 Mandatory Continuing Professional Development Programme (MCPDP) in Ogun State. *International Journal of Nursing, 6*(2). 89-95.

Owoeye, I.D, Raji, L.O., Anyanwu, B.C., Ojo, E.F., & Esan, D.T. (2019). Assessment of Alcohol Consumption among Commercial Motorcyclists in Abeokuta, Ogun state. *LAUTECH Journal of Nursing*, *4*, 115-123.

Tola Y.O., Iloba N.G., Chow K.M (2021). An exploratory qualitative study on music therapy for acute post-mastectomy pain management: The perception of Nigerian Women. Supportive care in Cancer 29 (8) 162. (conference proceeding).

Tola Y.O., Iloba N.G., Chow K.M (2021). Perception of music and its cultural elements on acute post-mastectomy pain management among Nigerian women: An exploratory qualitative study. Supportive Care in Cancer. 30, 2527–2535 https://doi.org/10.1007/S00520-021-06426-Z

Tola Y.O., Chow K. M., Liang W, (2021). Effects of non-pharmacological interventions on the management of preoperative anxiety and postoperative pain in patients undergoing breast cancer surgery: A systematic review. Journal of Clinical Nursing 30 (23-24); 3369 – 3384. https://doi.org/10.1111/jocn.15827

INR BOOK PUBLICATIONS

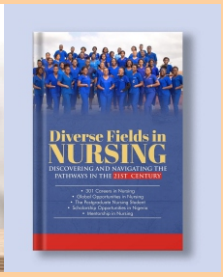
INR MEMBERS PUBLISH RESEARCH WORKS

The research conference held in partnership with Nigerian Universities Nursing Students Association (NUNSA) cannot be underemphasized as after the conference, two of the student- participants entered collaboration with their lectures and two publications were released in peer-reviewed journals some months after the conference

RESEARCH MADE EASY - This is a publication of Institute of Nursing Research, Nigeria. An institute was borne from the need to impact families and communities thorough credible clinical and community-based researches. The book comprises of all aspects of research in a well explained manner written by seasoned personnels.

The book was launched during the Fellowship of Christian Nurses leadership conference in 2019 and sold at the rate of #2,500 per copy.

Research Made Easy is a detailed book which provides solutions to all problems and questions regarding research.



The institute organized a two-week training on how to write a good literature review. The training was conducted via WhatsApp from 15 -30 July 2018.The course exposed the participants to different kinds of literature review as well as the various components of a good literature review. The training was further enriched with exploration of the techniques and skills that are needed as well as the pitfalls to avoid when writing a good literature. We received several encouraging feedbacks from the participants especially those who were writing a literature review for publication as well as students who have started their final year research projects. The training has been organized into an ebook and you can get a copy on INR website https://inrnigeria.org/shop/ and sold at the rate of #1,500

The proceedings of the research conference held in partnership with Nigerian Universities Nursing Students Association (NUNSA) have been published into an e-book, Research Scholarly Endeavors. You can purchase the book on INR website @ https://inrnigeria.org/shop/ at the rate of #1,000

Diverse fields in Nursing ebook was written after the nursing career summit. You can purchase the book on INR website @ https://inrnigeria.org/shop/ at the rate of #1,000.

FACTS AND MYTHS ABOUT RESEARCH

Various ideologies about research have surfaced since its incorporation into various disciplines of knowledge. To some, it is only needed for academic promotion. Others view it as a requirement to earn a bachelor's degree in undergraduate years. It is sad to recognize that these unfounded lies have started spreading their parasitic tentacles to penetrate the minds of young 21st century scientists who are meant to be aggressively involved in research. The remedy to stop the further spread is to ensure that the upcoming scientists are armed with the necessary facts about research. This will help in increasing participation in research. Knowledge about the existing myths of research will also go a long way in promotion of research behavior.

So, let's learn about research!

Did you know that:

the word 'research' originated from the old French term 'recerchier' which means 'to search' (Lexico, 2021);

research creates an avenue to acquire knowledge that will improve practice in the research discipline;

research also affords the opportunity to view problems in a new light while providing solutions to them;
research can be carried out in various disciplines ranging from scientific, technological, humanities, artistic and economic amongst others;
scientific research is conducted for the purpose of contributing towards science by the systematic collection, interpretation and evaluation of data in a planned manner (Caparlar and Donmez 2016);
research is fun but delicate in nature;
the joy that lies behind carrying out academic researches is the contribution to knowledge that is afforded by findings obtained from the it;
after an academic research has been conducted and findings have been obtained, it is appropriate to properly document the findings in research paper for possible publication as it will help in information dissemination. It is through this process that research, especially scientific research, is said to be completed (Day, 1995)
there are various types of scientific research that can be carried out. Some of them include:
Observational research
Experimental research
Descriptive research
Analytical research
Retrospective research
Prospective research
Cross-sectional research
Clinical research
Laboratory research (Caparlar & Donmez, 2016)
the major steps to be followed to carry out a scholarly scientific research include:
Identification of research problem
Performance of an in-depth literature review
Identification of the purpose of the research
Determination of specific research questions
Specification of conceptual framework to be employed
Identification of research methodology
Collection of data
Verification of data
Analysis and interpretation of data
Report and evaluation of research
Communication of research findings and recommendations. (Wikipedia,2021) (Creswell, 2012)

MYTHS ABOUT RESEARCH

There is only one way to doing research (Al-maamari,2016).
Research is a solitary activity completed by white-coated scientists in a laboratory (Al-maamari,2016).
Research holds all the answers (Hoskins, 2019)
Research is a senior-year activity (Perrin, 1987)

Now that we are armed with few out of the numerous facts and myths about research, it is expected of us as young scientists to aggressively partake in research and research activities such as: attending research conferences; being attentive in research classes and most of all, joining a standard research club both locally and internationally for practical knowledge on ways of conducting researches.

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Lexico, 2021. Research. https://lexico.com
Perrin, R. 1987. Myths about Research. *The English Journal*, 76(7), 50-53.
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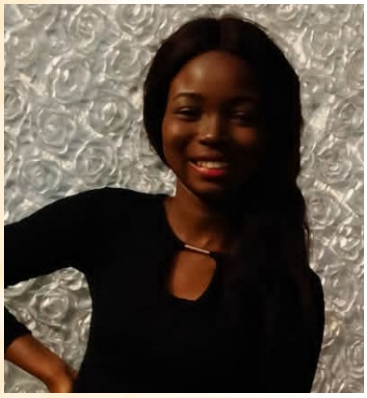
By: Aduragbemi Oluwapelumi OGUNLEYE



RESEARCH GRANTS OPPORTUNITIES

Sigma Small Grants
Grant Details: https://www.sigmanursing.org/advance-elevate/research/research-grants/sigma-grants

Sigma/Alpha Eta Collaborative Research Grant

Grant Details: https://www.sigmanursing.org/advance-elevate/research/research-grants/alpha-eta-collaborative-research-grant

Sigma Global Nursing Research Grant
Grant Details: https://www.sigmanursing.org/ advance-elevate/research/research-grants/global-nursing-research-grant

NIH Research Project Grant Program(R01)
The R01 provides support for health-related research and development based on the mission of the NIH.
Open Date: 05/05/2020
Expiry Date: 05/08/2023
Grant Details: https://grants.nih.gov/ grants/oer.htm

NIH Small Research Grant Program (Parent R03)
Open Date: 05/16/2020
Expiry Date: 05/08/2023
Grant Details: https://grants.nih.gov/grants/oer.htm

Ruth L. Kirschstein Predoctoral Individual National Research Service Award to Promote Diversity in Health-Related Research
Grant Details: https://grants.nih.gov/grants/guide/ pa-files/PA-20-251.html

Mentored Research Scientist Career Development Award
Grant Details:https://grants.nih.gov/grants/ guide/pa-files/PA-20-190.html
Mentored Patient-Oriented Research Career Development Award
Grant Details: https://grants.nih.gov/grants/guide /pa-files/PA-20-205.html
Association of Women s Health, Obstetric and Neonatal Nurses Research Grants
Grant Details: https://awhonn.org/professional-development/research-program/research-grants/proposal-submission/

Fulbright Research Awards for African Scholars
https://www.advance-africa.com/Fulbright-Research-Awards-for-African-Scholars.html

Research capability strengthening (RCS) research grants
https://www.advance-africa.com/RCS-Research-Grants.html

John Hopkins School of Nurse Research Grants and Funding
Grant Details: https://nursing.jhu.edu/faculty_research/research/projects/index.html

For more information, visit opportunitydesk.org or grant.gov

Written by: **Idigbe Glory**

ICN THEME FOR 2022

This year's celebration is made all the more special as 2022 has been marked as the Year of the Nurse and Midwife as it's the 200th anniversary of Florence Nightingale's birth. The ICN has set the theme for International Nurses Day 2022 as 'nursing the world back to health', with a focus on the 'true value of nurses to the people of the world.' Annette Kennedy, the ICN President, has said that, 'This global COVID-19 pandemic has shown the world the important role that nurses play in keeping people healthy across the lifespan' and so the day will be focused on the future of healthcare.

https://www.twinkl.com.ng/event/international-nurses-day-2020-2022

WHO THEME FOR 2022

World Health Day is a global health awareness day celebrated every year on 7 April, organised by The World Health Organization.
In 2022, the theme is 'Protecting Health from Climate Change', putting health at the centre of the global dialogue about climate change.

https://www.twinkl.com.ng/event/world-health-day-2022#:~:text=In%202022 2C%20the%20theme%20is,global%20dialogue%20about%20climate%20change.

THE DOCTORAL NURSING STUDENT: A-Z OF A PHD PROGRAM IN NURSING.

Speaker

DOCTOR GOLDEN MASIKA

* **Can we meet you sir?**

I'm Golden Masika, I got my BNSC in Nursing from the University of Dar es Salaam in 2005 and masters in critical Care and Trauma Nursing in same university in 2015, 10 years after my first degree and obtained my PhD at the Chinese University of Hong Kong in 2020.

* **Can you tell us about your PhD experience?**

Before PhD, I had some consultations with those who did PhD in other programs and those who did Msc in Nursing and MSc in other programs or career and those who did MSc in Nursing and PhD in Nursing and found it quite okay. But I found out if you feel you are not okay with who you are, and you feel like you are not complete with who you are, then you need to have an identity and be confident, and you need to have an adequate knowledge on who you want to be.

* **What inspired you to enroll in a PhD program in Nursing and in Hong Kong particularly?**

I didn't like going to the USA, but I was interested in doing it in Europe or Australia or Newzealand. I was being selected, but I was put on the waiting list for scholarships. But I got selected right away for Hongkong and I think it's because I have known how to make a PhD application before I applied for HongKong.

* **We gathered you are a recipient of the prestigious competitive Hong Kong PhD Fellowship Scheme. Can you tell us about this award? What made your application stand out from others?**

I wrote my PhD through HongKong PhD fellowship skill, it is a prestigious PhD scholarship and very competitive. It is very supportive to scholars who join PhD service in HongKong and has a good package and opportunities, even for students.

My application stood out majorly due to

* The merits: it's is easier for someone with good grades to get accepted
* Research experience: I already have research publications with various research studies, even with one research published, you can apply. I have one myself and various others ongoing.
* Academic Qualifications; Like I said earlier, good grades in both BNSC and MSc
* English as an international language; you have to take the English test.
* Good preparation; what do you plan for the PhD, what are your concepts?
* Self Preparation; prepare yourself well, think of possible questions they may ask and answer them, express yourself well when answering questions.

What are the things needed to prepare for a PhD program in Nursing?

The same things that made my application stand out.

* The merits: it's is easier for someone with good grades to get accepted
* Research experience: I already have research publications with various research studies, even with one research published, you can apply. I have one myself and various others ongoing.
* Academic Qualifications; Like I said earlier, good grades in both BNSC and MSc
* English as an international language; you have to take the English test.
* Good preparation; what do you plan for the PhD, what are your concepts?
* Self Preparation; prepare yourself well, think of possible questions they may ask and answer them, express yourself well when answering questions.

* **What are the qualities and/or skills required of a PhD Nursing student?**

Skills required include;

* Understanding of the courses offered during the such as having knowledge or previous background of the courses
* Research knowledge; engaging in research, having publications.
* A good supervision
* A very well structured program

* **Some people believe PhD is only for the extraordinarily brilliant student. What is your take on this?**

Yes and No

PhD is not as easy as people take it, it takes a ot for energy. You need to have consistency and be really engaged in it. You might feel like you are not brilliant at the beginning, majorly because you are yet to discover yourself.

It is not a question of intelligence, but a matter of investing your time, energy, devotion and emotions into it.

What are the opportunities available to a PhD Nursing student?

There are many opportunities but only that there might be fewer scholarships. But in term of schools, there are not a lot of schools that will choose PhD students in Nursing, people who will go have to be persistent in finding opportunities, particularly scholarships.

After your PhD, you went back to Tanzania, what inspired this decision?

I was already an employee of Dodoma university and didn't terminate my appointment, I needed to complete my PhD and go back to work. I feel happy when I see people pass through me and I supervise and help people.

I needed to go back and meet my family because I left my family back in Tanzania, I needed to go back to my country and continue my work.

How is life after PhD in Tanzania?

My case is a real example to the situation, I can see the Job as our student do a lot of works, they go through a lot of work to get the experience. When you do PhD, you do more than a the work of a lecturer, you act like a senior lecturer. A lecture can't supervise PhD students.

And if you combine teaching research plus other courses such as community health Nursing, it's a lot of work to make sure we support their studies and they graduate as desired.

* **What will be your advice for prospective PhD Nursing students?**

It's not only a prestige, it is more than that, it is like having the power to make others reach their goal and dream through you. PhD in nurisng means you are like a bridge for others to move forward, you need it so you can help others. You have to support your career and your country.

It's not only about being called a PhD holder, but accepting the responsibilities that comes with it, such as helping others, keeping the ball rolling and publishing research works.

Quotes

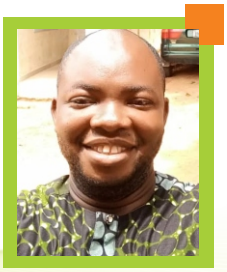
"If you feel you are not okay with who you are and you feel like you are not complete with who you are, then you need to have an identity and be confident and you need to have an adequate knowledge on who you want to be."

"PhD is not a question of intelligence, but a matter of investing your time, energy, devotion and emotions into it."

"It's not about being called a PhD holder, but accepting the responsibilities that comes with it."

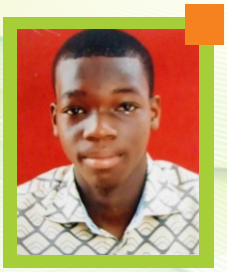
COHORT 1 MEMBERS OF INRJC

AJIBOYE CAROLINE OYEBOLA
Student/Staff
Student: Lautech, Ogbomoso..
Level: 300level
Academic Qualification: RN, BNSc(in view)

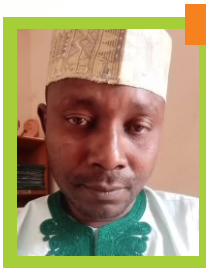


SOLOMON RIMAMCHIRIKA
Staff
Level: FMC Birnin Kebbi, Kebbi State.
Academic Qualification: RN, BNSC, RNE, PGDE

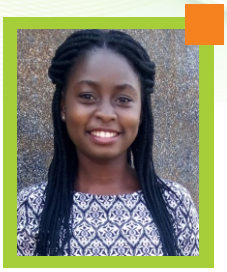
RACHAEL O. ODUYEMI.
Student/Staff: Staff
- Student - Staff (Place of work : Igbinedion University/Cadre : Lecturer)
Academic qualifications:RN/RM,RPHN, RNE, MSc,PhD in-view.



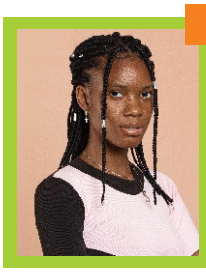
SHITTU MUHAMMAD
Student (University of Ilorin 300L)



AMINU ABDULMAJEED
Staff - (School of Nursing and Midwifery Gusau/ Nurse educator)
Academic Qualification: BNSc, PGDE



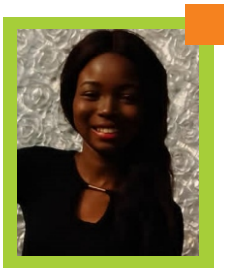
ADETOMIWA ADEYEMI TAIWO
Staff(Lagos University Teaching Hospital, Idi-araba)
Academic Qualification: RN, BNSc (In-view)



ADEJUMO CHRISTY BOLUWATIFE
Student
University of Ibadan
300level
BNSc in view

OLADEJI LOIS OLUWASEUN
Student/Staff; Student - Student (School Name and Level)- Ladoke Akintola University of Technology, Ogbomoso. 300level
Academic Qualification (e.g., RN, BNSc etc.)- RN, BNSC in view

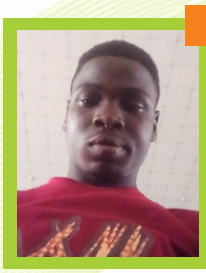
SALAKO FAITH A.
Nurse Intern, State Hospital, Abeokuta
RN, RM



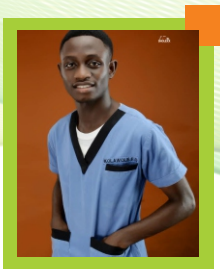
ADURAGBEMI OLUWAPELUMI OGUNLEYE
Student/Staff
Student (University of Ibadan, 300 level)
Academic Qualification : BNSc in view

AWONIYI ELIZABETH O.
Student/Staff - Ladoke Akintola University of Technology, 400L
Academic Qualification (e.g., RN, BNSc etc.) - RN

OLADIMEJI, TOLULOPE DEBORAH
Nurse Tutor (University College Hospital Ibadan)
Academic Qualification: RN, RM, RPHN, RNE, BNSc, PGDE, MSc in view)



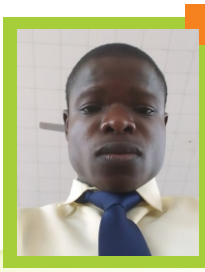
SANDA PAUL AYOTOMIWA
STUDENT (LAUTECH, 200LVL)



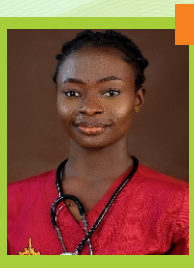
KOLAWOLE FAVOUR OLUWAFEMI
Staff, BUTH
RN

COHORT 1 MEMBERS OF INRJC

EKENEKOT, UBIEBO ATAISI.
Staff (Rivers State School of Nursing, Port Harcourt).
Educational Qualifications: (RN, RM, RNE, BSc Nursing, B.Ed Health Education)

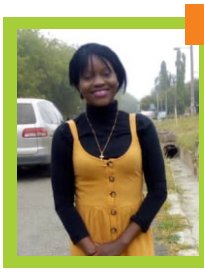


MEBINONE KEHINDE.
Staff (NOII: University of Medical Sciences Teaching Hospital Complex Ondo State)
Qualification: RN, BNSC

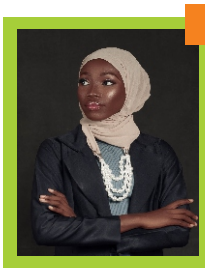


OLARINDE OLUWATOSIN COMFORT
Student/Staff: Nurse Intern, Federal Teaching Hospital, Ido Ekiti
Academic Qualification : RN, RM, RPHN, BNSc

COHORT 2 MEMBERS OF INRJC



MARINDOTI DAMILOLA CHRISTIANA
Student & Staff- Student (School Name and Level) LAUTECH 500L- Staff (Place of work/Cadre) LEAD CITY UNIVERSITY CLINIC/NO2
Academic Qualification :BNSc in view



ADESOKAN ZAINAB OLUWATOMISIN
Student/Staff
Staff: Alimosho General Hospital/Nurse Intern
Academic Qualification: RN, RM, RPHN, BNSc

TAIWO, MODUPEOLUWA ESTHER
Student (BABCOCK UNIVERSITY and 500 Level)
Academic Qualification: RN, BNSC (in view)

ATOKI RUTH ADENIKE
Student/Staff
Student -Ladoke Akintola University of Technology Ogbomoso Oyo state
Academic Qualification -RN

OSATUYI ISAIAH ADEBAYO
Student/Staff
Student: (Lautech; 500L)
Staff: (Landmark University/Nursing Officer)
Academic Qualification: (RN)

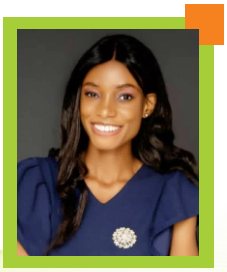
IDIGBE GLORY ULEKO
Nurse Intern
Academic Qualification - RN, RM, BNSc

OYEDELE REBECCA OLUWATOSIN
Student/Staff: Student
Student : LAUTECH, 300level
Academic Qualification : RN

ATTAH CYNTHIA ADAKU
Student/Staff: Staff
University of Uyo Teaching Hospital/ Nurse Intern
Academic Qualification: RN, RM, B.NSc,

COHORT 2 MEMBERS OF INRJC

AJAYI DAMILOLA GRACE
Student
University of Ibadan,500 level
RN,BNSc in view

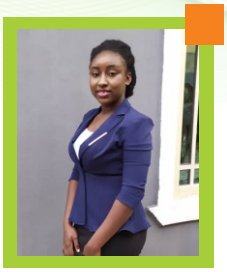


OGHONI MERCY OLUWAMAYOKUN
Staff (Zenith medical and Kidney Centre, Gudu, Abuja)
Academic Qualification:RN, RCCN)

AYOOLA ESTHER
Student: University of ibadan.
Academic Qualification: RN BNSc in view.

BLESSING OSAGUMWENDIA JOSIAH
Student: International University of the Health Sciences.
Saint Kitts and Nevis/Level: Block 4
Academic Qualification: RN, BNSc, Msc

IDOWU DOYINSOLA JANET
Student/Staff: Staff
Staff (Place of work/Cadre): Reliance Family Clinics. Health coach II
Academic Qualification : RN.



OLOLADE RUTH OLUWATUMININU
Student/Staff: Staff
Staff (Place of work/Cadre): Alpha Specialist Hospital
Academic Qualification : RN, RM, BNSc

OKUNOLA DAMILOLA RHODA
Student- LAUTECH/Graduate
RN, RM, BNSc

ADEDIRAN VICTORIA DAMILOLA
Student/Staff: Staff
Staff : Medison specialist Women's Hospital.
Academic Qualification : RN/RM

KOLAWOLE MOYOSOLA ORE
Student/Staff
Staff (Place of work/Cadre): FMC, Owo/ Intern Nurse
Academic Qualification : RN, RM, RPHN, BNSc

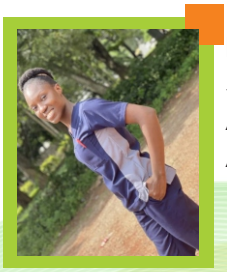
ADEPEGBA FOLASADE REBECCA
Student/Intern RN, RM, Bnsc.

COHORT 3 MEMBERS OF INRJC

NUN DAMILOLA R.
Student:Oyo State School of postbasic midwifery
Academic Qualification: RN

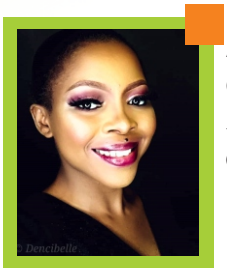
OJEWOLE OLADUNKE BOLATITO
Student: LAUTECH
Academic Qualification: RN, RM, RPHN, BNSc.

COHORT 3 MEMBERS OF INRJC



LAWAL FAIDAT IBUKUNOLUWA
Student: School of psychiatric Nursing, Aro, Abeokuta
Academic Qualification : RN

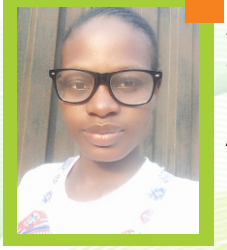
ADELEKE SAMUEL AYOADE
Student: LAUTECH Ogbomoso /300l



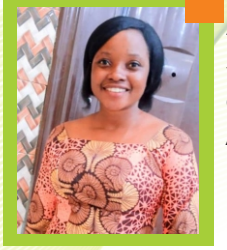
ATTAMAH CONFIDENCE CHEKWUBE (NEE UKWA)
Student (Universityof Nigeria Enugu Campus and 500 level)
Academic Qualification (e.g., RN, RPN, RPHN, BNSc (in View))

ADEGBOYE RUKAYAT YETUNDE
Student: LAUTECH
Student: RN/RM (BNSC in view)

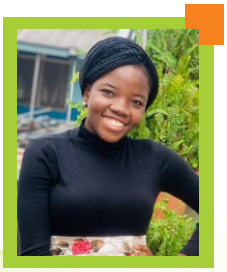
ADEWALE, ADESOLA FELICIA
Staff (Place of work/Cadre): East Kent Hospitals University, Kent/ Registered Nurse
Academic Qualification: RN, RM, RPHO, BNSc



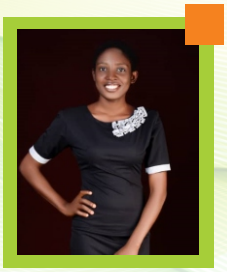
ARIBISALA TAIWO HERITAGE
- Staff (Nurse intern / University of Benin Teaching Hospital)
Academic Qualification :RN, RPHN, BNSc



ADEYEYE JOSEPHINE
Student: ECWA College of Nursing and Midwifery, Egbe Kogi State.
Academic Qualification: RN

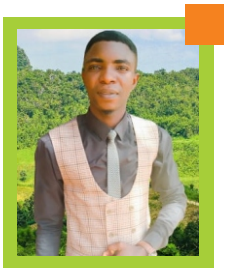


FAREMI VICTORIA OLUWABUNMI
Student: LAUTECH
Academic Qualification- BNSC, RN, RM, RPHN.



ADEREMI INIOLUWA OMOWUMI
Staff: Intern Nurse at Ondo State Hospital Management Board.
Academic Qualification; RN, RM, BNSc

AZEEZ OMOBOLANLE FAITH
Student: Queen Mary University of London, Uk/ Year 2
Staff: University College Hospital, Ibadan/ Senior Nursing Officer
Academic Qualification : RN, Msc



ADEAGBO AYOBAMI OLUGUNKE
Staff :Corper/Federal medical center, Gombe
Academic Qualification : RN, BNSc

DUNMOYE GANIYAT OMOLOLA
Student : University of Ilorin, Kwara State
Academic Qualification: RN, RM, BNsc in view

OLUWASEUN BELLO
Staff - Theatre practitioner, UK
Academic Qualification- BNSc

CHIMEZIE CHINYERE BLESSING
Staff-kogi State University Teaching Hospital Anyigba/No 1
Academic Qualification -RN, RM,RPHN,BNSc ,PGDE

COHORT 3 MEMBERS OF INRJC

RUTH OPEYEMI AWOYINKA
Student: Federal University of Uberlândia (UFU) -MG; 300level
Academic qualification: Undergraduate student