# OURSING CABLE NEW SLETTER ISSN NO. 2814-0419 CABLE CABLE

#### SECOND 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 profession all 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.



# INR CHIEF OPERATING OFFICER Colone of clovess



or us at the Institute of Nursing Research, Nigeria (INR) and the Journal Club (IJC), we have come through thick and thin to arrive here. I do not only speak of the many troubles and persecution that we had to overcome but most importantly what lead us to this point. IJC is novel and one of its kind in the Nigerian nursing context. We know the very spot where it started! We have moved from phase to phase and still moving, yet we do not jettison the experience and the lessons that come with each step taken. We can boldly say to our IJC members that we have been where you are, we stood where you stand, and We have felt what you feel! Even though the functional framework of the Journal club firmly sits on the foundation of scientific evidence, still we cannot eliminate the fact that this innovation came from the gleans drawn from our experiences with research and scholarly activities. We suffered from the paucity of knowledge of research practice and most importantly the transfer of such knowledge. Our research training in school was somewhat directionless. We were not shown how to search, critically choose and synthesise research evidence yet we were pushed into learning the craft of a researcher. How can one who is not a research consumer fully appreciate the gold in researching? Our mindset was faulty just like any young nurse in Nigeria and perhaps in Africa. This and many other factors might be the reason for the low level of involvement of Nigerian nurses in research. Jensen

et al. (2022) argues that the scarcity of quality research activities may potentially result in setbacks for the entire field. This is true for the body of knowledge and practice in nursing Nigeria. Consequently, to avoid further negative impact of poor research output, INR through IJC and its other activities is bent on raising a generation of nurses that would be equipped enough to engage in research that will lead to the delivery of quality and optimal care to patients. The IJC curriculum has been systematically designed to fit into these gaps. The ongoing summarises what we are and where we have been. This is clearly captured in the philosophical statement made by Karl Marx in the Eighteenth Brumaire (1852) that "men make their own history, but they do not make it just as they please; they do not make it under self-selected circumstances but circumstances existing already, given and transmitted from the past". With God backing us up and the support of our mother body Fellowship of Christian Nurses, Southwest zone, we intend to take Nursing in Nigeria and Africa from the past through to the future. Join us in shining the light to the nations...INR, IJC. Cheers.

#### Emmanuel O. Adesuyi

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# ADDRESS BY THE DIRECTOR, INR NIGERIA JOURNAL CLUB

t is my delight to present to you the second edition of the quarterly newsletter "Nursing Cable" from the Journal Club of the Institute of Nursing Research (INR), Nigeria. The impact of the maiden edition was so significant in the history of the club and INR in general which has led to the successive editions being highly anticipated. Nursing Cable, is an important component of communication within and outside the journal club, written by the members of the club. This is to make everyone stay informed about current happenings in nursing and research.

Institute of Nursing Research, Nigeria, a nongovernmental 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 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. Since the inception of the club, the overall goal has been to improve nurses' critical appraisal skills, encourage the use of research and promote social contact. This has been our focus as the club is currently having the fifth cohort in session, with the previous cohorts starting a hands-on session. Individuals and groups all over the world have developed interest in this project and it is our delight to bring the nursing profession into the limelight through scholarly activities. Among other benefits of the club is the promotion of professional and skill development in reading and critically appraising research, shortening the knowledgeto-practice gap, promotion of a structured social venue to learn from each other, stay current, and debate the

Moreover, the nursing profession, especially in Nigeria, is at a period when the awareness of the importance of research to the profession is being known and 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.

In conclusion, I urge you all, to kindly make good use of this newsletter. See you all the top!!!
Best regards.

**Daniel D. Faleti**Director, INR Nigeria
Journal Club.



# FROM EDITORIAL DESK



elcome to the second edition of Nursing Cable, a publication of the Institute of Nursing Research, Journal Club. I am delighted to introduce this edition to you and I am sure this publication will enrich every reader's knowledge and experience of research.

This edition includes INR events, INR leaders and members' achievements, updates about nursing practice and lots more.

Olarinde Oluwatosin Editor-in-Chief Nursing Cabel

# INR EXECUTIVES

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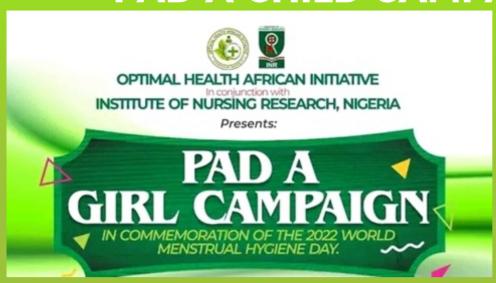
# ALL THE ACTIVITIES OF INR DURING THE QUARTER



#### **INR AND FCN TEA TIME**

bond between the Institute of Nursing Research, Nigeria and the Fellowship of Christian Nurses, Southwest Zone, a Tea-time was organized on the 30th of July, 2022 as one of the plans of the Institute to spread its message of research and leadership excellence among nurses in Nigeria. And also, the report on inspiring activities of INR was given to FCN leaders and the first edition of INR's newsletter was also launched.

#### PAD A CHILD CAMPAIGN



ptimal Health A frican nurse-led NGO in partnership with INR organized a "Pad A Girl Campaign" in two secondary schools in Umuahia, Abia State, Nigeria, on Wednesday, the 26th of May 2022, in commemoration of the World Menstrual Hygiene Day. The Pad A Girl campaign was convened by Eze Chioma Joy, the founder of Optimal Health African Initiative (OHAI) an NGO dedicated to promoting

health and impacting the lives of families and communities in Africa collaborated with the Institute of Nursing Research, Nigeria.

The campaign was remarkable, as over a thousand-eight hundred girls from Holy Rosary Girls' Secondary School and Amuzukwu Girls' High School, both in Umuahia, Abia State.

The girls were sensitized about menstruation and menstrual hygiene and free sanitary pads were also distributed to girls who participated in the campaign.

It was impactful as students, teachers, and parents thanked the organizers of the event.



#### TWITTER SPACE CONVERSION





INR organized a Twitter space conversation on nursing research experience: challenges, misconceptions and possible solutions.



INR features research tips and quotes on all our social media platforms every day. Follow us on all our social media platforms to gain more knowledge on research via:.... f • 5 the Institute of Nursing Research, Nigeria.

#### INR AND IJC MEMBER'S ACHIEVEMENTS AND PUBLICATIONS

### REPORT ON THE ACHIEVEMENTS OF MEMBERS OF THE INSTITUTE OF NURSING RESEARCH AND ITS JOURNAL CLUB

The Institute of Nursing Research, Nigeria (INR) was

founded on the 14th of May, 2016, to cater for the research

needs of nurses and student nurses.

One of the major objectives of the institute is to bridge the gap in nursing research and encourage nurses and even student nurses to participate in research.

INR's six years of existence have birthed nurses making impact in their sphere of influence and occupying enviable positions.

Some of the achievements of her members in the year 2022 are listed below.

#### **AWARDS**

- Akingbade Oluwadamilare, the Chief Executive Officer (CEO) of the institute was awarded the nurse of impact by Nurses Hub Africa because of his impact in nursing research.
- Akingbade Oluwadamilare (CEO) was awarded the best oral presenter in the science category by the Association of Nigerian Scholars at Hong Kong Research Forum
- Akingbade Oluwadamilare (CEO) was awarded a Research Doctoral Degree Academic Scholarship by Oncology Nursing Foundation

#### **ACADEMIC FEATS AND PUBLICATIONS**

- **Yetunde Tola**, the director of research and statistics in the institute, bagged her **doctorate** from the Nethersole School of Nursing, the Chinese University of Hong Kong.
- Akingbade Oluwadamilare recently graduated from the Global Nursing Leadership Institute (GNLI) organized by the International Council of Nurses
- Akingbade, O., Nguyen, K. T., & Chow, K. M. (2022). Effect of mHealth interventions on psychological issues experienced by women undergoing chemotherapy for breast cancer: A systematic review and meta-analysis. *Journal of Clinical Nursing*, 00, 1–16. https://doi.org/10.1111/jocn.16533
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#### **COLLABORATION AND ACTIVITIES**

- The Institute of Nursing Research Nigeria collaborated with Optimal Health African Initiative in the "Pad a Girl Campaign," which was held in two secondary schools in Umuahia, Abia State, in commemoration of World Menstrual Hygiene Day.
- Akingbade Oluwadamilare (CEO) and Daniel Ayinla, the editorial officer of the institute, who doubles as the CEO-Founder of Care Code Digital Health Hub, were hosted by the International Society for Telemedicine and Health (ISfTeH) to speak on 'Building Nigeria's Telenursing Ecosystem: Opportunities and Challenges.
- **Israel Fawole**, the liaison officer of the institute, served as a delegate at the 2022 Commonwealth Heads of Government Meeting in Rwanda.
- Akinokun Rafiat, a member of the institute's journal club, served as a panelist and speaker at the World Innovation Summit for Health (WISH 2022) in Doha, Qatar.

# Interview Session Mith YETUNDE OLUWAFUNMILAYO (Director of Research and Statistics, INR)

**Qualifications:** I'm a registered nurse and registered midwife with Bachelor's in Nursing Science from Ladoke Akintola University of Technology, Ogbomosho, Oyo State, Nigeria. I also obtained my master's in Nursing Science from the Prince of Songkla University, Thailand and a PhD in Nursing from The Nethersole School of Nursing, Chinese University of Hong Kong, China.

Area of speciality in research: Cancer Nursing. But I do all kinds of qualitative and quantitative nursing research. I focus majorly on pain management interventions, especially non-pharmacological interventions that are easy to use, accessible, and inexpensive. These interventions can be used by nurses and patients. When the patient can use it, it reduces the burden of care on the nurses and helps to promote the involvement of patients in their own care.

What Birthed Your Interest In Research? It was birthed during my undergraduate days when my classmate delivered her baby. I stayed with her throughout her delivery, and she was in severe pain alongside other women in the ward. I was

baffled because no pain medication was given to all these women. They just screamed until their contractions subsided.

I then thought, "as Nurses and Midwives, is there something we can do about this, even if it's not medication?"

That became a concern for me as I realized that I would probably be in that same position one day.

#### So what kind of care do I want to receive?

I began to read through different research, and I found out that there were some pain medications that were not given to women in labour in Nigeria but were administered to women in labour outside the country, and some other non-pharmacological interventions could be used as well.

So, I decided to do my master's research on that aspect though I had already done research as a registered nurse, and my undergraduate-level supervisor saw the prospect in me.

By the time I was approaching my midwifery exam, he had encouraged me to do another research all over again to groom myself. And that was how I focused on nursing research.

How were you able to succeed to this level? Since I find my identity in God, I can succeed at this level—first and foremost, to His glory. I have no value without Him. His strength and His grace have kept me this far.

Another thing is perseverance. That I arrived at this level doesn't mean it came on a platter of gold or that everything just fell on my lap.

I worked, and I will not leave that part out. Even though God strengthened me, I was willing to put in the work, and I had like-minded, success-driven people and the support of my fiance, now my husband.

We both had the same goal of getting our PhDs, and he kept cheering me on. My parents, family, and friends were also supportive. So, I'm a product of a whole community.

This is how I have been able to succeed. I had professors and classmates who were supportive throughout the journey. Some professors from my undergraduate and master's days wrote recommendation letters, so everybody chipped in here and there.

I also prayed and relied on God to give me success because even though the horse is prepared on the day of battle, the Bible says safety is of the Lord.

#### What are your challenges so far?

Hmm... That's a lot:

1.) Finding Funding: Because we are from a low-income country, it was actually difficult. It is not like now, where people are sharing information. You could go on Twitter and find information on scholarships, schools putting out ads and

things like that.

Also, it is more common to find scholarships for pure sciences because various governments are putting funds into science-driven research involving laboratories, while nursing is considered exclusive.

So, getting access to scholarships was a big issue. I will say it was by God's favour that I got a scholarship to study nursing at master's and doctoral levels.

Some people had to do public health first and then nursing, while others did nursing and then public health (depending on how people find funding for themselves) But for me to work through the path of pure nursing all through my 3 degrees... It has just been God. That's why I said, in Him, I have my being.

2. Being away from family and friends: The vibe in Nigeria is different from overseas. The moment I moved out of Nigeria, my circle of friends significantly shrunk because everybody found ways for their lives. You forget yourselves, the time difference and many other things - I missed it a lot. It's a bit lonely on the other side. Many people living outside Nigeria will attest to that.

But I had my husband's company, and he made it a little easier.

3). Getting a focused area in your research and growing in that area:

In this era where "Information Technology" is a big deal, you are tempted to gain one skill in IT and still get your ground in nursing. And this might look like you are losing focus, so that was a primary challenge.

Nonetheless, you have to stay focused and continue on the path, hoping that one day, you will hit the mark and have that big break.



4. Getting people to believe in you and your vision is a big challenge, especially for nurses and other nursing professionals. I think I will stop here so many will not feel discouraged. Of course, there are good days and bad days. But we keep moving because we have put our hands on the plough, and to be fit for the kingdom of God, we cannot look back.



# RECENT UPDATES IN NURSING PRACTICE

#### EVIDENCE-BASED NURSING PRACTICE

he nursing profession is in charge of providing ongoing care for the ill, injured, incapacitated, and dying. In both hospital and community contexts, nursing is also in charge of promoting the well-being of people, families, and communities. <sup>1</sup>

Nurses did not do much healthcare-related work before the late 1800s. In those early years, hospitals restricted the homework of nursing staff. Cleaning the eating areas, mopping the floors, and washing dishes were all tasks carried out by hospital staff.<sup>2</sup> Other typical nursing duties included clearing away food trays, feeding patients, and serving meals. The nursing profession did not develop into one that included patient care until the American Civil War broke out.<sup>3</sup>

Nursing practice, academia, and science have all felt the effects of evidence-based practice (EBP). The necessity for redesigning care that is effective, safe, and efficient is underscored by the push for evidence-based quality improvement and healthcare reform.<sup>4</sup>

Nurses have enhanced patient care through the use of evidence-based practice. Important instances of evidence-based nursing practice include:5

- 1. **Infection Control:** An infection developed in the hospital is the very last thing a patient wants when receiving medical care. By following evidence-based infection control strategies, nurses play a crucial part in assisting in the prevention of illness before it occurs. Cleanliness in the healthcare setting, wearing protective gear, taking safety precautions with barriers, and employing the right handwashing techniques are all examples of this. Even though nurses have a lot of duties to complete, the time it takes to manage infection is well worth the effort.
- 2. Patients with COPD and Oxygen Use: When administering oxygen to patients with COPD, nurses must adhere to evidence-based nursing practice for the health and safety of their patients. Although some people think that giving these patients oxygen can lead to major problems including hypercarbia, acidosis, or even death, the evidence-based strategy is to give oxygen to COPD patients. This procedure guard against organ failure and hypoxia. According to the evidence, providing oxygen to COPD patients can improve their quality of life and extend their lives. This is the proper course of treatment.
- 3. **Non-invasive Blood Pressure Measurement** in Children: Because accurate readings are crucial to successful therapy, it is crucial to monitor blood pressure following an evidence-based practice. In

comparison to adults, measuring blood pressure in children requires a different technique. The auscultatory method is used to assess children's blood pressure, and the results are compared to the information obtained using the oscillometric approach.

- 4. **Blood administration and intravenous catheter size:** When administering blood for packed red blood cell transfusions (PRBC) using intravenous catheters, nurses should adhere to EBP. To maximize patient comfort, the protocol instructs nurses to utilize a smaller-gauge catheter.
- 5. **Health Analytics:** The days when a patient's medical records not following them as they switch healthcare organizations are long gone. The Office of the National Coordinator for Health Information Technology reports that 80 per cent of healthcare organizations can now electronically query patient health information from outside sources and that more than half of hospitals automatically notify primary care doctors when their patients are admitted to the emergency room.
- 6. **Telemedicine:** Technology has changed the medical scene during the past 30 years. The day of rigorous charting and manual record filing is passing. Patients now have greater access to their data than ever before thanks to growing technologies like telemedicine and electronic recordkeeping. Technology helps nurses work more efficiently and communicate more effectively, which helps them learn to assess the research, make wise decisions, and provide the best care possible.6

Conclusion: Over the past ten years, nursing has undergone significant change. New specialities like

telemedicine nursing and nursing informatics, expanded leadership opportunities, and the use of mobile health are just a few examples. Tele-ICUs have advantages for nurses, including improved ability to track trends in vital signs, identify physiological instability, provide medical care, improve patient safety, identify arrhythmias, and prevent falls.6

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Hospitals NHS Trust,
London, UK



ASEPERI IFEOLUWA OMOWUNMI
School: Usmanu Danfodiyio University
Level: 400
Academic Qualification: RN



JOHN GIBSON KPOABARI School: University of Calabar Level: 400 Academic Qualification: RN



NWAKA E. SOPHIA
Staff: University of Benin Teaching Hospital
Cadre: Principal Nursing Officer
Academic Qualification: RN, RM, RPHN,
Cert (Geriatrics), BNSc



VIVIAN AKWUAKA
Staff: Iwosan Investments Limited
Cadre: Quality and Sustainability
Academic Qualification: BNSc, MBA, Adv.
Dip. HBMA, CPHQ, FISQUA



EDE WILLIAM OKPUNYI
School: Ahmadu Bello University
Level: 400
Academic Qualification: NIL



UGWU MICHAEL
School: Nigerian Army College of
Nursing, Yaba
Level: 300
Academic Qualification: RN



AJAGBE ADETOLA ATINUKE
School: Ladoke Akintola University of
Technology
Level: 300
Academic Qualification: NIL



BLESSING OSAGUMWENDIA JOSIAH
Staff: Turks and Caicos Islands
Community College
Cadre: Lecturer II
Academic Qualification: RN, BNSc, MHM,
MIPH



JESSE ENEBI USMAN
School/Staff: Sheffield Hallam University
Cadre: Graduate Teaching Assistant/
Doctoral Student
Academic Qualification: BSc, MSc (Biotech),
MSc (Nursing)



YUSUFF, KHADIJAT ADEWUMI School: University of Ibadan Level: 400 Academic Qualification: NIL



ADINDU STANLEY
School: Abia State University (ABSU)
Level: Graduate
Academic Qualification: RN, RM, BNSc



OLAORE SEMILOORE MONISOLA
School: Ladoke Akintola University of
Technology
Level: 300
Academic Qualification: NIL



OLUBIYO MOJISOLA
Staff: Alimosho General Hospital, Igando, Lagos
Cadre: Senior Nursing Officer (SNO)
Academic Qualification: RN, RM



ENIOLA VICTORIA FAYOYIN
School: Ladoke Akintola University of
Technology
Level: 300
Academic Qualification: RN



OGINNI OLUWASHINA
School: University of Ibadan
Level: 100
Academic Qualification: NIL



BOLARINWA ROQEEBAT TITILOPE
School: Ladoke Akintola University of
Technology
Level: 200
Academic Qualification: NIL



NDUKWE MIRIAM GINIKACHI
School: Abia State University
Level: Graduate
Academic Qualification: RN, BNSc



OLABODE OPEOLUWA OLUWATOYIN
School: University of Ibadan
Level: MSc Candidate
Academic Qualification: RN, RM, RPHN,
BNSc



AKINSOLA TAIWO RACHEAL
Staff: State Hospital, Iwo
Cadre: Nurse Intern
Academic Qualification: RN, RM, RPHN, BNSc



AKINSOLA KEHINDE REBECCA
Staff: Wesley Guild Hospital, OAUTHC, Ilesa
Cadre: Nurse Intern
Academic Qualification: RN, RM, RPHN, BNSc



TIJANI TITILOPE MOJISOLA School: Oyo State College of Nursing and Midwifery

Level: 200

Academic Qualification: NIL



**ABOSEDE ADISA** Staff: National Health Service, England. Cadre: Senior Staff Nurse Academic Qualification: BNSc



**IDOWU GBOHUNMI SAMUEL** 

School: Ladoke Akintola University of Technology

Level: 500

Academic Qualification: RN



ABOSEDE PEACE ADEBAYO

Staff: Ondo State Hospitals Management Board Cadre: Nurse Intern

Academic Qualification: BNSc



ADETORO JANET IMISIOLUWA

Staff: University of Medical Sciences **Teaching Hospital Complex** 

Cadre: Nurse Intern

Academic Qualification: RN, RM, BNSc



JOMBO YINYEBI MATILDA

Staff: Marina Medical Services Cadre: Nursing Officer (NO) I

Academic Qualification: RN, BNSc



**MARYAM ISIAQ ATINUKE** 

Staff: King Saud University, Riyadh Saudi Arabia

Cadre: Intern Nurse

Academic Qualification: RN



YUWA VIVIAN OGHENEVINYZE

Staff: Jos University Teaching Hospital Cadre: Principal Nursing Officer

Academic Qualification: RN, RM, BNSc



**BOLAJI BOLATITO OLAONIPEKUN** 

School: Chrisland University

Level: 400

Academic Qualification: NIL



THOMAS O. OYEDIRAN

School: Ladoke Akintola University of

Technology

Level: 300

Academic Qualification: NIL



**OGUNSUNLADE IFEOLUWA MARY** 

Staff: Uniosun Teaching Hospital

Cadre: Intern Nurse

Academic Qualification: RN, RM, RPHN, BNSc



**ESTHER OBINECHE** 

Staff: Ann's Carehome, United Kingdom

Cadre: Staff Nurse

Academic Qualification: RN



**OLUSEGUN MARY BOLUWATIFE** 

School: Chrisland University

Level: 400

Academic Qualification: NIL



#### ADEHANLOYE EMILY KOFOWOROLA

School: University of the Western Cape,

South Africa

Level: Phd Candidate

Academic Qualification: RN, RM, RPON,

BNSc, MSc, FWACN



JANET OLUSOLA ADETUNJI Academic Qualification: PhD



AGBOOLA PEACE OLUSOGO
School: Seventh Day Adventist School
of Nursing
Level: 200



OLAREWAJU VICTOR TOYESE
School: Ladoke Akintola University of Technology
Level: 500
Academic Qualification: RN



AJIMO GRACE O.
Staff: Babcock University Teaching Hospital
Cadre: Nursing Officer (NO) I
Academic Qualification: RN, RPHN, BNSc



RAHJI FATIMA RISKAT

Oyo State College of Nursing &

Midwifery Eleyele Ibadan.

RN, RM, RPHN, BSc and MSc nursing.