

## Nursing research approach in the daily nursing practice

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Three essences of research paradigm are ontology, epistemology, and methodology [1,2]. The quantitative and qualitative nursing research are involved into three essences of research paradigm; while the ontology tends to be qualitative world view oriented on probing the concept of existence, and the epistemology is gradually moved from knowledge to evidences-based theoretical foundation along with methodology. Lately, Lincoln and Guba (2000) developed four paradigms of positivism, post-positivism, critical theory, and constructivism, which is the paradigm shifting from the quantitative research oriented, mixed method, to qualitative research focused [3-5]. Understanding the past to current paradigms is important for nursing professionals because most of paradigms are coming from scientific world view, but humanistic perspectives. There is still lack of the unique nursing paradigm in the academic history.

No matter the original essences of research paradigm or lately derived paradigms, the quantitative and qualitative approach do happen in the daily nursing practice. When a nurse works in the daytime shift clinic, first she needs to communicate with the night shift nurse regarding the patients' conditions and check the data in the charts that she is doing the qualitative reviews in her practice. Lately, the nurse will go to assess the patients, identify or follow their health problems, and provide the appropriate nursing interventions that she is doing the quantitative process of data collection and interventions. Finally, the nurse will evaluate the patients if their health problems have improved or solved? Should she consult or refer to the multiple team members such as doctors, nutritionist, physical therapist, psychologist, social worker...and so on to take care of their patients' health problems? During the process, she has conducted the critical thinking in the quantitative way of decision-making and problem-solving as well as the qualitative way of communication with the different professionals to negotiate the patients' health problems.

When we review a nurse whole day work, you could see her life going on both qualitative and quantitative approach through the traditional paradigms of ontology, epistemology, methodology and modern paradigms of positivism, post-positivism, critical theory, and constructivism. However, few nurses could view their daily valuable research approach in the practice. How could we assist them see, know, understand, realize, and value nursing research approach in their daily nursing practice?

As the nursing professionals, we should have the accountability of continuously educating the nursing administrators and faculties about the traditional and modern paradigms along with nursing research in the way of applying into the daily nursing practice. As the nursing administrators, we should guide the nurses value their daily works in the clinics because they are not just taking care of the patients, they are also doing both the qualitative and quantitative ways of thinking process from the past to current paradigms. As the nursing faculties, we should teach nursing research from the entry, master, to PhD levels of the nursing students to have them know and understand the importance and beauty of research happening in their future practice areas.

In the long run, the nursing professionals, administrators, faculties, and nursing students could involve into the past to current paradigms with research together and nursing research approach in daily nursing practice could be valued in the clinics. Eventually, we could develop a nursing paradigm with the unique philosophy which is approaching the goal of nursing as the gentle of art and science.

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