

Assessment 2: Quantitative and Qualitative Research Publication Critique

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Quantitative Part 1

Nursing is a profession for constant caring and empathy toward the patients where they attempt to provide care and association to the patients. In the job of being the helper while being in the middle of the medical chain, nurses deal with many psychological issues; compassion fatigue is one of them. Compassion fatigue is defined as fatigue experienced as the result of constant caring and affection toward someone who has experienced trauma. This phenomenon is generally more evident in the helping professions such as a physician, psychologists, and nurses.

The study chosen for this assignment was quantitative research titled “Compassion fatigue among nurses working on an adult emergency and urgent care unit” (Borges et al., 2019). The study was designed to assess the levels of compassion fatigue among nurses and its variation according to their socio-economic demographics as well as their professional characteristics. The methodology of the research was quantitative, descriptive, and cross-sectional using 87 nurses from an emergency and urgent care unit for the adult university hospital. A socio-demographic and professional questionnaire was used along with the professional quality questionnaire to assess the levels of compassion fatigue. The study was designed to understand the pressure that nurses endure daily and how much it impacts their ability to regulate their own emotions and work while keeping their emotional and psychological well-being intact. The results of the study distinguished the participants in terms of their experiences such as nurses having more years of experience scoring higher on compassion satisfaction while those with fewer years of experience were associated with a higher mean of secondary traumatic stress. The aim of choosing the current article was to understand how compassion fatigue differs in individuals who are working in highly intensive care units where they had to deal with multiple kinds of trauma and pain and to understand how much it impacts them personally as well as professionally.

One of the most significant strengths of the study was its generalizability factor. Quantitative studies tend to hold an edge in research as their findings are replicable and generalizable. Also, the current study highlights an important phenomenon that is rather much prevalent in the nursing domain. Another strength of the study is that it provides information regarding the varying degree of compassion fatigue while contributing to filling the gap in the literature regarding how compassion fatigue varies among individuals who work in the higher exposure domains. This research aims at providing information regarding a threat to nurses' mental health and to use it to provide basic aid and help to the nursing community.

However, the study has limitations as well as being quantitative research, this research generally lacks in-depth information on how compassion fatigue varies among nurses and their years of experience (years of being in the same profession), which other researchers have shown great significant in. Similarly, the study also restricts itself in the possibility of nurses being altruistic or having good emotional regulation. The study, thus, lacks a providing explanation for the varying levels of compassion fatigue and how it impacts their personal or professional life.

In any research, ethical obligations play a significant foundational role. It allows the researcher to investigate the phenomenon under investigation in its truest form while approaching the participants in ethical ways. Quantitative research allows the researcher to maintain the confidentiality and privacy of the participants while giving the participant the right to withdraw from the study whenever they want to. Similarly, in the given study, the research was approved by the Research Ethics Committee for health, the university board of directors, and the authors of the scales. After the complete permission to conduct the study, the researcher informally contacted the chief nurse of the emergency and urgent unit care and ask for their permission to conduct the study. The researcher gained direct contact with the

researchers, and informed consent was sorted in which the confidentiality, privacy, and anonymity clauses were mentioned while giving the participants their right to withdraw from the study anytime they want. Only the nurses who agreed to participate in the study returned the instruments to the researcher in a closed envelope- the envelope was a way to guarantee their anonymity. These ethical standards ensure that human subject participation is respected, as they allow the participant a sense of respect and safety while ensuring them to be at minimal risk.

In this study, the research problem of the study is how compassion fatigue varies among nurses working in emergency and urgent care units. It is a significant question, as being a nurse comes with high emotional availability and compassion. The core requirement of being a nurse is to be empathetic and compassionate among people, therefore, the incidents of psychological or emotional burnout are rather more evident. However, the question revealed significant and promising results highlighting that compassion fatigue is rather more evident in the early years of the profession and commonly reported by young nurses however, compassion satisfaction is much more evident among older nurses. The research problem allowed the researcher to conceptualize how the early years and lack of training can become a potential risk factor in the development of compassion fatigue while with the passing number of years, individuals tend to learn how to disengage their self-form their professional standings. Therefore, this study also provides imperative thinking of incorporating ways through which young nurses can be trained and their psychological issues can be managed. It allows the healthcare facilities to develop programs and design interventions that can ease the work pressure and associated stressors to allow the nurses to have better mental health.

The current research helps to understand how self-care and management play an integral role in managing the trauma of patients as well because if the nurses do not take care of themselves and have their vulnerabilities tagged in line also impacts the kind of care they

provide to their patients. It is important that the participants. The study is reliable as the Cronbach alpha was significantly higher showing that the research was reliable and aligned with best practices as the study revealed interesting findings on a major contributing factor of compassion fatigue, i.e., the years of experience.

Part 2- Qualitative Part

The second part of the assignment is based on the experiences of the nurses in hemodialysis care. This is qualitative research aimed at providing in-depth detail regarding the research. The research titled “Experience of Nurses in Hemodialysis Care: A Phenomenological Study” (Shahdadi & Rahnama, 2019). The study was based on a phenomenological research design and used purposive sampling until the data was saturated. The phenomenological study is research designed to gather detailed information regarding the lived experience of an individual. It is a method of analyzing and describing the phenomenon free of any pre-judgments that might shape an understanding of the lived experience at the time of attention and focuses on the depth, richness, and breadth of the experience.

One of the most significant strengths of the study was that the research was qualitative which signifies that the research tends to gather detailed information regarding the experiences of the nurses while working in the hemodialysis care unit and how they interact with the patients. However, this also highlights the weakness of the research design in that it lacks generalizability due to the smaller and saturated data. These experiences are rather descriptive, making it impossible to generalize the findings. This study aimed at describing the lived experiences of the nurses working in hemodialysis care. It highlights the aspect of burnout among nurses working in chronic departments and re-live others’ trauma on daily basis. One thing that this study lacked at finding information regarding the inhibitory factors

that makes the nurses working in higher risk immune to the trauma of people and how it impacts their lives as well.

The study was completely based on the ethical guidelines of COREQ. The qualitative research used descriptive phenomenology and the study was approved by the ethical community of the university. The consent forms and the authorizes were also sorted before the start of the research. Before starting the interviews, the researcher explained the objectives of the research, and the interview method was also explained to the participants. This research has a good ethical standardization as the consent was sorted, and information was provided to make the research transparent. Confidentiality and privacy were also informed to the participants of the research. They were also informed regarding their right to withdraw from the research. Also, the interviews were scheduled while keeping the participant's availability in mind to facilitate them and not interfere with their daily schedules. These ethical standards provided transparency to the participants. According to the APA ethical standards, the researchers' foremost duty is to convey the research legalities to the participants so that they know what they are participating in. thus, the research was clear and provided complete information ensuring responsivity and ethicality on the part of the researcher while giving a sense of support and care to the participants. It is important to understand, that keeping ethical standards in research involving human subjects increases the research reliability of the participants.

The research problem discusses the factors of burnout and care inhibitors assessing the experiences of nurses in the hemodialysis unit. Such as, the research attempts to answer the question associated with factors that nurses themselves see as inhibitors of care such as shortage of staff, inexperienced nurses, psychological issues and fatigue, etc being the hinders for the nurses to provide the care they attempt to provide to the patient, while the facilitators of the care according to the participating nurses were the emotional relationship

between the patient and the nurse, their higher education level providing them wodge on how to deal patient who requires excessive care and how to manage their own emotions, safe environment, and the experience play a significant role in providing facilitation to the patients. Similarly, the significant research question posits questions on the positive and negative aspects of health associated with nurses and how it impacts the nurses who provide constant help to the affected patients and families. All of the findings of the research problem allow the researcher to conceptualize the impact of care on the nurses and how important it is to recognize the efforts of the nurses and help them achieve their self-care management timely and effective.

This research paves a way to understand the needs of the nursing community continuously and courageously provide care and are more susceptible to be affected by others' trauma and pain. The main takes of the research are to understand and allow researchers to develop awareness programs, interventions, and ways to manage the workload and psychological; stressors, provide support to the nurses and regulate their emotional needs. It is important to understand that nurses too are human and have the capability that should not be overstimulated. Therefore, this research helps the community acknowledge the negative and positive aspects of providing care to nurses and come up with plans and ways to reduce the risk of psychological issues among nurses.

The research provides information for the decision-making for patient care, as to provide care to the patient the helper mustn't be a "wounded helper," meaning, the helper or practitioner or nurse who is providing care to a patient needs to be healthy psychologically and physically. It is important to understand that for nurses to provide empathetic care to the patients, their mental capabilities should be protected and cared of because, if the helper himself is affected by their internal conflicts and issues, there is less chance that they can provide effective care. This study raises many questions to address health care and support-

related questions. The study was valid and aligned with the aims of the reaserch. Since the data was small, the reliability and validity of qualitative research are not measured. The study, however, provides information associated with how the subjective experiences of nurses provide information regarding a larger picture of the study, that is the factors that may facilitate or hinders the ability of nurses to provide care and association to the nurses.

References

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