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**I AM A NURSE; THIS IS HOW OPPORTUNITIES TO RESEARCH WILL HELP  
MAKE ME RESILIENT**

I am registered nurse in Kenya with a degree in nursing. I have worked in both private and public sector and interacted with my fellow nurses in my country. I must admit that from my observation most of the nurses shun research or have developed a fear towards research. I associate this to the lack of exposure in my country where nurses tend to be involved in direct patient care in the wards and minimal involvement in studies being carried out. Juma et al. (2014) writes that nurses are not sufficiently involved in the health sector policy development processes at the national level. This essay outlines how a research opportunity will help address these challenges and involve nurses in generating evidence based practice.

I attribute my interest in research to working as a data collector in some medical studies where unconsciously my question was always “what about the nursing component”. Patient care involves multidisciplinary actions with the nurses bearing a great percentage as they are with these patients most of the times. Most researchers I have worked with or under are not nurses. I have come to believe that if the nursing component would be incorporated in a medical study then the findings would contribute to improving the nursing practice and creating interest among the nursing fraternity. Nurses in Kenya have expressed great interest to be facilitated to carry out research and/or use findings in practice citing the major barriers to utilizing findings in practice as the unavailability of research reports, unclear implications for practice and inadequate facilities (Mutisya et al., 2015).

There are few or limited opportunities to research in Kenya. An opportunity to become a research nurse in my country will equip me with the latest information in nursing practice which I will share with my colleagues to help them understand that research nurses contribute to wellbeing of

patients. It will make me be directly involved in the generation of research based evidence for nursing practices thus improving patient care. It will make me a mentor to young nurses wishing to specialize in research. The opportunity will give me a basis to lobby for a curriculum upgrade where nursing research is given an integral focus to help uptake of nursing research at an early age in the nursing career. Research contributes to new ways of patient care thus involving the already practicing nurses will help them be part of the team producing evidence based results rather than just being consumers.

## **REFERENCES**

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