A Recipe for Writing

Di Lamb PhD MA MEd BSc(Hons) PMRAFNS
Defence Professor of Nursing

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A Recipe for Writing

The Academic Department of Military Nursing
Lamb, D., Bernthal, E.M.M., Brockie, A.F.
Introduction

Over a decade ago it was reported that many nurses avoid publishing their work because they are daunted by the prospect or believe it to be the responsibility of academics (Keen, 2007).

Little seems to have changed but there is growing pressure for all nurses to be reflective in their practice and demonstrate its evidence base. Therefore, to do so it is important that they “have access to the most current thinking in the field” (Clarke and Garcia, 2015: p286).
Introduction

Problem

• 40 years after the publication of the Briggs Report (DHSS, 1972), which first challenged nurses to promote an evidence-base to their practice, it was not being widely captured in the literature.

• Evidence was still being reported as “woefully lacking” (Seers et al., 2012).

• Why was that?
Question – Why Are Military Nurses Not More Widely Published?

Aim – To determine what quality improvement nurses are engaged in to provide potential material to publish.

An on-line survey was conducted:

Questions 1-4 captured limited demographic data about the respondent comprising their Service, qualification, rank and experience level.

Questions 5-7 mapped the respondent’s attitude towards, and history of involvement in research, audit or service evaluation; along with their desire to have more involvement in these processes.

Questions 8-9 sought to identify both factors likely to encourage engagement in the research process, and the perceived barriers to doing so.

Question 10 was designed to gauge topics which the respondents deemed a priority for further investigation.
Findings

Top 5 perceived barriers to engaging in research

- Time: 40
- Knowledge: 30
- Not a priority: 30
- Confidence: 25
- Topic confusion: 25

Responses
Discussion of Findings

Biannual Defence Nursing Research Forum

Complicated and lengthy process

Not sure what to do . . . Need help!

Feedback?

HELP!!!
Primary Barriers to Publication
Primary Barriers to Publication

Time
Primary Barriers to Publication

Not knowing where to start

“What should I write about?”

“Who would want to read anything I have to say?”

“I don’t feel good enough!”
Primary Barriers to Publication

Feeling completely “daunted” by the prospect
Conclusion

Training programme required to address perceived fears of the publication process

Process needed to be:

- Clear
- Structured into component parts
- Visual to aid memory recall
- Collegiate
# A Recipe for Writing

<table>
<thead>
<tr>
<th>Baking</th>
<th>Writing</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>1 - Preparation</strong> – Decide what you would like to bake and select a recipe. Collect together your ingredients and pre-heat oven</td>
<td><strong>1 - Preparation</strong> – Decide what type of article you want to write, read some relevant journals for ideas and structure your thoughts</td>
</tr>
<tr>
<td><strong>2 - Bring together</strong> the butter, sugar and eggs in a large mixing bowl</td>
<td><strong>2 - Bring together</strong> these initial thoughts and ideas in a draft outline. Forming a ‘mind map’ can be helpful in visualising your ideas</td>
</tr>
<tr>
<td><strong>3 - Add</strong> the remaining dry ingredients and place mixture in a greased baking tin</td>
<td><strong>3 - Add</strong> headings as signposts to direct the flow of your paper and evidence from the literature to support it</td>
</tr>
<tr>
<td><strong>4 - Follow</strong> the recipe carefully. Place the tin in a preheated oven and bake until the appropriate time has elapsed</td>
<td><strong>4 - Follow</strong> the author guidelines of your preferred journal carefully and develop the article’s content over time</td>
</tr>
<tr>
<td><strong>5 - Leave</strong> – the cake on a wire tray to cool and finish with decorations of your choice. Follow the guidance provided in the recipe</td>
<td><strong>5 - Leave</strong> – the draft manuscript to one side and revisit after seeking objective feedback from friends and colleagues then submit finalised version to your journal of choice. Follow the Editor’s advice as to any amendments that might be necessary</td>
</tr>
<tr>
<td><strong>6 - Share</strong> – your cake with family and friends</td>
<td><strong>6 - Share</strong> – your work with fellow professionals</td>
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References


ADMN - Contact details

Gp Capt Di Lamb – Prof.ADMN@rcdm.bham.ac.uk

Lt Col Lizzy Bernthal – SnrResFellow.ADMN@rcdm.bham.ac.uk

Lt Cdr Alan Brockie – Lect.ADMN@rcdm.bham.ac.uk

@Def_ADMN

ADMN – Telephone 0121 415 8893