

## **Barbara Carper's theory of "Ways of knowing"**

These are the following four principles of Barbara Carper's theory of "Ways of knowing" that can help a nurse get better understanding of the situation and take better care of the patient.

### **Personal Knowing**

This is the knowledge of one's self. It is the experience that the nurse goes through during her tenure. He/she is able to meet lots of people and take care of patients with various diseases. These observations lead to nurses being able to judge fast and give the required preliminary care to the patients. This has helped in understanding me and overcoming my shortcomings when I meet a patient either the shortcoming is in my attitude or my personality.

### **Empirical Knowing**

Empirical knowledge is gained through working which means that once a nurse gives a certain treatment to a patient then he/she will be able to understand whether this was the best course of action or not. It is important to understand that empirical knowledge must be gained over years of experience. A nurse that does not have a lot of experience must not try to gain empirical knowledge as it can hurt the patient. This has been the basis of the knowledge I have in giving psychological and emotional care to the patients. The patient must be told all about the diseases but he/she also needs compassion and the nursing can provide support in this situation.

### **Ethical Knowing**

Nurses have to follow the Codes of Ethics Guideline for Nurses. It is also important to keep on evolving the moral and ethical guideline on the basis of the experience that the nurse has in order

to take into account all the different situations. Ethical knowledge is one of the most important factors when it comes to patients as at times many want to do unethical practices but if the nursing staff is ethical then a lot of damages can be controlled. This involves using good quality drugs, working dutifully as well as not letting the patients and their relatives manipulate you.

### **Aesthetic Knowing**

This is the most complex part of the theory as it means to consider nursing not only just science but also art which means that it is essential to not only use written process but also involve your mind and think out of the box. This is something that is not commonly practiced in the nursing field yet it occupies an important position as it is essential that the nurses try to use her/his imagination while working. This can be in the form of helping people in recovering as it is commonly known that laughter and fun can also help in recovering health.

### **Cardiology and Nursing**

Cardiology is one of the most sensitive issues in healthcare just like the brain. They occupy a significant role in the healthcare of a person and require a specialist for treating them. The nursing research related to cardiology is vast as treatment given on sight can be effective in controlling damage and can help the patient in gaining precious leverage.

### **Literature Review**

According to (Li, H. E., Ying, X. U., & Fang, J., 2018), nurses that have gone through previous case analysis and have been trained in giving initial care to patients having cardiac issues are

better able to get essential information for the patient as compared to nurses that have minimal understanding of cardiac issues.

In the study conducted by (Tian, C. T., 2017), the effectiveness of drug safety management for cardiac patient was tested. Drug safety management is the task of the nursing staff as they look at potential risk associated with the benefits of cardiac drugs. It was concluded during the research that the nursing that had been trained about the drug safety management were able to go through the phase of research with low incidents as compared to the control group.

(McLellan, M. C., 2019) says that with the advancement in the nursing education as made a lot of components that were previously taken care by different doctors can be taken care by the nursing staff. These procedures involve pain management, nutrition plans and psychological care. This has enhanced the original role of nursing staff and has made their contributions in the cardiac department very important.

### **Role of Nursing**

These are the examples of some of the researches that have done in the field of cardiology in relationship with the nursing care. The role of nursing has been expanding steadily throughout the years as the education becomes more extensive. A large part of preliminary care has shifted to the nursing department. It is essential to mention here that the evolving role of the nursing department is mainly due to the education and training being given to the nurses. Furthermore, this has also lead to an increase in contribution to applied medicine by the nursing staff. Today, they can look at the various issues that the patient and be able to give preliminary healthcare.

In this case, the best method of conducting research is through case analysis and experimentation as this will directly relate to the conduct and role of nursing in the cardiology department. The major topics to be included are how the introduction of various methods of education and training can have positive impact on the role of nursing. The literature review also emphasizes upon the fact that nursing practices and outcomes become better when the under the authority of nursing staff increases and the specific information regarding crucial problems are provided to them. The researcher will also have to take input of the practitioners and nurses in order to gain an insight of the on ground realities instead of just relying on the information or the experiment conducted. At times, an experiment might be conducted on a topic that has no relation to the ground realities and even though it might be useful yet it has no appeal to the outside world.

### **Criteria of Selecting Topic**

The process of choosing a topic for research is complicated as it is essential that the researcher understands the purpose for research as well as whether the researcher will be able to complete the research i.e. scope of the research. Initially, the researcher must first pick a field in which he/she wants to conduct research. In case of this research, the field of study is nursing or medical sciences; depends on how broad the researcher wants to keep his/her field of study. However, it is essential to understand that the field will have to be narrowed down in the future. The research goes through a process of deducing the subject of research. From nursing, the researcher picks a specific field within the domain and narrows down to a question. Even in that question, it is important to look at the various variables that can impact the research variable. A researcher might have limited time, money or resources and hence he/she can only look at a handful of variables. Further, many variables are out of the control of the researcher and cannot be manipulated in laboratory conditions which makes the researcher limit his/her scope.

## **Choosing an Interesting Topic**

The researcher must also choose a topic of research that he/she finds interesting. It is easier for a researcher to look into topics that he/she enjoys as he/she will be able to maintain interest and curiosity even in times when a problem occurs. Topics that do not interest the researcher tend to become cumbersome and the researcher at times develops different biases towards the topic based on his/her lack of interest. Hence, it is essential that the researcher chooses a topic that is interesting to him/her.

## **Feasibility of the Topic**

As mentioned previously, it is essential that the chosen topic is feasible for research. The resources and time for the research is generally limited and the researcher cannot afford to dedicate unlimited resources such as man power, money and time on the research. Further, different skills are required for conducting different researches and the information for the research will also vary. At times the information and skill needed are scarce and the researcher might not be able to get hands on it. Hence, it is essential to consider these factors before deciding on a research topic.

## **The purpose of the research**

There are various topics that might be interesting to the researcher but it depends on the end goal of the research and the type of audience the research work is geared towards that ultimately give weight to the type of topic that is chosen. The type of topics popular in academic journals can be completely different from the type of topics that interest the researcher. Hence, the choice of topic also depends on the end purpose of the research.

Hence, it can be concluded that in order to choose a research topic the researcher will have to put in a lot of thought and then start the research. At times even when the researcher has started

working on the topic, the subject of research might need to be narrowed down or changed because of the various problems and obstacles that he/she might be facing.

### References

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