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### **Why is researching important within health/Nursing ?**

Research is important to find out information and investigate, allowing us to make theories and test predictions. For example in a health care profession the purpose of research is to find out the correct medication for the patients . Researching helps nurses continue with their education and keep up with medical advances .Its important as it helps nurses contribute to key medical findings and more understanding .Researching also helps the patient receive optimal care.

The NHS believes that research can find answers to things that are unknown and changing the way healthcare professionals work .The NHS believes that research is essential to find out which treatments work better for patients and discovers in an important role in discovering new treatments. Researching is important as it find out knowledge that could lead to changes in policies, care or treatments . It also improves the environment, health and wellbeing of a local population, Saving lives improving lives(NHS,2012)

### **Research process**

It took a lot of time and effort to find the research paper .The process began by going on to Moodle and the using the online library which then led to using online E journals to find my ideal paper .Into health and social care in the community It then took a process of time to find the right journal that had the right content in it . It had to be a British paper that included different type of key words, Online library(UWTSD online library,2018)

The Journal was found discussing the topic of Independence in a care home and how they are restricted to their full potential and this paper was very intriguing and included a lot of the keywords ,The perceptions and experience of users of home-care re-ablement services (Wilde and Glendinning, 2012) . The paper was read through carefully to see if the correct keywords where in the paper by making sure there was samples of data collection in the research that are qualitative and quantitative research , Making sure there was correct data in my research and the different type of results .

### **Purpose of the study**

The purpose of the study is to come to an understanding on different key words or key terms of the paper. An understanding on how to research is also an important lesson in this study as it helps prepare individuals for future study's .The purpose of the study is to come to an understanding of research paper by finding the correct key terms and key words in the paper.

By reading over the research paper properly this can show a clear understanding of the paper . The purpose of the study is too show how to paraphrase and direct quote properly in the work . The reason this paper was chosen was because the research was pragmatic and was very relevant to the study .

## **What is an abstract**

An abstract is the scope, content and purpose of the work, it is a self contained powerful ,short statement that describes a larger work .An abstract is used in two different ways to let the reader know what the paper/journal/book is about and also to index larger words . There are two types of abstracts descriptive and informative, A descriptive abstract includes the purpose, backgrounds and focus of the reader A descriptive abstract is an informative abstract that lets the reader know the information in the paper in a short text it contains the content, scope , purpose and results of the work (UNC,2018;P1) .

An informative abstract like the descriptive abstract as it also includes the content , scope, purpose and results of the work but it also contains information on conclusions and results of the research that is taken place during the research . An abstract can be used when submitting articles to journals like my paper for example The purpose of an informative abstract is for the background of the paper , aim and purpose of the research , methods used and also the findings, The Writing Centre Learning Guide (The University of Adelaide, 2014).

The abstract that is used in my paper is an informative abstract as it is the background of the paper and gives the information to the reader about what the paper is about in a short brief .The abstracts identifies information to the reader on what the research paper is about, the paper discusses the aim of the service “home-care re-ablement is a short term, intensive service that helps people establish their capacity and confidence in performing basic personal care and domestic tasks at home “ (Wilde,Glendinnig,2012).

Most abstracts that provide information are informative the abstract provides information about the paper in a short brief .The abstract discusses the aim of the service and also gives information on how some of the service users lack independence which also gives the major conclusions in this research paper. The are also key words used in this abstract which shows that this is an informative abstract by using keywords like carers, independence, older people and also re-ablement, un met need (Wilde,Glendinning,2012).

## **Literature review**

A literature review discusses published information in a specific public area also it can be at a different time in a specific subject area. A literature review has specific patterns and also combines summary and synthesis. A literature review may evaluate the sources and advise the reader on the most relevant. A summary is a short brief of the important information of the source .A synthesis however is reshuffling of that information .It may give a new interpretation of old material or possibly combine the new with the old interpretation , The Writing centre(The University of North Carolina at Chapel Hill, 2018).

There are dated literature in the paper by the author Kent and Lewis dated in the research paper discussing the introduction on the research paper discussing the concept of independence in home-care services in England, (Kent, Lewis, 2000).This is the oldest piece of literature in the research paper. There is also another piece of dated literature in the

reference list by the authors Miles M and Huber A that specialise in qualitative data analysis , Anchor Trust, Oxford,

The journal title is “If they’re helping me then how can I be independent ?” the perception and experience of users of home care re-ablement services” (Wilde,Glendinning,2012:P583) .This article is about service users that experience day to day care and feel like their not reaching too their full potential as they feel restricted to do day to day tasks as the service users feel like they're getting everything done for them .

The authors that wrote this paper is Alison Wilde and Caroline Glendinning that have professional background that have carried out this research. Alison studied in the department of educational studies , the University of Bangor, UK. Caroline Wilde also studied social policy research at the University of York, Hillington , UK as its stated on the top of the research paper and the authors where also looked into( Wilde,Glendinning,2012).

### **Aim of the research paper**

An aim is the point of doing the research it’s the overall in tention in the project . An aim can consists of what you aspire to be by the end or what you hope to do .Its the whole point of doing the research .An aim is quite ambitious and is generally broad .An aim also helps you find out what you would like to know by the end .

The aim in the research paper is not very clear as there is no subheading or any information specifically regarding the aim of the research. However the research paper talks about what this paper adds by implying the re-ablement is high on the English health and care policy agendas. The paper also talks about home care re-ablement services can help people regain self-care skills and confidence and also effective re-ablement can reduce subsequent needs for support and generate longer term cost savings, (Wilde, Glendinning,2012)

### **Sample**

A sample is a group of people that participate in the study , these are the individuals that end up getting interviewed during an interview for example or a survey .A sample is always subset of the population .The exact population depends on the scope of the study. The population should always be people to whom will apply (complete disertation,2018).The target group within the interviews where thirty four service users drawn from 5 local authorities with well established home-care re-ablement services (Wilde,Glendinnig,583).

Probability sampling is a sampling method in which all members of the population has a pre-specified and an equal chance to be a part of the sample. However non probability sampling is where everyone in the world doesn’t get an equal opportunity to be of becoming a part of the sampling, Surbhi(2016)was useful source of information. The type of sampling in the research paper is purposive sampling.

.The probability sampling in the research paper is the selected thirty four service users that are drawn from five local authorities that are home receive home-care. Informal characteristics where also found in the sampling where most informal carers where either over 65 years of age or female .On the other hand there was a higher population for the

service users over 65 years of age(74%) , female(65%), black or minority ethnic(9%) or either lives alone(59%) (Wilde,Glendinning,2012).

### **Data analysis**

Data analysis is a primary component of data mining and business intelligence , Galetto (2016)was a useful source of information .In the research paper the data analysis was clear , there transcribed interviews were analysed thematically by using a process of data reduction on a computer software and also data display, conclusion drawing and verifying . There is also data analysis was also used in the paper , there was transcribed interviews(Wilde,Glendinning,2012).The research paper contains primary research as there was new transcribed interviews held in 2012 .There are three types of interviews structured, semi structured and unstructured .The interview that was taken in the data analysis in the research paper is semi structured as the service users where asked a series of questions that where similar but not everyone the exact same except the important ones.

### **Thematic Analysis**

Thematic analysis is “A method for identifying , analysing and reporting patterns within data”(Braun,clarke,2006:P79).As this is a mix methods paper there isn’t much thematic analysis in this research paper although there is data collection collected as the interviews where recorded with the interviewees consent also a chart was made to show the different types of service users .Also “Thematic summaries contained a synthesis of relevant discussion and small amounts of verbatim comments, referenced to a transcripts or the researchers field notes (Wilde, Glendinning,2012).

### **Review**

The research is presented in the chart about the different type of service users and also the discussion on transcribed interviews are also shown .The limitations of the study shows characteristics of design and also methodology in the Research paper(Braun,Clarke,2006) .The paper discusses how individual's feel like their not living too their full potential and also by using data collection to show the different type of service users and their opinions the paper also clarifies that they’re was transcribed interviews held from different authorities too show a correct data sample .

### **Ethics**

The research paper included ethical information on how the service users was restricted too their full potential “the interviews also identified potential barriers to optimal independence”(Wilde, Glendinning,2012:). The research paper was specific too the type of information that had to be included , was very concise and clear with a nice lay out .The research paper that was chosen was very interesting and was also relevant too the information the paper had too include.

There was ethical approval during this interview as “interviewees had to be able to give informed consent”(Wilde,Glendinning,2012).They also made the varied the research from those living with carers and those living alone, those referred from the community and those referred to home-care re-ablement on discharge from the hospital.

This literature was ethically approved by the NHS in 2010 where the original research on home-care re-ablement services took place in spring 2010 (Wilde,Glendinning,2012).The most current research used in this research paper is taken place in spring 2010.Data collection methods that were used during the research was gathering 34 people from 5 different organisations and by interviewing them on their home-care .One individual stated “if they’re helping me, then how can I be independent “(Wilde,Glendinning,2012).

### Discussion

The Discussion is “The action or process of talking about something in order to reach a decision or to exchange ideas “(Oxford,2018).The discussion in the research paper consists on discussing the sample, the sample was relatively small and included only a few interviewees with multiple impairments, sensory impairments or distinctive ethical needs(Wilde, Glendinning,2012).The discussion also includes when re-ablement may be less effective when carers are not addressed , this may lead to de-motivation, frustration and feelings of failed impairments(Iwakuma,2002).The paper the discussion and conclusion are put together.

### Conclusion

The conclusion should give a sense of completion to the essay and should point to the central idea or to the argument that has been made ( Literary fund,2018).The research paper talks about how with re-ablement services expressed by interviewees, their unmet needs and concerns suggest that home-care re-ablement has significant limitations (Wilde, Glendinning, 2012).Its important that person-centred ideas of independence , social participation and the diverse range of needs are met (Wilde,Glendinnig,2012).The paper also talks about the interviews and how evidence from this study suggests that clear information about the goals and methods is important.

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