# **Editorial**





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### Writing to develop practice

One of the most important ways that nurses can share practice is by writing about it. In the past this has been a daunting proposition because nursing journals were highly academic and the type of article that they required was, by and large, traditional research. Although many more nurses are undertaking research compared to twenty or even ten years ago, this is not the only type of article that nurses can use to develop their practice. In fact, it could be argued that research is not at the forefront of practice at all - what it is actually doing is catching up with practice. After all, where does research come from but practice itself. So, when we view practice from this angle it is actually ahead of research. Furthermore, when you consider that the process of publishing research findings can take up to two years for some journals we could even say that an awful lot of it is out of date by the time practitioners get to read it!

This then makes a good case for writing about developments in practice now. Not everything that we do in practice is underpinned by research evidence. Most practice, we would argue, has been developed through experience, and this is often the most appropriate form of evidence on which to base clinical decisions. Of further consideration is the dynamic nature of critical care nursing practice. Nursing's knowledge base is constantly being reshaped in the light of new information and we cannot therefore afford to rest easy in the knowledge that our practice is based on research - or any other form of evidence - because it soon becomes outdated. Another aspect to consider is that even though the knowledge base we are referring to, to guide our practice, may be current it is only on rare occasions when we apply it to our practice that we do not modify it in some way to fit the particular circumstances of individual patients.

What this editorial is proposing is that contemporary practice requires – in fact it needs - nurses to write about what is happening in practice NOW. Similarly, conference presentations, which present developments long before they are published in formal research journal articles, are extremely valuable for practitioners, who often leave conferences rejuvenated and full of new ideas about how to make improvements in their own practice. We do not have to wait for research reports to tell us how to improve our practice. We can all be making a contribution to practice development by sharing our expertise in less formal ways. One way that YOU can do this is by writing for Connect. The journal offers a variety of possibilities for authors to present developments from their own practice. Case studies are one example of how nurses can write to demonstrate a particular innovation or new idea. Another new approach, which we have just introduced to Connect, is the This Is My Unit series of articles. This type of article enables nurses to showcase their critical care unit and to write informally about different aspects of nursing care. This is a very non-threatening form of writing that we believe every critical care nurse is capable of undertaking.

So, to return to the purpose of this editorial, what we are saying is that nurses have an obligation to their colleagues world-wide to share their work. Only when we bear this responsibility fully can we begin to appreciate 'what is out there' that we can learn from to benefit our own patients. And, only if we all write about it NOW do we have a real chance of ensuring that our practice is up to date. That sounds like a challenge! Will YOU respond? Please at least think about it.



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