



## Your Problem is Our Problem

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There are many different ideas about nursing and midwifery, and these ideas come from a variety of sources. Clients get their opinions from the care that they receive. Sometimes nurses must bear the weight of shortcomings in the health system. Writing about these issues is an excellent way to reach members of the public and health professionals, a vehicle to address nursing issues, and to gather suggestions for change. We care for people, but sometimes there is a lack of mutual understanding, as there will always be different expectations and perspectives. While nurse educators are drowning in theories and models, nurse practitioners are involved in their everyday challenges and requirements, while the clients have only a superficial view of what is going on. These gaps must be filled. Nurses have a unique perspective on the health care system and we can see many of the issues facing health care today. The problem is that we do not talk openly enough about these difficulties. William Rotzler said, 'You won't find a solution by saying there is no problem.' The main problems can be defined as follows:

- Chronic nursing shortages and a health system that does not employ enough personnel due to economic concerns.

- The huge gap between theory and practice in nursing.
- The physician-centered, instead of patient-centered viewpoint, that sees nurses as second-class employees.
- The lack of evidence based practice (EBP).
- Low self-esteem in nurses that is transferred from one generation of nurses to the next generation.
- Shortcomings in nursing education especially in clinical settings.

The important thing about a problem is not its solution, but the strength we gain in finding the solution. Nurses have unique capabilities. Nursing education gives us the ability to manage difficult situations. Research, communication and EBP are three strong tools, which can be used to solve various problems in nursing. Nursing is a combination of both science and art. These components are practically inseparable. The art of nursing is built upon such things as; wisdom, compassion, communication, and respect for human dignity (1). More than 100 years ago, Florence Nightingale claimed that nursing was the 'finest art' (2). In order for nurses to gain competence in both of these nursing components, they must be committed to lifelong learning. One of the most systematic

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ways to learn is through research activities. Research lies at the heart of nursing and it guarantees quality of care in spite of the difficulties. The research field in nursing is very wide and nurses employ both quantitative and qualitative methods to address questions and concerns. Many aspects of nursing problems are common to all countries and nurses should try to find common solutions, or use the experiences of their international colleagues. The context for this international cooperation is still limited. We need more collaborative researches in future. Communication is the other issue. There are hundreds of nursing journals in the world, but most of them are published in North America. It seems that there is one way communication in nursing, so nurses in developing countries, have little space to have their voices reach the world. Nursing also needs more EBP. EBP is specified with "care that integrates the best research with clinical expertise and patient values for optimum care". EBP is the cornerstone for; patient safety, quality care, and cost-effectiveness in health care (3). According to DiCenso (4), the necessary skills required for EBP consist of the capacity to: 'Define a patient problem precisely and ascertain what information is required to resolve the problem, to conduct an efficient search of the literature, to select the best of the relevant studies, to apply rules of evidence to determine their validity, to extract the clinical message, to determine how the patient's values affect the balance between advantages and disadvantages of the available

management options, to involve the patient appropriately in the decision, and to implement and evaluate the management plan'. This is the first issue, of the first volume of the Nursing and Midwifery Studies Journal. We will endeavor to address the issues of nursing research, international communication and evidence based practice. We are committed to gathering opinions, suggestions and evidences that will help nurses find solutions to their problems. Although as Barbara Johnson said, 'Never let a problem to be solved become more important than the person to be loved'.

### Authors' Contribution

The author has conducted the whole manuscript.

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None declared.

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