

## SCHOLARSHIP REPORT

Name: **Vít Blanař**

Home institution: **University of Pardubice**

Host institution: **Medical University of Graz**

Host institute/department: **Institute of Nursing Science**

Period of stay: **winter term 2018/2019 (3 months)**

Thanks to OEAD and AKTION Czech Republic-Austria programme, I was able to spend three months at the Institute of Nursing Science, the Medical University of Graz, as a post-doctorate young scientist. This stay was very constructive and helpful for my future researcher career. I was participating in the Austrian Prevalence Measurement Quality of Care (LPZ), which is a long-term project of the hosting institute. In this international project, institutions from the Netherlands, Switzerland, the United Kingdom, and Turkey are involved as well. Updating of procedures and questionnaires for data collection takes place regularly at the international meetings of the participating institutions. The project deals with the most important health care issues related to nursing care; for example, pressure ulcers, incontinence, malnutrition, intertrigo, falls, physical restraints, chronic wounds, and pain. During my scholarship, my main focus was malnutrition of hospitalized patients and its connection to nursing care quality. The role of my supervisor was held by prof. Christa Lohrmann, RN, MA, PhD. I worked as a member of a post-doctoral research group during my internship.

### **Main internship objectives**

Before the beginning of my internship I had declared three main objectives:

1. To develop my own research questions for the data analysis.
  2. To analyse data of the prevalence studies from the past years.
  3. To learn how to write a scientific article for an international peer-reviewed journal.
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1. Regarding the first objective, in the beginning, we checked what data are available for research and secondary statistical analysis. In this context, I decided to focus on malnutrition module of LPZ data. My research questions were focused on changes of availability of clinical practise guidelines, compliance to the guidelines, and documentation of malnutrition risk assessment and interventions for prevention and treatment of malnutrition in the years from 2012 to 2017.
  2. I worked with my colleagues on secondary data analysis. Original data were collected as a part of the "Prevalence Measurement Quality of Care" which is an annual cross-sectional research in Austrian healthcare institutions conducted at a national level. We used

a descriptive statistic for sample characteristics. Means with standard deviations for numerical data and counts with percentages for categorical data. We used the Shapiro-Wilk test and Kolmogorov–Smirnov test for normality testing. Our conclusions were based on testing by Chi-square (X<sup>2</sup>) test and McNemar’s test for categorized data and Mann-Whitney U-test for numeric data.

3. After data analysis and exploring the results, I started with writing an article with the intention to publish it in an international scientific peer-reviewed journal. The results consist of two parts. First part contains a description of the difference in nutrition care and related variables between years in the period from the year 2012 to 2017. The second part comprises a comparison of these changes in the years 2017 and 2017 only and its statistical significance.

The article was accepted in the journal *Nutrition* (IF 2018 = 3.591):

BLANAŘ, V., EGLSEER, D., LOHRMANN, CH., HODL, M. (2019). Changes in the availability of clinical practice guidelines for malnutrition: a six-year multicentre study, *Nutrition*. doi: <https://doi.org/10.1016/j.nut.2019.110617>

### **Additional outcomes and achievements**

During my internship, I had an opportunity to participate in the Prevalence Measurement Quality of Care (LPZ) international meeting. This meeting was focused on a discussion about improvement and future development of LPZ questionnaire, management and setting of data collection, data protection and analysis of obtained information. The participation in this session gave me an interesting insight into the organization of a big international research project, which has been conducted for almost 10 years.

In September, I was engaged in the Doctoral Programme Nursing Science, a three days meeting. There were doctoral nursing students and professors from four European countries. The meeting included two workshops, student presentations and several reviews of student’s articles followed by discussion. The first workshop was focused on tips for writing research articles in the English language into an international scientific journal. The second workshop concentrate on “Mixed Methods” in research (Triangulation of quantitative and qualitative research parts). From my own point of view, this meeting of Doctoral Programme Nursing Science is very useful and effective to achieve new knowledge and skills regarding research. Especially, reviews of student’s article by other students can improve the writing skills of writers and reviewers as well. Meeting of doctoral nursing students was enhanced by a defence of the doctoral thesis of a student in the sixth year of study which was very exciting for me, notably the insight into the process and organization of the defence itself.

Finally, I have acquired new knowledge and skills, which will be useful for my future research work and teaching. In my opinion, this experience considerably increases the chances to gain my own funded research project. Additionally, we build a new network for cooperation in research in the field of nursing. I hope that will be the basis of sustaining effective collaboration in the future.