



THE RESEARCHERS' DILEMMAS WHEN EXAMINING THEIR OWN PRACTICE

Developing Person-centred practice and culture using an action research approach

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Introduction

Person-centred practice is a priority within healthcare systems internationally and at Zealand University Hospital in Denmark. To develop practice two departments at Zealand University Hospital initiated a three-year action research study with the purpose of developing clinical practice and the culture towards a more person-centred approach.

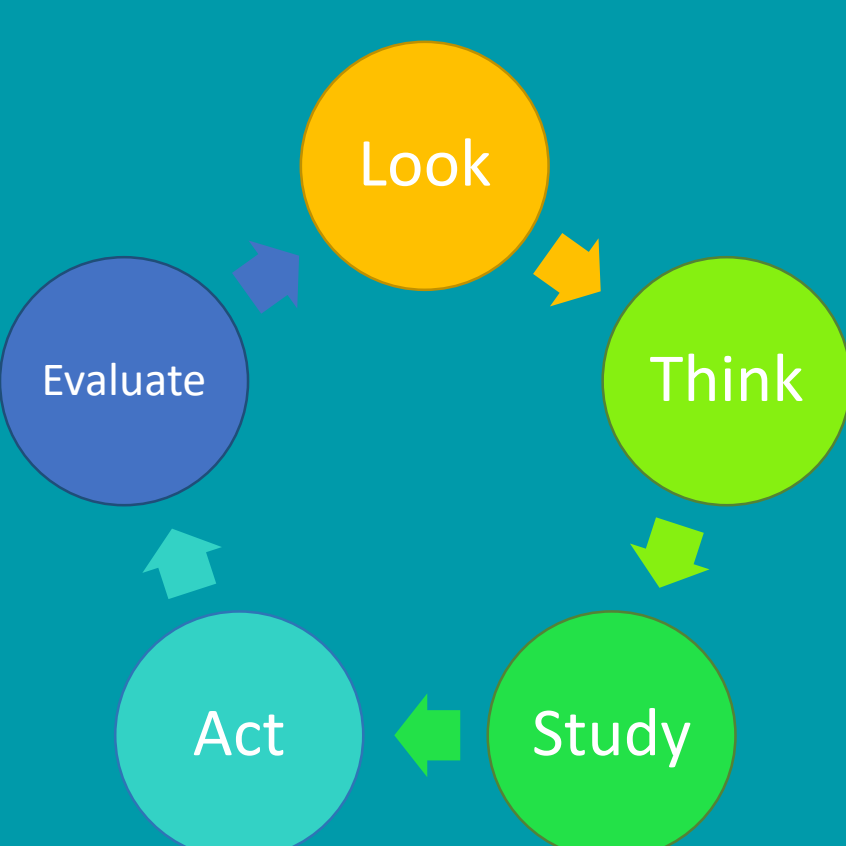
Purpose

The purpose of this presentation is to describe the researchers dilemmas when doing action research within their own practice.

Method

The study is an action research study with a participatory approach, where dialogues and reflections both individually and collectively are key concepts that opens for perspectives in relation to a person-centred practice. Methods used are questionnaires, interviews, field studies and logbook records. Part of the Action research process was that the research leaders shared findings from the field studies and facilitated the continuous dialogues with participants.

Action Research Processes



Results and Discussion

Results from the data collection represented value and cooperation conflicts, power relations and resistance to work with uncovered inappropriate blind spots, thus the action researchers experienced several dilemmas.

As action researchers, they have responsibility to uncover and present results from the data collection, also if they included problems associated to the existing practice culture. However, if the results uncovered are not acknowledged by the participants, there is a risk that results will not be considered and necessary change of the existing culture may not be implemented.

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Being an Action Researcher

The figure illustrates challenges for the insider action researchers



Conclusion

As action researcher you must be able to endure participants resistance and/or frustrations in relation to the results uncovered. Also, the relation between the action researchers and participants may be compromised and thus complicate the relations and collaboration.

Perspectives

Action research is a dynamic and unforeseen process and therefore, being an action researcher has a "flip side of the coin" that one must be aware of when doing action research in one's own department.