

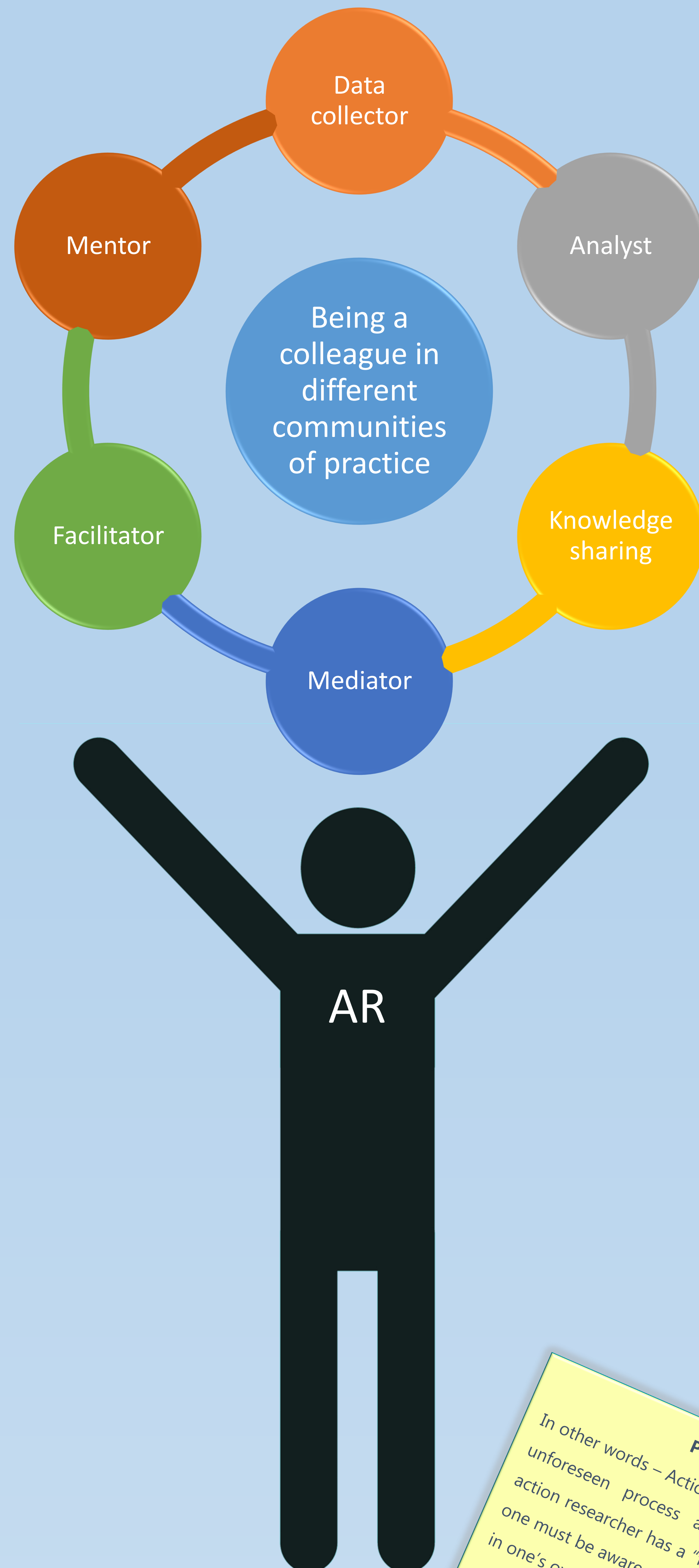


ACTION RESEARCH – THE RESEARCHERS DILEMMAS WHEN EXAMINING OWN PRACTICE

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Being an Action Researcher

The figure shows the action researchers tasks when doing research within own practice



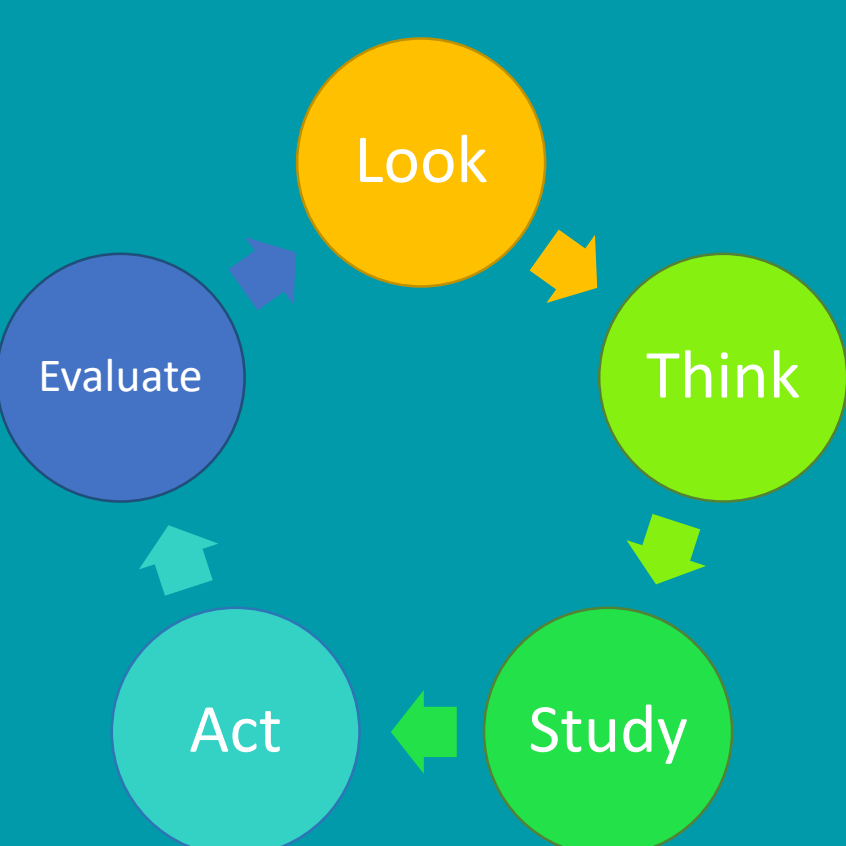
Introduction

Within our healthcare system person-centred practice is a priority both internationally and at Zealand University Hospital (ZUH), Denmark. Two Departments at ZUH initiated in 2020 a three-year research and development project with the purpose of developing a person-centred practice. This presentation describes the researchers' dilemmas when doing action research within their own practice.

Method

The study is an action research study with a participatory approach. Dialogues and reflections both individually and collectively are key concepts that opens for perspectives in relation to a person-centred practice, which otherwise may not have emerged. Methods used are questionnaires, interviews, field studies and logbook records.

Action Research Processes



Ethics

The departments' two nursing research leaders are responsible for the compliance with the ethics of action research. The study is an Action research study. As action researchers, they are responsible to uncover and present problems associated to the existing practice culture for instance value and cooperation conflicts, power relations or lack of psychological safety to speak critically about practice.

Results

Data shows that the action researchers employed in the project departments experienced practical dilemmas in relation to project management and formal decision –making as well as ethical dilemmas.

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 cooperation and the further process.

Perspectives

In other words – 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.

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