Research Techniques and More

- **Fall 2006 Beginnings Issue**
  This issue was entitled *The Importance of Holistic Nursing Research*. Articles include "What is Holistic Nursing Research? Is It Different?", "Guidelines for Preparing Research Proposals" and many more.

  Because a number of AHNA members have asked about format and guidelines for writing and submitting research proposals, we – as members of the AHNA Research Committee – were asked to form a task force to develop written guidelines. These guides are offered as a help to all AHNA members, whether you are writing a proposal for AHNA, for a School or College of Nursing, or for a foundation or other funding source.

- **Rew, L.** How to Conduct a Systematic Review of Literature.
  The current focus on evidence-based practice begs the question, how do I find the evidence? One way to search for evidence is through a systematic review of literature. Unlike other types of narrative literature reviews that often end up unfocused, a systematic review of literature is conducted just like any other research process. It begins with a clearly focused question or questions.

- **Tracy, S.** A Brief Overview of Qualitative and Quantitative Paradigms of Research.
  In the world of research, there are two main paradigms that envelope most work: research from a quantitative paradigm and research from a qualitative paradigm. These paradigms are distinctly different and questions that are situated in each paradigm must adhere to the philosophy that IS the paradigm. Evidence in research is rated according to a hierarchy of strength of evidence – the pyramid that ranks the strength of research evidence is attached.

  Holistic nursing research is challenging and necessary for us to support our practice. Yet we need to ask how or is holistic nursing different from other forms of research in complementary alternative modalities and nursing.

  As human beings we are driven to explore. We strive to understand ourselves and our world; we construct belief systems that we want others to accept and practice. Through the ages, mystics and shamanic healers believed in the healing power of the ecstatic experience of a unified cosmic whole. Pagans believed that all matter, living and non-living, had spirit and a life force that could communicate. Now theoretical physicists and behavioral scientists study "subtle energy" and theorize about the nature of and actions by, consciousness.