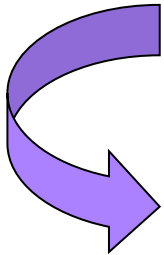


# What is clinical nursing research?

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- Research performed by a nurse
- Clinical patient problems



Improve patient care  
Improve patient outcomes

# How to start?

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- Look at your patients
- Talk to your doctors
- Define with your doctors a patient problem

# Example in our centre

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- HIV = chronic disease
- Essential factor =

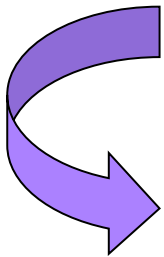
*ADHERENCE<sup>1</sup>  
to antiretroviral therapy*

1. Osterbergh L. N Engl J Med 2005;353:487-497

# Non-adherence in our population?

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- Prevalence
- Best feasible screening tool



Detection

Adherence enhancing interventions

# Validation study<sup>1</sup>

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- 3 Self Reports
  - VAS: % of overall doses taken
  - SHCS-AQ: % of overall doses missed and drug holidays
  - EHTQ: % of doses missed and drug holidays for each ARV
  
- Electronic monitoring during 3 months
  
- Prediction of virological failure at 1 year

1. Deschamps AE, et al. Aids Patient Care & STD's 2008; 22: 735-743

# Ranking

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<b>Diagnostic value</b>	<b>Measurement</b>	<b>Remarks</b>
Best	SR (SHCS-AQ) after EM	Costly (US \$ 100) Labor intensive ↑ Refusal rate - disclosure - unpractical
Second best	EM	Cf. supra
Third best	SR (SHCS-AQ + VAS) combined before EM	Feasible in daily practice < 3' time ↓ Refusal rate

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1. Deschamps AE, et al. Aids Patient Care & STD's 2008; 22: 735-743

# Outcome of this research project

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- Virological failure: 7%
- Easy tool to detect nonadherence
  
- Published<sup>1</sup> and share our findings
- Build up a network with other experts
  - Conferences
  - E-mail list

1. AE Deschamps, et al. AIDS Patient Care and STDs. 2008; 22: 735-743.

# European HIV Nursing Network

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<http://www.eurohivnursing.net/>