

Week 4 Discussion: Using the Walden Library

Student Name

Program Name or Degree Name (e.g., Bachelor of Science in Psychology), University

COURSE XXX: Title of Course

Instructor Name

Month XX, 2024

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Using the Walden Library

Decision-making in healthcare necessitates the use of evidence to inform thoughts and scholarly writing. I understand the role and relish the impact of an evidence-based approach to care on patients' health outcomes and the healthcare system as a whole. As a registered nurse (RN), I am frequently confronted with multiple scenarios daily that require me to explore ideas, stimulate my thinking, and seek insights from people or scholarly articles. The latter has proven extremely useful in my practice, and learning to locate scholarly articles was most likely the source of my seamless practice. In keeping with the use of the Walden Library, the following discussion provides an example of a database I frequently use, the difficulties I encounter, and whether or not I recommend the same databases to colleagues.

Peer-Reviewed Article Selected

As an RN, I perform the duties outlined by the American Nurses Association. In addition, as a psychiatric mental health nursing practice enthusiast and aspiring psychiatric mental health nurse practitioner (PMHNP), I care for adult patients with a variety of mental health care needs. I am an RN at Wellpath South Florida Evaluation and Treatment Center while pursuing my MSN PMHNP program. In keeping with the clinical setting and my interests, I chose an article about caring for elderly patients who require mental health care. Flint et al. (2020) investigate the impact of COVID-19 on the care of elderly patients.

The elderly population is growing as a result of (1) improved medical care for the elderly, which increases life expectancy, and (2) improved medical care for children and youth, which lowers mortality among that age group (WHO, 2021). Why is this population group important in my line of work? Older adults are at a higher risk of severe infection and death in the COVID-19 era due to the likelihood of multiple comorbidities and waning immunity, as well as, to some

extent, a lack of adequate social support (loneliness) and low financial support. My responsibility as an RN and PMHNP enthusiast is understanding the population and designing appropriate interventions to assist patients with mental health care needs.

Database Used and Difficulties Encountered

I used the PubMed search engine to find the article. PubMed is a reputable medical and nursing database that contains over 34 million biomedical literature citations and abstracts (Frandsen et al., 2019). Several articles appeared when I entered the keywords 'impact of COVID-19 on mental healthcare' into the PubMed search box. In addition, I customized the year so that only articles published within the last five years (since 2018) appeared. The challenge I encountered was that there were several articles to choose from, and deciding on one, in particular, was difficult.

Is the valuable database to my Colleagues and would I recommend it?

PubMed is a free resource for searching biomedical and life sciences literature. The primary goal of the literature search is to obtain information that can be used to improve global healthcare practice as well as personal practice (Tucker et al., 2021). Since medical and nursing practice relies heavily on evidence, the database is extremely beneficial to my colleagues. Furthermore, because healthcare professionals are obligated to improve patient health outcomes, I recommend the database to my colleagues so that they can obtain credible information that will inform practice.

References

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