

# EDITORIAL

## The importance of nursing research in chronic diseases

**A**t the present time, cancer, cerebral vascular disease, arterial hypertension and diabetes are the Chronic Diseases (CD) with the highest mortality prevalence and physical disability in the productive stage of individuals<sup>(1, 2)</sup>. These health problems are considered as the epidemic of the XXI century and its main cause of incidence is attributed to unhealthy diet, physical inactivity, presence of overweight and obesity, as well as the consumption of alcohol and tobacco in the population, this as product of the globalization process that is being experienced at the present time<sup>(1-3)</sup>.

Government and non-governmental institutions have shown concern in the face of CD, as they affect individually in the physical, mental and social spheres; but also impacts the health, economic and political systems of a country. The development of Health Research (HR) has been made relevant to this group of priority problems in the population and effective interventions must be developed that contribute to prevent and control CD, to ensure the well-being of the people who undergo with it<sup>(4)</sup>. Health Interventions are complex, since they are addressed to modify behaviors, they must be designed and evaluated, using a methodology (Randomized Clinical Trial) that allows to verify the effect in the people who receive this intervention<sup>(5)</sup>.

The nursing professional focuses on providing effective Nursing Interventions (NI) to produce well-being in the receiving part<sup>(6)</sup>. The interventions constitute an essential component in the nursing discipline, this allows to characterize and distinguish the nursing profession from other disciplines in the same field (Medicine, Psychology, Nutrition, etc.). NI is understood as those actions (based on the theory and the best evidence), carried out by the nursing professional, in response to health problems experienced by people, in order to achieve a quality of life or well-being of the human being. These actions can be carried out independently or in collaboration with the health professionals' team and can be directed to the person, the family and/or community<sup>(7,8)</sup>.

The most commonly used approach to test the interventions effectiveness is the Randomized Clinical Trial. For this type of studies, a long process that can take more than 17 years must be carried out, during this time several Pilot Studies are developed and executed to ensure the viability, feasibility and effectiveness of a treatment or intervention<sup>(8,9)</sup>.

The nursing profession is in the transition process and must prove to be an independent discipline with its own and solid knowledge, based on a rigorous methodological framework. For this it must verify that its actions are effective and safe in the practice. The Nursing Researcher must develop NI, that allows developed knowledge at the prediction level (generation of treatments that contribute improving the health conditions of the population), these should be supported by a strong methodological design, which allows to ensure a better understanding of the discipline interest phenomenon.

### c. Dr. Juan Alberto López-González

PhD In Nursing Sciences Student. Facultad de Enfermería, Universidad de Guanajuato

Departamento de Enfermería, Universidad de Sonora.

E-mail: [juan.lopez@unison.mx](mailto:juan.lopez@unison.mx)

ORCID: <https://orcid.org/0000-0001-5751-6137>

### BIBLIOGRAPHIC REFERENCES

1. María J, Cortes M, Aragonés N, Godoy P, José M, Moros S. Las enfermedades crónicas como prioridad de la vigilancia de la salud pública en España. *Gac Sanit.* 2016;30(2):154-7.
2. The Institute for Health Metrics and Evaluation. The Institute for Health Metrics and Evaluation (IHME) [Internet]. The Institute for Health Metrics and Evaluation. 2018. Disponible en: <https://vizhub.healthdata.org/gbd-compare/>
3. Organización Panamericana de la Salud. Estrategia para la prevención y el control de las Enfermedades No Transmisibles [Internet]. 28.a CONFERENCIA SANITARIA PANAMERICANA 64.a SESIÓN DEL COMITÉ REGIONAL. 2012. Disponible en: [http://apps.who.int/gb/archive/pdf\\_files/wha53/sa14.pdf](http://apps.who.int/gb/archive/pdf_files/wha53/sa14.pdf)
4. Instituto Nacional de Salud Pública. Prioridades de Investigación en Salud [Internet]. México: Instituto Nacional de Salud Pública; 2017. 64 p. Disponible en: <https://www.insp.mx/produccion-editorial/novedades-editoriales/4512-prioridades-investigacion-salud.html>
5. Craig P, Dieppe P, Macintyre S, Michie S, Nazareth I, Petticrew M. Developing and Evaluating Complex Interventions: New Guidance. *Sci York* [Internet]. 2008;337(a1655):a1655. Disponible en: <http://discovery.ucl.ac.uk/103060/>
6. Wight D, Wimbush E, Jepson R, Doi L. Six steps in quality intervention development (6SQulD). *J Epidemiol Community Health.* 2015;70(5):520-5.
7. Sidani S, Braden CJ. Design, Evaluation, and Translation of Nursing Interventions. Iowa: Wiley- BlackWell; 2011. 304 p.
8. Whittemore R, Grey M. The systematic development of nursing interventions. *J Nurs Scholarsh.* 2004;34(2):115-20.
9. Gitlin LN, Czaja SJ. Behavioral intervention research: Designing, evaluating, and implementing. *Behavioral intervention research: Designing, evaluating, and implementing.* 2016.