**Introduction and Overview of the final project.**

Nurses are expected to be able to explain the evidence base with in all fields of practice (NMC 2018). They are also best placed for seeing practice with a fresh approach, identifying areas for improvement and innovation. Consequently, nurses often need to draw on a range of skills and research methods to propose practice improvement.

For your final project in year 3, you are required to

critically appraise research on the topic – ( Impact of Alcohol consumption on hypertension management )

include all the learning outcomes

**justify your topic choice**,

critically question transparency, and evaluate opportunities to positive lifestyle changes opportunities in individuals, families and or communities.

**You will also need to identify complex problems and provide solutions leading to improving health outcomes**.

**Module Learning outcomes**

a.Critically appraise research in your field of nursing to provide a contemporary evidence based understanding of a lifestyle factor related to your chosen field

b.Critically evaluate opportunities to influence positive lifestyle changes in individuals, families and or communities

c.Evaluate situations and critically question with transparency and candour the appropriateness of [your field] nursing care

d.Identify and solve complex problems and critically evaluate solutions leading to improving health outcomes

e.Justify the topic chosen and critically analyse the evidence base.

**Final project presented as a 5000-word written literature review**

**Overview**

You are required to undertake a critical review of literature and produce this as a written project of up to 5000 words.This work should be an independent study of selected pieces of primary research related to a lifestyle factor of your choice and which also relates to your chosen field. Your work should include evidence of meeting **ALL** the module learning outcomes.

Your final project should demonstrate understanding of your selected research as well as an in-depth critique and evaluation. This must be related to a health issue and positive lifestyle change in individuals, families, or communities appropriate to your field of nursing.

Furthermore, you must be transparent in how your findings can be applied to practice as well as be able to demonstrate the ability to use empirical evidence in the form of primary research to critically evaluate solutions leading to improving health outcomes.

***Please note -Please remember your final project must not entail any form of primary data collection. This means that you should not collect any data/conduct your own research from any individual, patient, carers, family members or staff for this assessment.***

**Process**

The aim of your 5000 word literature review is to:

* Select 9-12 primary literature research to be reviewed.
* Draw out **3 key themes** from your primary research to be discussed and critically analysed.
  + Evaluate the strengths and weaknesses of your chosen literature.
  + Identify gaps in the literature and/or problems to be solved.
  + Draw together the main themes and arguments.
* Explain the relevance of the literature and its implications for nursing practice to your field.
* Use additional references/sources to support your work throughout.

You will need to demonstrate and apply critical thinking and clinical reasoning skills to situations within your field of nursing using empirical evidence and reflection on experience in practice, related to your field of nursing. You will need to consider the rationale for your choice of the health lifestyle/issue for this project.  We will be looking for evidence of you having related this to your practice, supporting evidence and the use of critical thinking and clinical reasoning regarding your topic.

The literature review should be up to 5000 words [+10%]. You should discuss your selected literature in a clear, logical format, broken into sections and use sub-headings as appropriate.

You will need to clearly identify your 3 key themes that relate to your chosen lifestyle choice/topic that have emerged from your selected studies, highlight the main elements to be considered in your field of practice and consider these positive lifestyle changes for patients, families, and/or communities. Remember to provide rationale for your chosen topic and the 3 themes.

**Structure**

**Abstract**(not included in your word count)

This is a summary of your project in the form of a brief overview of the topic, literature review, application to practice, summation and conclusion.

**1.Introduction**

Stateyour chosen lifestyle choice/topic together and the structure of your project. You may wish to set a research question, but this is optional.

Provide a short discussion on the rationale for selecting your lifestyle choice/topic and the 3 emerging themes drawing on your experience over the past 3 years of learning on this programme both in practice and theory.

Further detail to be included in the introduction could beoperational definitions of key variables relevant to your project, the population or demographics of the patients/service users, and the impact of your chosen lifestyle choice/topic on practice, individuals, families, communities and quality of life. Most importantly, state how this relates to your chosen field of nursing.

**2a. Literature ReviewMethod**

This should be a short chapter/section which provides an overview of how you found your selected key pieces of primary research/literature for this project.

You should consider including the following:

* How you selected a topic or question for your critical review of the literature
* Search terms used: Identify the key terms for the search of relevant and credibleprimary studies on the topic
* BOOLEAN operatives
* Databases accessed.
* Inclusion and exclusion criteria
* Final number of studies selected for the review (*a minimum of 12 primary studies are required).*
* A matrix of the selected studies (to be placed in appendix)
* Tools used for the critical appraisal of the selected studies (e.g., CASP)
* Themes identified (3 recommended; must emerge from the selected studies and relate to the topic/review question)

**2b. Main Literature Review**

From your selected primary literature, you need to identifythe recurrent themes across the research you have sourced that relate to your chosen lifestyle choice/topic.

We suggest you clearly identify your emerging 3 themes and structure each one to include a detailed critique of the credible, peer reviewed primary research (these should not be other critical reviews or meta-analysis).

Consider each selected research to appraise, critique and objectively review the data, methodology and findings.Examine the strengths and weaknesses identified from the critical appraisal of the selected studies making links to key points of your topic, themes and chosen field.  As a reminder, there should be reference to your chosen field of nursing throughout your work.

This section should form the largest part of your project as you are expected to demonstrate a critical understanding of research methodology.

**2c.Summation**

This is the synthesise or drawing together of the findings and arguments relating to the 3 key themes and chosen lifestyle/topic. Consider the main findings and arguments from your primary research. Did they address your research question if you set one? What is the overall quality of the evidence? You should also give an overview of Identified gaps in the literature or problems to be solved.

**2d. Application**

Within this section you need to demonstrate how you have applied your chosen lifestyle choice/topic to your field and practice by critically discussing the relevance of your literature review and the implications for nursing practice. You are also expected to evaluate possible solutions and/or recommendations to identify strategies to improve health outcomes/ positive lifestyle changes in individuals, families, and/or communities.

The latter part of this chapter should consider howwould you disseminate the findings of this literature review so that it could lead to transformation.

**3.Conclusion**

This should be a summary of what was presented within the literature review and how this will influence positive lifestyle change but must not include any new information.

**At this stage it is recommended you review the Learning outcomes againto make sure you have included all of them,and that each section has been supported with credible references from reliable sources.**

Please note - tables or equivalent data embedded within the main body of work will not be included in the word count but you must keep these to a minimum, preferably add to Appendices.

**Presentation of your 5000 word Literature Review**

Each of the pages/sub sections listed below should be on a separate page and presented as follows:

**Title page**must include the following information[see Appendix 1 page 20]

* student name and number.
* Module code and title.
* Title of your project.
* Word count
* This statement - *This project is submitted in partial fulfilment of the requirement of the BSc (Hons) in [your chosen field] of Nursing.*

**Author Declaration** stating *‘the work submitted here is the author’s own work and has not been presented beforewholly or in part for an academic award or qualification other than that for which it is now submitted’ with your signature, name, and date.*

**Acknowledgments –** a short a paragraph to say a few words of gratitude to those that have supported you through the course.

**Contents page**

**Abstract**

**Introduction**

**Literature review method**

**Main Literature Review**

**Summation**

**Application to practice**

**Conclusion**

**References** - all sources included in your project presented in accordance with UoN Harvard referencing system

**Bibliography** - any sources you have used to support your work, such as background reading but have not cited in your main project

**Appendices** – any supporting material such as tables, graphs, matrix,and charts. You are also expected to include part of your CASP tool as well as the record of supervision [See appendix 2].

**Further advice on presentation**

* Use an easily readable font such as Arial, Calibri, or Verdana
* Recommended Font size is 11or12, with 1.5 spaced lines with justified paragraphs and 1.5-inch margins.
* A footer included on each page which includes your student number and page number.
* The Harvard referencing system- guidelines can be found via this link <https://skillshub.northampton.ac.uk/referencing/>