**Health services and medicine**

       Throughout this course, I have taken up very valuable lessons with regard to both the nursing practice as well as the research process. This has come from the many different assignment and activities that I have been doing throughout the course. My mentality about nursing has also changed significantly, and this has been as a result of the increased knowledge that I have gained in the course (Keyes and Galea, 2016). Nursing research has been made to look like something that is simple and easy to do with regard to the implementation on the ground in the many health care facilities.

The facility that I work with has a manager that believes in evidence-based practice, and this is a culture that the manager has implemented well in the hospital. Both doctors and nurses are expected to make use of the evidence-based practice in the process of improving the patient's care in the hospital. This is a process that has been implemented over a long period of time, and I can participate in this process by making use of the skills that I have gained over this period in an effort to improve the data collection process. This will assist in the implementation process of making sure that the many different professionals are able to take up the culture of evidence-based practice.

I can participate in the research process by ensuring that the process of data collection is streamlined. This means that one should be able to collect data easily and pass on this information to the people that are in the institutions. This should over time assist in the process of increasing the efficiency that is used in the process of completing different activities (Nair and Mertova, 2015). All this is crucial in helping increase the success rate of treating the patients in the hospitals. Generally, this course has taught me many different things, and it has improved the way I view of evidence-based practice. I now find it to be easier to accomplish as well as critical in improving the results of the patients that are treated in the hospital.

**Reference**

Keyes, K. M., & Galea, S. (2016). *Population health science*.

Nair, C. S., & Mertova, P. (2015). *Enhancing learning and teaching: Student feedback in medical and health sciences*. Oxford: Chandos Publishing.