Systematic Literature Review in Nursing: Exploring Research Processes and Person-Centered Care

## Introduction

A systematic literature review in nursing serves as a critical tool for synthesizing existing research and identifying gaps within the field. This approach is particularly relevant given the complex and evolving nature of healthcare, which necessitates a comprehensive understanding of current practices and emerging trends. By systematically analyzing existing studies, researchers can provide a detailed overview of the evidence base, thereby informing clinical practice and guiding future research. The need for such reviews is underscored by the growing emphasis on evidence-based practice, which aims to integrate the best available evidence with clinical expertise and patient preferences. In this context, the systematic literature review not only highlights important findings from existing studies but also relates them directly to nursing practice, thus enhancing the discipline's knowledge base and improving patient care outcomes.

## Methodology

The benefits of conducting systematic reviews in nursing research are manifold, primarily as they offer a structured approach to synthesizing existing evidence, which is critical for informing clinical practice and policy development. These reviews enable a comprehensive analysis of existing studies, ensuring that decisions in nursing are grounded in the best available evidence. Developing a research question is a foundational step in this process, requiring a careful balance between specificity and breadth to capture relevant studies while maintaining a manageable scope (Immonen et al., 2019). This involves identifying key themes and gaps in the existing literature and aligning the question with the objectives of the review. By rigorously defining the research question, the review can systematically address pertinent issues in nursing, thereby contributing to enhanced patient care and professional practice development.

In developing the inclusion and exclusion criteria for selecting articles, the focus was primarily on ensuring relevance, methodological rigor, and recent contributions to nursing practice. Articles included in the review needed to be peer-reviewed, published within the last decade, and directly address the research question, thus ensuring contemporary relevance and applicability to current nursing challenges. Exclusion criteria were set to omit studies with outdated data, those lacking methodological transparency, or those outside the scope of the defined research question, which could potentially dilute the review's focus (Khoo-Lattimore et al., 2019). Additionally, studies not published in English or lacking full-text availability were excluded to maintain consistency in data interpretation and accessibility. Implementing these criteria facilitated a robust selection process, ensuring that the literature review encompassed a comprehensive and high-quality evidence base, thereby aligning with the systematic nature of the review and its objectives to enhance nursing practice.

The systematic search strategy employed in this review involved a comprehensive approach to identify relevant literature across multiple databases, including PubMed, CINAHL, and Scopus. These databases were selected for their extensive coverage of nursing and healthcare-related journals, ensuring a broad capture of pertinent studies. Keywords were carefully chosen to reflect the central themes of the research question, including terms such as "nursing practice," "systematic review," and "patient care outcomes." Boolean operators were utilized to refine the search results, providing a balance between specificity and inclusivity. This meticulous strategy ensured that the collected literature would be robust and relevant, aligning with the review's objectives to enhance nursing practice through evidence-based findings (Wiig et al., 2020).

The critical appraisal of selected articles is a vital component of the systematic literature review process, ensuring that each study is rigorously evaluated against established criteria for methodological soundness and relevance to nursing practice. This appraisal process aligns with module learning outcomes by fostering the development of skills necessary for assessing the quality and applicability of research findings. To accomplish this, each article undergoes a detailed examination focusing on its research design, data collection methods, and the validity of its conclusions, which are essential for determining its contribution to the evidence base (LoBiondo-Wood & Haber, 2021). This systematic evaluation not only enhances the integrity of the review but also supports the overarching aim of integrating evidence-based findings into nursing practice. By critically appraising the literature, the review establishes a robust foundation upon which nursing professionals can base clinical decisions, thereby advancing the quality of patient care.

## Literature Review and Results

The literature review encompassed a selection of peer-reviewed articles, each contributing to a nuanced understanding of nursing practices and patient care. These articles collectively highlight significant themes in contemporary nursing, such as the integration of evidence-based practice and the emphasis on person-centered care. For instance, one study identified compassion satisfaction as a pivotal factor influencing person-centered care among critical care nurses, underscoring the importance of emotional well-being in professional practice (Choi, 2020). Another article explored the role of collaborative learning and user involvement in enhancing healthcare resilience, emphasizing the value of stakeholder engagement in nursing contexts (Wiig et al., 2020). Collectively, these findings underscore the necessity for ongoing research and adaptation of strategies to meet the evolving demands of healthcare, thereby reinforcing the critical role of systematic reviews in advancing nursing knowledge and practice.

Each article selected for the review was critically assessed for its contribution to understanding research assumptions within the nursing field. The study by Choi highlights the impact of compassion satisfaction on person-centered care, revealing underlying assumptions about the emotional dimensions that influence nursing practice (Choi, 2020). Another article underscores the significance of collaborative learning and user involvement in fostering resilience in healthcare, challenging traditional assumptions about hierarchical decision-making in nursing contexts (Wiig et al., 2020). In contrast, Khoo-Lattimore et al.'s research offers insights into the use of mixed methods, which challenges the assumption that qualitative and quantitative approaches cannot be effectively combined in nursing research (Khoo-Lattimore et al., 2019). These critiques collectively unravel various implicit assumptions, thereby enriching the discourse on methodological diversity and its implications for enhancing nursing knowledge and practice.

Emerging themes from the literature emphasize the significant role of service user and carer involvement in nursing practice, particularly in enhancing resilience and person-centered care. The integration of collaborative learning models, as demonstrated in the study by Wiig et al., illustrates how user involvement can lead to improved healthcare resilience by fostering an inclusive decision-making environment (Wiig et al., 2020). This approach not only enriches the care process but also challenges traditional hierarchical structures, advocating for a more participatory form of engagement in healthcare settings. Additionally, the emphasis on emotional well-being, as highlighted by Choi, further underscores the importance of compassion satisfaction in achieving effective person-centered care, thereby linking service user involvement with positive clinical outcomes (Choi, 2020). Collectively, these themes point to a paradigm shift in nursing practices, where active engagement with service users and carers is pivotal in addressing the dynamic needs of healthcare delivery and improving overall patient satisfaction.

The reviewed articles employed a variety of research methods, demonstrating the methodological diversity within nursing research. Quantitative methods were frequently used, exemplified by studies that utilized statistical analysis to evaluate outcomes related to person-centered care, highlighting their capacity for generalizability and objective measurement (Wiig et al., 2020). Conversely, qualitative methods provided deeper insights into the subjective experiences of nurses and patients, facilitating a comprehensive understanding of complex phenomena such as compassion satisfaction (Choi, 2020). Mixed methods approaches, as discussed by Khoo-Lattimore et al., effectively combined the strengths of both qualitative and quantitative techniques, offering a more holistic view of the research question by triangulating data from multiple sources (Khoo-Lattimore et al., 2019). This methodological plurality not only enriches the evidence base but also underscores the need for selecting appropriate research strategies that align with the specific aims and contexts of nursing studies.

The appraisal of the evidence presented in the selected articles highlights the varied quality and relevance of research concerning person-centered care. A critical aspect of these appraisals is the focus on methodological soundness and the robustness of findings, as demonstrated by Choi's study, which methodically links compassion satisfaction to person-centered care among nurses (Choi, 2020). This study, alongside others, underscores the necessity for rigorous research designs to ensure that findings are both reliable and applicable to clinical settings. The integration of user involvement and collaborative learning, as examined by Wiig et al., further illustrates the depth of evidence supporting the enhancement of healthcare resilience through participatory approaches (Wiig et al., 2020). Such evidence not only provides a solid foundation for advancing nursing practice but also emphasizes the importance of high-quality research in underpinning person-centered care models, ultimately contributing to improved patient outcomes.

Statistics and policies from prominent organizations such as the Department of Health (DH), National Institute for Health and Care Excellence (NICE), World Health Organization (WHO), and the Nursing and Midwifery Council (NMC) provide crucial context for the findings of this review. For instance, NICE guidelines emphasize the integration of evidence-based practice in nursing, aligning with the systematic review's focus on enhancing care through robust evidence (Polit & Beck, 2020). The WHO's emphasis on person-centered care underscores the significance of compassion satisfaction and user involvement, which were identified as key themes in the reviewed literature (Choi, 2020). Additionally, the NMC's standards for nursing practice advocate for the continuous professional development of nurses, reflecting the review's findings on the importance of methodological diversity in research (Tappen, 2022). These organizational frameworks not only support the review's conclusions but also highlight the global and regulatory perspectives that inform nursing practice and policy development.

The implications of the findings from this systematic literature review are substantial for both nursing practice and education. The emphasis on person-centered care, as demonstrated by Choi's study on compassion satisfaction, suggests that nursing curricula should incorporate training that enhances emotional resilience and empathy among practitioners (Choi, 2020). Furthermore, the identification of collaborative learning and user involvement as vital components of healthcare resilience, highlighted by Wiig et al., indicates a need for educational programs to integrate participatory approaches, fostering a culture of inclusivity and shared decision-making in clinical settings (Wiig et al., 2020). These insights can significantly inform the development of continuing education programs for nurses, ensuring that they are equipped with the skills necessary to adapt to evolving healthcare landscapes. Additionally, the methodological diversity observed in the reviewed articles, including mixed methods research, underscores the importance of teaching diverse research approaches, thereby enriching nursing research and practice with comprehensive evidence-based strategies (Khoo-Lattimore et al., 2019).

The systematic literature review identified several gaps in the existing body of research that warrant further investigation. One notable gap is the limited exploration of how mixed methods research can be effectively integrated into nursing studies to enhance the depth and breadth of findings (Khoo-Lattimore et al., 2019). Although some studies have begun to address this, there remains a need for more comprehensive research that examines the practical applications and benefits of mixed methods in diverse nursing contexts. Additionally, the involvement of service users and carers in research processes, while acknowledged, often lacks sufficient depth and consistency, suggesting an area ripe for further exploration to optimize person-centered care (Wiig et al., 2020). Future research should also focus on developing strategies to enhance emotional resilience among nurses, a theme identified as crucial for improving patient care outcomes, yet not sufficiently addressed in current literature (Choi, 2020).

Systematic reviews play a critical role in enhancing nursing practice and policy development by providing a comprehensive synthesis of existing research. These reviews enable practitioners to assess the current evidence base, thereby facilitating informed clinical decision-making and ensuring that nursing practices are aligned with the latest empirical findings. By systematically evaluating the quality and relevance of existing studies, systematic reviews help identify best practices and highlight areas where further research is needed, thus driving the continuous improvement of nursing care (Immonen et al., 2019). Furthermore, the insights gained from systematic reviews contribute to policy development by offering a robust foundation for evidence-based guidelines and protocols (Wiig et al., 2020). As such, systematic reviews not only advance nursing knowledge but also ensure that patient care remains both effective and responsive to emerging healthcare challenges.

## Recommendations and Implications for Nursing

The systematic review has highlighted the essential role of integrating compassion satisfaction and collaborative learning into nursing practice to enhance person-centered care. These findings suggest that nursing educators should incorporate emotional resilience training and collaborative decision-making frameworks into curricula to prepare nurses for the demands of modern healthcare environments (Choi, 2020). The emphasis on methodological diversity, particularly the use of mixed methods, underscores the necessity for nursing research to adopt comprehensive strategies that capture the complexity of healthcare settings (Khoo-Lattimore et al., 2019). Furthermore, the inclusion of service users and carers in research processes has been identified as a critical factor in promoting healthcare resilience and should be prioritized in both practice and policy development (Wiig et al., 2020). Future research should explore innovative ways to integrate these elements into nursing practice, ensuring that care remains adaptable and responsive to patient needs.

Integrating research findings into nursing practice requires a strategic approach that emphasizes the adoption of evidence-based methodologies and the enhancement of clinical competencies. One practical recommendation is the incorporation of emotional resilience training in nursing curricula, which aligns with findings on the importance of compassion satisfaction for improving person-centered care (Choi, 2020). Additionally, fostering an environment of collaborative learning within healthcare settings can enhance resilience, as demonstrated by the positive outcomes associated with user involvement and shared decision-making (Wiig et al., 2020). Implementing mixed methods research in nursing practice also holds promise for capturing the complexity of healthcare environments, offering a comprehensive perspective on patient care strategies (Khoo-Lattimore et al., 2019). These strategies not only facilitate the translation of research into practice but also ensure that nursing care remains responsive to the evolving needs of patients and healthcare systems.

Continuous research and evidence-based practice are essential components of nursing, driving both clinical excellence and professional development. The dynamic nature of healthcare demands that nurses consistently update their knowledge and skills to provide optimal patient care. Evidence-based practice ensures that nursing interventions are grounded in the latest empirical findings, promoting effective and efficient care delivery. The integration of ongoing research into daily practice not only enhances clinical outcomes but also fosters a culture of inquiry and critical thinking among healthcare professionals (LoBiondo-Wood & Haber, 2021). As the healthcare landscape evolves, the commitment to continuous research and evidence-based practice remains a cornerstone for advancing the nursing profession and improving patient outcomes.

To address the gaps identified in the systematic literature review, future research should focus on the integration of mixed methods approaches, which have shown potential in providing a comprehensive understanding of nursing phenomena (Khoo-Lattimore et al., 2019). Expanding the use of these methodologies can enhance the depth of analysis, offering insights that single-method studies might overlook. Additionally, more research is needed to explore the practical applications of service user and carer involvement in healthcare settings, as this has been identified as a crucial element for improving resilience and person-centered care (Wiig et al., 2020). Investigating the effectiveness of various strategies for promoting emotional resilience among nurses is also imperative, given its significant impact on patient care outcomes (Choi, 2020). By pursuing these research directions, the nursing field can continue to evolve and adapt to the dynamic challenges of healthcare delivery, ultimately enhancing the quality of care provided.

## Limitations

The review process encountered several limitations that may have influenced the comprehensiveness and reliability of the findings. One significant constraint was the potential for selection bias, as the inclusion criteria favored articles published in English and available in full text, potentially excluding relevant studies in other languages or those not accessible through the selected databases. Additionally, the reliance on peer-reviewed articles published within the last decade may have excluded seminal studies that could offer historical insights into the evolution of nursing practices (Khoo-Lattimore et al., 2019). Another limitation was the inherent variability in the methodological quality of the selected studies, which posed challenges in synthesizing findings across different research designs and contexts (Wiig et al., 2020). These constraints underscore the need for cautious interpretation and highlight areas where future reviews could adopt a broader scope to capture a more diverse range of evidence.

The availability and quality of the reviewed articles presented several challenges that influenced the outcomes of the systematic literature review. One notable issue was the limited access to full-text articles, which restricted the range of studies considered and might have excluded valuable insights from inaccessible sources (Khoo-Lattimore et al., 2019). Additionally, variability in the methodological rigor of the selected studies posed difficulties in ensuring consistency and reliability across the review. This inconsistency is particularly concerning in nursing research, where methodological soundness directly impacts the applicability of findings to clinical practice (Wiig et al., 2020). Furthermore, the predominance of quantitative studies over qualitative or mixed-methods research may have skewed the review's synthesis, limiting the depth of understanding regarding complex nursing phenomena.

## Conclusion

The systematic literature review in nursing has elucidated several key findings and recommendations, highlighting the critical role of evidence-based practices and methodological diversity in enhancing patient care. The emphasis on compassion satisfaction and collaborative learning underscores the need for integrating emotional resilience and user involvement into nursing curricula and practice. Additionally, the diverse research methods employed across the reviewed studies advocate for a broader adoption of mixed methods to capture the multifaceted nature of healthcare environments. Future research should focus on exploring these mixed methods further, while also deepening the involvement of service users and carers in order to optimize person-centered care. Addressing these areas will not only advance nursing knowledge but also ensure that healthcare practices remain responsive to the ever-evolving demands of patient care.

The systematic literature review has proven critical in advancing nursing knowledge by offering a comprehensive synthesis of existing research, thereby facilitating informed clinical decision-making. This review process systematically evaluates the quality of studies, ensuring that nursing practices are grounded in reliable and applicable evidence. By highlighting the importance of compassion satisfaction and collaborative learning, the review underscores the necessity of integrating emotional resilience training and user involvement into nursing curricula and practice (Choi, 2020). Furthermore, the methodological diversity observed in the reviewed studies, including the use of mixed methods, enriches the understanding of complex healthcare environments and supports the development of more nuanced care strategies (Khoo-Lattimore et al., 2019). Such insights not only contribute to the enhancement of nursing practice but also support the ongoing evolution of healthcare policy, ultimately improving patient outcomes.

In light of the findings from this systematic literature review, it is crucial for nurses and researchers to actively engage with ongoing research efforts to enhance nursing practice and patient care outcomes. By participating in research activities, nursing professionals can contribute to the continuous development of evidence-based practices, ensuring that care strategies are both current and effective. Researchers are encouraged to explore innovative methodologies, such as mixed methods, which provide comprehensive insights into complex healthcare environments (Khoo-Lattimore et al., 2019). Moreover, fostering collaborative research initiatives that include service users and carers can lead to more resilient and person-centered healthcare systems (Wiig et al., 2020). Through these actions, the nursing community can address current challenges and anticipate future needs, ultimately advancing the profession and improving the quality of care delivered.