

EDITORIAL

REFLECTION ON RESEARCH LABORATORY

The laboratory is described as the site provided with facilities, equipment and products needed for manipulation, examination and experience made in the context of scientific research, analysis as well as technical, clinical and educational tests. It is a kind of environment that promotes observation, experiment and systematic practice. It is also a workplace which is appropriate to develop skills. The laboratory research brings the idea of controlled experiment, but not necessarily experimental research. It is applied to basic, human and health sciences, among others. Laboratory reminds people, groups of people, researchers, students, technicians and subjects of research.

I invite the readers to take a reflective look at the titles of articles published in this issue. They refer to different research atmospheres: hospital, reference institutions, intensive care unit and management of health services, clinics, nursing school, communities, and open databases. As we enhance our look at this research it is possible to realize its objects: challenges and strategies of confrontation of the reality of nursing care; breastfeeding and contemporary issues; approaches in specific clinical situations (hypertension syndrome, blood pressure control, stroke and diabetes) and listening to the subject as part of the participatory process of care and research (communication, perception, representation and continuing education). Going forward, we can see outlined the methods of research: exploratory, descriptive, reflective, epidemiological and experimental studies. They are supported by a range of different methodological theoretical references, including qualitative and quantitative studies.

The results contribute with nursing care and education, consolidating the epistemology of the area. Bringing back the idea of Laboratory, we must emphasize the laborious, the one who is devoted to labor, to hard work. I mean: the researcher, the teacher, the nurse, and their research groups. To be laborious means to be a hardworking person. It's the one who works hard, who deals with difficult and painful matters. Note that the articles usually have from two to six authors, they are mostly those with four or more authors, consolidating the notion that the research is made in groups. As a conclusion, I propose that you should reflect on their research lab and lead this discussion by answering the following questions: (1) how am I contributing to the improvement of people's health? (2) How am I contributing to my own growth and to that of my hardworking colleagues?

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