

first :

A research conclusion that I read about recently is that consistently not getting enough sleep can lead to an array of health issues, including mood problems. The first step of the scientific method prompts us to identify the problem, which we may define as general moodiness and increasingly common mood swings in an adult population. Next, conducting more initial research on the problem leads us to find that chronic sleep deprivation contributes to mood problems in adults. This prompts us to hypothesize that adults who get less than 6 hours of sleep each night are likely to suffer from mood problems. Next, we would craft an appropriate research design that allows us to study the issue. This might include surveying adults to inquire about sleep habits and mood and attitude tendencies. We would then actually conduct the survey and gather data. Finally, we would pull everything together and draw conclusions.

A prevalent issue in health care, particularly right now, is the effectiveness of the flu vaccine. The efficacy of the vaccine could be researched using more of an applied research approach. A vaccinated population of people could be compared to a non-vaccinated population throughout the duration of flu season in an effort to study the success rate/effect of the vaccine in preventing and lessening the severity of the flu. This could be done by examining instances of illness and symptoms of the two groups.

Another issue in health care that could benefit from additional research is health insurance accessibility for low income individuals and families. Oftentimes, this population struggles to fund the traditional approach to health insurance. This problem might be researched by distributing a survey in low income regions in order to gather data and opinions on how best to adjust current policies that make it difficult for them to access health care. Hospitals and other care facilities in these areas should also be contacted and surveyed. The responses from each should be studied and reconciled accordingly.

second:

A research finding that has been going on for a while is that in the news it was stated that many people are getting the flu and how it is spreading so fast is simply by breathing. People commonly believe that they can catch the flu by exposure to droplets from an infected person's coughs or sneezes or by touching contaminated surfaces. But, new information about flu transmission reveals that we may pass the flu to others just by breathing. The study "Infectious virus in exhaled breath of symptomatic seasonal influenza cases from a college

community," published in the *Proceedings of the National Academy of Sciences*, provides new evidence for the potential importance of airborne transmission because of the large quantities of infectious virus researchers found in the exhaled breath from people suffering from flu. This problem has been going on for some time now and researches are trying to understand how just by simply breathing can cause someone else to get the flu. Which they are considering this to be a big matter among not only children but it seems that a lot of adults are experiencing this problem as well and really becoming dangers to the environment.

When it comes to research finding about the flu that is being spread by just breathing the scientific method definitely plays a huge role because researches would need to go through the whole process of the scientific method to get results so that they can tell people how this issue is coming about. Its important for researches when doing something like this they must identify the problem so they have some where to start at. When going to the next step, researching the area is important in this situation because that is when they go back and see which area did the flu start in and then see where did it spread to next. Which would bring them to their hypothesis or research question, which will help their minds to start to going and see how things will be conducted. Then thats when they figure out how they will solve this problem and what vaccines can they give to lower down the percentage of people catching the flu. Thats when data will be collected to support some of the research that we already have. Then after that is done, the results part start and that is when they see what evidence that have came up with to get to the conclusion of the research.

The two problems in the field of health administration are facing problems like quality improvement and improving data collection. The improvement in health care quality will depend not only on traditional methods like excellence in education, continuing education, professional standards and principled practice behavior, as important as they are. It will also depend on our developing the science of clinical practice, on our taking a fresh look at ways of measuring and improving care, and on our holding both the practice of medicine and the practice of quality improvement to the same levels of scrutiny and evidence as we hold technical clinical innovations. *While a range of health and health care entities collect data, the data do not flow among these entities in a cohesive or standardized way. Entities within the health care system face challenges when collecting race, ethnicity, and language data from patients, enrollees, members, and respondents. Explicitly expressing the rationale for the data collection and training staff, organizational leadership, and the public to appreciate the need to use valid collection mechanisms may improve the situation. To identify the next steps toward improving data collection, it is helpful to understand these opportunities and challenges in the context of current practices. In some instances, the opportunities and challenges are unique to each type of organization; in others, they are common to all organizations.*

