

# Top 199 Exciting Research Topics In Nursing In 2024

SEPTEMBER 27, 2024 | EMMY WILLIAMSON

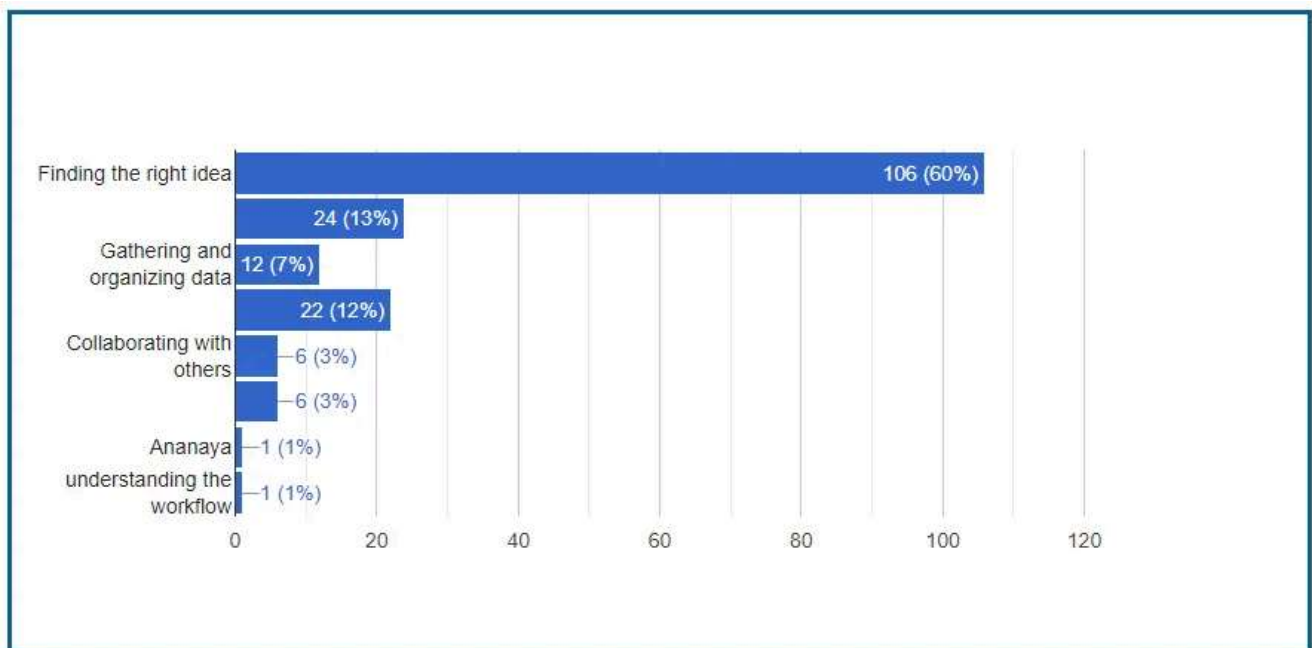


Healthcare is changing fast, and nurses are more important than ever. With new technologies, shifting patient needs, and a big focus on evidence-based care, nurses play a vital role in providing high-quality treatment and keeping patients safe. Research in nursing is key because it not only leads to better patient care but also helps shape policies and educational practices.

As we look ahead to 2024, there's a wealth of opportunities in nursing research waiting to be explored. This article brings together 199 exciting research topics in nursing, covering a range of specialties that are sure to spark your interest. Whether you're into clinical practices, public health, or mental health, these topics aim to inspire you to tackle important challenges in the field.

Whether you're a nursing student on the hunt for a thesis topic, a healthcare professional wanting to deepen your practice, or an educator looking to motivate your students, this guide is here to help. Let's dive into the most relevant and impactful nursing research topics for 2024 and explore how they can shape the future of healthcare.

### Survey Results: Challenges in Choosing the Right Project Idea



We recently polled 178 people and noticed that many struggled to select the best project idea. The majority of participants said they needed help choosing a project.

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## What Are Nursing Research Topics?

Nursing research topics cover a wide range of subjects that focus on different aspects of nursing. They help us understand how to improve patient care, enhance education, and shape healthcare policies. Here are some key areas:

1. **Clinical Practice:** This includes topics about how we care for patients and the different treatments we use.
2. **Nursing Education:** These topics look at how we teach nursing, develop curricula, and assess student performance.
3. **Public Health:** Research in this area focuses on community health initiatives, preventing diseases, and promoting overall well-being.
4. **Mental Health:** Topics here explore support and therapies for mental health issues.
5. **Healthcare Policy:** This includes regulations and policies that impact nursing and healthcare systems.
6. **Technology in Nursing:** Research looks at how tools like telehealth and electronic records affect nursing practices.

## Why is Nursing Research Important?

### 1. Enhancing Patient Care

- **Evidence-Based Practice:** Research provides the evidence needed to create effective care strategies. This means patients receive better treatment tailored to their needs.
- **New Treatment Options:** Research helps us discover new and innovative ways to treat patients, keeping our practices up to date.

### 2. Supporting Clinical Decision-Making

- **Informed Choices:** Having access to research helps nurses make informed decisions about patient care, ensuring they choose the best possible interventions.
- **Managing Risks:** Understanding potential risks allows nurses to take steps to reduce them, enhancing patient safety.

### 3. Shaping Nursing Education

- **Developing Curricula:** Research informs nursing education, helping to create programs that teach the skills and knowledge students need for their future careers.
- **Improving Teaching Methods:** Research findings lead to better teaching practices, preparing students for the challenges they'll face in the field.

#### 4. Influencing Healthcare Policy

- **Data-Driven Decisions:** Nursing research provides valuable data that policymakers can use to create effective healthcare policies.
- **Advocacy:** Research empowers nurses to advocate for changes that benefit patient care and support the nursing profession.

#### 5. Encouraging Team Collaboration

- **Team-Based Approaches:** Research fosters collaboration among various healthcare professionals, leading to well-rounded care plans that consider all aspects of a patient's health.
- **Sharing Knowledge:** Working together on research projects helps everyone share insights and best practices, improving care for all patients.

#### 6. Promoting Lifelong Learning

- **Continuous Growth:** Engaging in research encourages a culture of lifelong learning in nursing, motivating professionals to stay updated on the latest advancements.
- **Career Development:** Being involved in research enhances nurses' professional development, positioning them as leaders in their field.

## Top 199 Exciting Research Topics In Nursing In 2024

Here are the Top 199 Exciting Research Topics In Nursing In 2024

### Clinical Nursing Practice

1. **Effectiveness of Telehealth:** Exploring how telehealth improves chronic disease management.
2. **Nurse-Led Clinics:** Analyzing the outcomes of patient care in nurse-led clinics.
3. **Palliative Care:** Understanding the role of nurses in providing palliative care.
4. **Preventing Hospital-Acquired Infections:** Strategies to reduce infections in healthcare settings.
5. **Complementary Therapies:** Integrating alternative treatments into patient care.

6. **Staffing Levels and Patient Safety:** Investigating how nurse-to-patient ratios affect safety.
7. **Pain Management in the Elderly:** Assessing effective methods for managing pain in older adults.
8. **Diabetes Education:** Evaluating nurses' roles in educating patients with diabetes.
9. **Patient-Centered Care:** Analyzing the impact of patient-centered approaches on recovery times.
10. **Mobile Health Applications:** Evaluating the effectiveness of apps in nursing practice.

## Nursing Education

11. **Innovations in Nursing Education:** Comparing simulation-based training with traditional methods.
12. **Clinical Placements:** The impact of real-world experiences on nursing students' confidence.
13. **Online Nursing Programs:** Effective teaching strategies for online nursing education.
14. **Interprofessional Education:** Exploring the benefits of collaborative learning in nursing.
15. **Critical Thinking Assessment:** Evaluating how critical thinking skills are measured in nursing students.
16. **Mental Health Awareness:** Promoting mental health initiatives among nursing students.
17. **Cultural Competence in Curricula:** Incorporating cultural sensitivity into nursing education.
18. **Mentorship Programs:** Analyzing the effectiveness of mentorship for nursing students.
19. **Virtual Reality in Training:** Assessing the use of VR in nursing education.
20. **Evidence-Based Practice:** Best practices for teaching evidence-based care in nursing.

## Public Health Nursing

21. **Health Disparities:** Strategies to address health inequalities in underserved communities.
22. **Disaster Response:** The role of nurses in emergency preparedness and response.
23. **Community Health Programs:** Evaluating the effectiveness of local health initiatives.
24. **Vaccination Campaigns:** Impact of nurse-led vaccination efforts on public health.
25. **Adolescent Health:** Strategies to promote healthy lifestyles among youth.
26. **Telehealth in Rural Areas:** The effectiveness of telehealth services in rural communities.
27. **Combating the Opioid Crisis:** Nurses' roles in addressing substance abuse issues.
28. **Climate Change and Health:** Public health implications of environmental changes.
29. **Health Policy Advocacy:** The importance of nurse involvement in health policy.
30. **Social Determinants of Health:** How these factors influence patient outcomes.

## Mental Health Nursing

31. **Managing Adolescent Depression:** The role of nurses in treating teenage depression.
32. **Cognitive-Behavioral Therapy:** Evaluating the effectiveness of CBT administered by nurses.
33. **Reducing Mental Illness Stigma:** Strategies to combat stigma associated with mental health.
34. **Mindfulness Practices:** Impact of mindfulness on mental health recovery.
35. **Anxiety Disorders:** Assessing effective management strategies for adults with anxiety.
36. **Telepsychiatry:** Evaluating the effectiveness of remote psychiatric care in rural areas.
37. **Supporting PTSD Patients:** The role of nurses in managing post-traumatic stress disorder.
38. **Art Therapy:** Impact of creative therapies in mental health nursing.

- 39. **Physical and Mental Health Connection:** Exploring how physical health affects mental well-being.
- 40. **Technology in Mental Health:** Using apps and devices for mental health management.

## Gerontological Nursing

- 41. **Quality of Life for the Elderly:** Strategies to enhance the lives of older patients.
- 42. **Caregiver Support:** Assessing the needs of those caring for elderly patients.
- 43. **Fall Prevention:** Evaluating programs aimed at reducing falls in nursing homes.
- 44. **Social Isolation:** The health impacts of loneliness on older adults.
- 45. **Healthy Aging Promotion:** Nurses' roles in encouraging healthy aging practices.
- 46. **Dementia Care:** Best practices for providing care to patients with dementia.
- 47. **Nutrition for Seniors:** The impact of diet on the health of older adults.
- 48. **Technology for Chronic Conditions:** Using technology to manage chronic illnesses in seniors.
- 49. **End-of-Life Care Preferences:** Understanding the wishes of older adults regarding end-of-life care.
- 50. **Communication with Dementia Patients:** Effective strategies for interacting with patients who have dementia.

## Pediatric Nursing

- 51. **Childhood Obesity Management:** Nurses' roles in addressing obesity in children.
- 52. **Pediatric Pain Management:** Effective strategies for alleviating pain in young patients.
- 53. **Parental Involvement:** The effects of family engagement on pediatric care outcomes.
- 54. **School Nursing Programs:** Evaluating the impact of nurses in school settings.
- 55. **Vaccination Promotion:** Nurses' roles in advocating for childhood vaccinations.

- 56. **Chronic Illness in Children:** Addressing mental health needs in children with chronic diseases.
- 57. **Play Therapy:** Assessing the effectiveness of therapeutic play in pediatrics.
- 58. **Adolescent Mental Health:** Strategies for managing mental health issues in teenagers.
- 59. **Family-Centered Care:** The impact of involving families in pediatric healthcare.
- 60. **Special Needs Support:** Nurses' roles in assisting children with special needs.

## Technology in Nursing

- 61. **Artificial Intelligence in Nursing:** Exploring AI's role in enhancing nursing practice.
- 62. **Electronic Health Records:** Evaluating the impact of EHRs on nursing workflow.
- 63. **Telemedicine Outcomes:** How telemedicine affects patient health results.
- 64. **Wearable Technology:** Assessing the role of wearables in chronic disease management.
- 65. **Cybersecurity in Healthcare:** Importance of protecting patient data in nursing.
- 66. **Mobile Apps for Education:** The effectiveness of educational apps for nursing students.
- 67. **Health Information Technology Integration:** Incorporating IT into nursing practice.
- 68. **Robotics in Nursing:** The potential of robotics to assist in patient care.
- 69. **Technology Education for Nurses:** Teaching nursing students about using technology effectively.
- 70. **Social Media in Health Communication:** The impact of social platforms on health messaging.

## Nursing Research and Evidence-Based Practice

- 71. **Implementing Evidence-Based Practice:** Strategies for integrating research into nursing care.
- 72. **Systematic Reviews:** The role of reviews in advancing nursing knowledge.



73. **Research Barriers:** Challenges nurses face in conducting research in clinical settings.
74. **Impact of Nursing Research:** How research influences patient outcomes.
75. **Evidence-Based Guidelines:** Evaluating the effectiveness of clinical guidelines.
76. **Patient Involvement in Research:** Importance of including patients in the research process.
77. **Fostering a Research Culture:** Strategies to promote research initiatives in nursing.
78. **Continuing Education Impact:** Effects of lifelong learning on nursing practice.
79. **Research and Policy Change:** The relationship between research findings and health policy.
80. **Qualitative Research:** Exploring patient experiences through qualitative methods.

## Health Promotion and Disease Prevention

81. **Health Education Programs:** Evaluating the effectiveness of health promotion initiatives.
82. **Smoking Cessation Strategies:** Best practices for helping patients quit smoking.
83. **Exercise and Chronic Disease:** The impact of physical activity on managing chronic conditions.
84. **Preventive Care:** Nurses' roles in promoting preventive health services.
85. **Community Health Initiatives:** Assessing the effectiveness of health programs at the community level.
86. **Nutrition Education:** Role of nutrition in preventing chronic diseases.
87. **Mental Health and Physical Health:** Understanding how mental health influences physical well-being.
88. **Adolescent Sexual Health:** Strategies for promoting safe practices among youth.
89. **Health Literacy:** The impact of understanding health information on patient outcomes.
90. **Workplace Wellness Programs:** Evaluating the effectiveness of wellness initiatives in the workplace.

## Cultural Competence in Nursing

91. **Cultural Competence:** Importance of understanding cultural diversity in nursing.
92. **Culturally Sensitive Care:** Strategies for providing respectful care to diverse populations.
93. **Health Disparities:** Assessing inequalities among different cultural groups.
94. **Cultural Barriers:** How cultural differences affect access to healthcare.
95. **Religion and Health Beliefs:** The influence of religious beliefs on health decisions.
96. **Diversity Training:** Effectiveness of training programs on cultural competence in nursing.
97. **Engaging Immigrant Populations:** Best practices for working with immigrant patients.
98. **Language Barriers:** The challenges of communication in healthcare.
99. **Advocacy for Diverse Populations:** Nurses' roles in supporting culturally diverse patients.
100. **Promoting Culturally Competent Mental Health Care:** Strategies for effective mental health treatment across cultures.

## Ethical Issues in Nursing

101. **End-of-Life Care Dilemmas:** Navigating ethical challenges in terminal care.
102. **Informed Consent:** The role of nurses in ensuring informed patient decisions.
103. **Managing Ethical Conflicts:** Strategies for addressing ethical dilemmas in practice.
104. **Ethical Decision-Making:** The impact of ethics on patient care.
105. **Patient Advocacy:** Nurses' responsibilities in protecting patient rights.
106. **Patient Privacy Protection:** Safeguarding patient confidentiality in nursing.
107. **Nursing and Professional Integrity:** Upholding ethics in challenging situations.
108. **Balancing Autonomy and Beneficence:** Finding harmony between patient choices and best practices.
109. **Healthcare Disparities and Ethics:** Ethical considerations in providing care to marginalized groups.

110. **Moral Distress in Nursing:** Addressing the impact of ethical challenges on nurses.

## Leadership and Management in Nursing

111. **Nurse Leadership Development:** Strategies for cultivating leadership skills in nursing.
112. **Transformational Leadership:** The impact of leadership styles on team dynamics.
113. **Conflict Resolution:** Effective approaches to managing workplace conflict.
114. **Mentoring in Nursing:** The benefits of mentorship in professional growth.
115. **Team Collaboration:** Promoting teamwork in nursing practice.
116. **Change Management:** How to effectively implement change in healthcare settings.
117. **Nursing Management Strategies:** Best practices for managing nursing teams.
118. **Influence of Nurse Managers:** The impact of management styles on staff morale.
119. **Staff Retention:** Strategies for retaining qualified nursing staff.
120. **Role of Leadership in Patient Safety:** How Leadership Affects Safety Protocols.

## Future Directions in Nursing

121. **Nursing Workforce Trends:** Predicting the future needs of the nursing profession.
122. **Global Nursing Initiatives:** The role of nurses in addressing worldwide health challenges.
123. **Emerging Technologies in Nursing:** Innovations that could transform nursing practice.
124. **Future of Nursing Education:** How education must evolve to meet future healthcare demands.
125. **Public Perception of Nursing:** The evolving image of nursing in society.
126. **Impact of Genomics on Nursing:** Understanding how genetics will shape nursing care.

- 127. **Sustainable Practices in Nursing:** Strategies for promoting eco-friendly nursing practices.
- 128. **Artificial Intelligence's Role in Future Nursing:** The potential impact of AI on patient care.
- 129. **Preparing for Global Health Crises:** Strategies for enhancing nursing readiness for future pandemics.
- 130. **Healthcare Policy Evolution:** Understanding how nursing influences health policy changes.

## Miscellaneous Topics

- 131. **Integration of Art in Nursing:** Exploring creative approaches in patient care.
- 132. **The Role of Humor in Healthcare:** The therapeutic benefits of humor in nursing.
- 133. **Nursing and Community Engagement:** Strategies for building strong community relationships.
- 134. **Patient Education Techniques:** Best practices for effective health education.
- 135. **Personal Health in Nursing:** Strategies for maintaining nurses' well-being.
- 136. **Historical Perspectives on Nursing:** How history shapes current nursing practices.
- 137. **Understanding Nursing History:** The evolution of nursing practices through the ages.
- 138. **Social Media's Role in Health Education:** Using social media to promote health information.
- 139. **Influence of Gender in Nursing:** Exploring gender dynamics within the nursing field.
- 140. **Volunteerism in Nursing:** The impact of volunteer efforts on community health.

## Specialized Nursing Areas

- 141. **Forensic Nursing:** The role of nurses in legal investigations and crime.
- 142. **Military Nursing:** Assessing the unique challenges faced by military nurses.

143. **Travel Nursing:** The impact of travel nursing on personal and professional growth.
144. **Critical Care Nursing:** Challenges and rewards of working in critical care settings.
145. **Home Health Nursing:** The role of nurses in delivering care at home.
146. **Occupational Health Nursing:** Addressing workplace health issues through nursing.
147. **Nurse Midwifery:** The role of nurse midwives in maternal care.
148. **Public Health Nursing:** Strategies for promoting health in community settings.
149. **Cardiovascular Nursing:** The challenges of managing heart disease patients.
150. **Oncology Nursing:** Best practices for supporting cancer patients.

## Quality Improvement in Nursing

151. **Quality Improvement Initiatives:** Evaluating the success of quality improvement projects in nursing.
152. **Patient Satisfaction Surveys:** Analyzing the impact of feedback on nursing care.
153. **Clinical Pathways:** The role of pathways in enhancing patient care outcomes.
154. **Error Reporting Systems:** Assessing the effectiveness of reporting mechanisms in nursing.
155. **Measuring Quality of Care:** Strategies for assessing care quality in nursing practice.
156. **Patient Feedback Implementation:** How patient input influences care strategies.
157. **Accreditation Standards:** The impact of accreditation on nursing practices.
158. **Clinical Audits:** Evaluating the role of audits in improving nursing quality.
159. **Benchmarking in Nursing:** The importance of setting performance standards.
160. **Patient Care Metrics:** Identifying key metrics for assessing nursing care quality.

## Research Methodologies in Nursing

161. **Qualitative vs. Quantitative Research:** Understanding the differences and applications in nursing.
162. **Mixed Methods Research:** The benefits of combining qualitative and quantitative approaches.
163. **Action Research in Nursing:** Evaluating the effectiveness of action research in clinical settings.
164. **Surveys and Questionnaires:** Best practices for conducting surveys in nursing research.
165. **Ethics in Nursing Research:** Addressing ethical considerations in nursing studies.
166. **Data Analysis Techniques:** Exploring various data analysis methods in nursing research.
167. **Statistical Methods in Nursing:** Understanding the role of statistics in research findings.
168. **Research Collaboration:** The importance of interdisciplinary collaboration in nursing research.
169. **Literature Reviews:** Best practices for conducting effective literature reviews.
170. **Research Dissemination:** Strategies for sharing research findings with the nursing community.

## Advanced Nursing Practice

171. **The Role of Nurse Practitioners:** Exploring the impact of NPs on patient care.
172. **Clinical Nurse Specialists:** Understanding the contributions of CNSs in healthcare.
173. **Nurse Anesthetists:** Evaluating the role of nurse anesthetists in surgical care.
174. **Nursing Informatics:** The importance of technology in enhancing nursing practice.
175. **Advanced Practice Nursing:** Assessing the challenges and benefits of advanced practice roles.
176. **Interprofessional Collaboration:** The impact of teamwork on patient outcomes.

- 177. **Leadership in Advanced Practice:** Strategies for leading nursing teams effectively.
- 178. **Continuing Education for Advanced Practice:** Importance of lifelong learning for advanced practitioners.
- 179. **Mentorship in Advanced Nursing:** The role of mentorship in professional development.
- 180. **Future of Advanced Nursing Roles:** Predictions for the evolution of advanced practice nursing.

## Professional Development in Nursing

- 181. **Importance of Continuing Education:** The impact of ongoing education on nursing skills.
- 182. **Leadership Training for Nurses:** Evaluating the effectiveness of leadership programs.
- 183. **Networking Opportunities:** The benefits of networking for nursing professionals.
- 184. **Career Advancement in Nursing:** Strategies for career progression in nursing.
- 185. **Work-Life Balance in Nursing:** Addressing challenges and solutions for maintaining balance.
- 186. **Personal Development Plans:** The role of individual plans in career growth.
- 187. **Certification in Nursing:** Evaluating the impact of accreditation on nursing practice.
- 188. **Professional Organizations:** The importance of joining nursing associations.
- 189. **Self-Care for Nurses:** Strategies for maintaining personal well-being in the profession.
- 190. **Retirement Planning for Nurses:** Preparing for retirement in the nursing field.

## Nursing Challenges and Solutions

- 191. **Burnout Prevention:** Strategies to prevent nurse burnout in high-stress environments.

192. **Workplace Violence:** Understanding the prevalence and impact of violence against nurses.
193. **Addressing Nurse Shortages:** Strategies to combat nursing shortages in healthcare.
194. **Transitioning to Practice:** The challenges faced by new nurses entering the workforce.
195. **The Role of Unions in Nursing:** Analyzing the impact of unions on nursing practice.
196. **Navigating Bureaucracy:** Strategies for dealing with administrative challenges in nursing.
197. **Changing Policies and Regulations:** The impact of policy changes on nursing practice.
198. **Patient Advocacy Challenges:** Addressing obstacles in advocating for patients' needs.
199. **The Future of Nursing:** Exploring emerging trends and their implications for nursing practice

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## Getting Started with Nursing Research: What You Need to Know

Starting your nursing research journey is exciting, but it does come with some important steps and considerations. Let's break down what you need before diving in.

### What You Need Before You Begin

#### 1. Educational Foundation:

- First off, you'll need a nursing degree, whether it's a BSN, MSN, or something higher. This background is crucial.
- If you're looking to explore specialized topics, a more advanced degree might be necessary.

#### 2. Research Know-How:

- It's essential to have a solid grasp of different research methods—both qualitative and quantitative.



- Understanding statistical analysis will help you make sense of your data.

### 3. **Hands-On Experience:**

- Having practical nursing experience is key. It helps you pinpoint relevant research questions based on real patient care situations.
- Your insights from working in healthcare settings will guide your research focus.

### 4. **Ethics Training:**

- Make sure you've completed training in research ethics. Courses like CITI cover important topics like informed consent and ethical treatment of human participants.

### 5. **Familiarity with Nursing Theories:**

- Knowing some nursing theories helps in framing your research questions and connecting your findings to established concepts.

## What You'll Need to Move Forward

### 1. **Crafting a Research Proposal:**

- You'll need to put together a proposal that outlines your research question, objectives, methods, and why your study is significant.
- Remember to include a literature review to show how your research fits in with the existing literature.

### 2. **Getting IRB Approval:**

- Before you start, you must get your proposal approved by an Institutional Review Board (IRB). This step is crucial for ensuring ethical compliance and protecting your study participants.

### 3. **Funding and Resources:**

- Look into funding options, whether through grants or institutional support, to cover your research expenses.
- Make sure you have access to necessary resources like databases and [statistical software](#).

### 4. **Choosing Data Collection Tools:**

- Decide on the right data collection tools, such as surveys or interviews. These tools must be reliable and valid.

### 5. **Defining Your Sample:**

- Clearly outline how you'll select participants for your study. Think about the criteria that will make your sample representative.

## 6. Planning Your Analysis:

- Create a plan for how you'll analyze your data. Specify the statistical tests and software you'll use to make sense of your findings.

## 7. Finding Support:

- Reach out to mentors or experienced colleagues who can provide guidance and feedback throughout your research journey.

## 8. Sharing Your Findings:

- Think ahead about how you'll share what you discover. This could be through publications, presentations, or community outreach.

## Extra Tips

- **Literature Review:** Take the time to review existing research. This will help you identify gaps and justify the need for your study.
- **Timeline:** Create a realistic timeline that outlines when you plan to complete each phase of your research.
- **Networking:** Attend conferences and workshops to connect with others in the field. It's a great way to learn about current trends and gain insights from experienced researchers.

By following these steps, you'll be well on your way to conducting meaningful nursing research that can truly make a difference. If you have more questions or need specific resources, feel free to ask!

## Final Thoughts

Starting your journey in nursing research is an exciting and important step. It can lead to real changes in healthcare, making a difference in people's lives. By knowing what you need to get started, you'll feel more prepared to tackle your research confidently. The insights you gain will not only help you grow professionally but also improve the quality of patient care and advance the nursing field.

As you dive into the Top 199 Exciting Research Topics In Nursing In 2024, remember that every piece of research you undertake has the potential to create a positive impact. Whether you're looking into new treatments, studying patient outcomes, or exploring healthcare policies, your work can shape the future of nursing.

# FAQs

## Why is nursing research important?

Nursing research is vital because it helps identify effective practices, enhances patient outcomes, and advances the field of healthcare. By grounding their work in evidence, nurses can make better decisions, ultimately leading to more effective patient care.

## What types of research methods are used in nursing?

Nursing research employs both qualitative and quantitative methods. Qualitative research focuses on understanding experiences and perspectives, while quantitative research involves measurable variables and statistical analysis. Many studies use a mixed-methods approach to gain a more comprehensive understanding of a topic.

## How can I start my nursing research project?

To begin your nursing research project, first choose a topic that interests you and is relevant to your field. Ensure you have the necessary educational background and knowledge of research methods. You'll also need to obtain approval from your institution's Institutional Review Board (IRB). Creating a detailed research proposal will guide you through the process.

 [Research Topics](#)

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## ABOUT THE AUTHOR

Hi, I'm Emmy Williamson! With over 20 years in IT, I've enjoyed sharing project ideas and research on my blog to make learning fun and easy.

So, my blogging story started when I met my friend Angelina Robinson. We hit it off and decided to team up. Now, in our 50s, we've made TopExcelTips.com to share what we know with the world. My thing? Making tricky topics simple and exciting.

Come join me on this journey of discovery and learning. Let's see what cool stuff we can find!

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## ABOUT THE AUTHOR

Hey, it's Angelina Robinson! If you're confused by Excel, don't worry, I've got your back. I've spent years mastering it, and I want to help you make the most of it.

I got into Excel because I was fascinated by everything it can do. Now, I help people and companies use it better for their work.

So, my blogging story started when I met my friend Angelina Robinson. We hit it off and decided to team up. Now, in our 50s, we've made TopExcelTips.com to share what we know with the world. My thing? Making tricky topics simple and exciting.



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