

Getting started with research

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When you think of research what words come to your mind?



How to get involved in research



- Using research evidence in my job
- Reading published papers, attending conferences, events, etc.
- Taking part in research as a participant (surveys, interviews, focus groups – and observing and reflecting on the experience, noting learning)
- Supporting research project as PPI member
- Support recruitment to the research project
- Being part of the research team as co-investigator
- Leading own research project

The stages of a research project

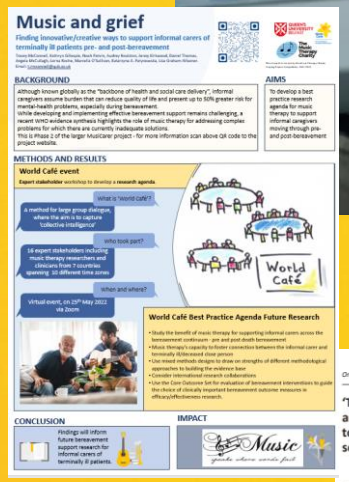
1. Choose your research area
2. Conduct preliminary research (scope out the topic)
3. Decide your research topic
4. Decide your methodology
5. Finalise your topic and methodology
6. Submit/present your research proposal for approval/funding
7. Conduct your research
8. Analysis/data processing
9. Writing up
10. Dissemination of findings

IMPACT!

EMTReK











Is my project research?

Question:
If I want to do something small e.g., retrospective [study] through looking at patients notes after discharge, what sort of ethical approval do I need? Is this different for a hospital or hospice environment or by reframing this as a service evaluation?

Is my study research? (hra-decisiontools.org.uk)

Research, service evaluation or audit? (nihr.ac.uk)

Microsoft Word - DefiningResearchTable_Oct2017 (hra-decisiontools.org.uk)

Do I need NHS Ethics approval? (hra-decisiontools.org.uk)

Consent and Participant Information Guidance http://www.hra-decisiontools.org.uk/consent/

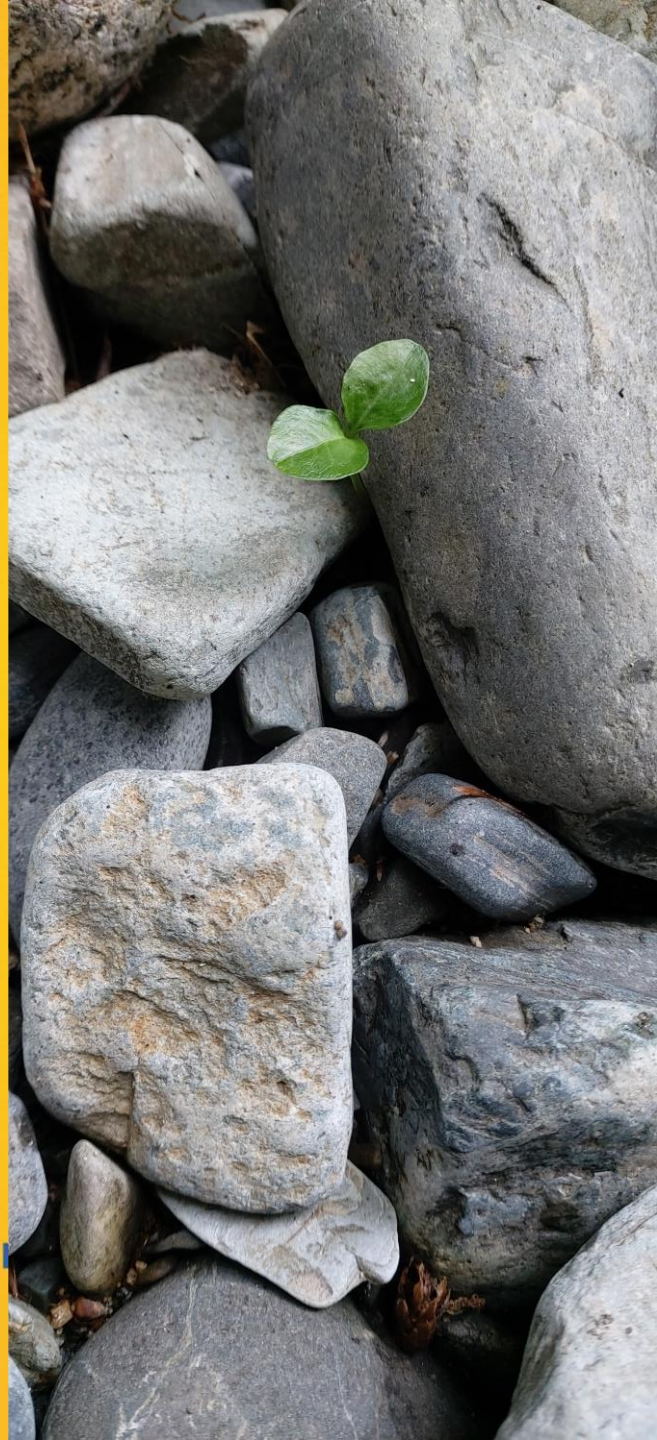
GDPR wording Transparency wording for all sponsors - Health Research Authority (hra.nhs.uk)

Roles and Responsibilities Roles and responsibilities - Health Research Authority (hra.nhs.uk)

Mentor support and building networks

- Benefits of mentorship
  - Expansion of professional networks
  - Career opportunities
  - Learning opportunities
  - Enhanced problem-solving skills
  - Support - increased resilience, well-being and self-confidence
  - Offers trusted advice and developmental feedback
  - Getting to know the research culture

- How to find a mentor
  - Know your research area that you want to focus on
  - Do a search of literature of the area you're interested in, search campus websites to identify faculty working in your area of interest.
  - Check for any formal schemes available
  - Most importantly - Talk to people. Talk to colleagues who are already doing research to get their advice about potential mentors. Join research meetings in your workplace, attend symposium and conferences. Join research networks in your area
  - Reach out to MC Research Nurses



Skill and knowledge



- Understanding Research Methods MOOC
- Qualitative Research Methods MOOC
- Quantitative Research Methods MOOC

- NIHR courses inc. Good Clinical Practice (GCP)
- University based courses
- Future Learn (example)
- You Tube videos e.g. by SAGE Publishing
- Research Networks (newsletters, practical help, networking)
  - Clinical Research Network (England only)
  - All Ireland Institute of Hospice and Palliative Care (AIIHPC)
  - Palliative Care Research Society
  - King's College London, Cecily Saunders Institute
  - Marie Curie
  - And many others!

NIHR CRN Benefits

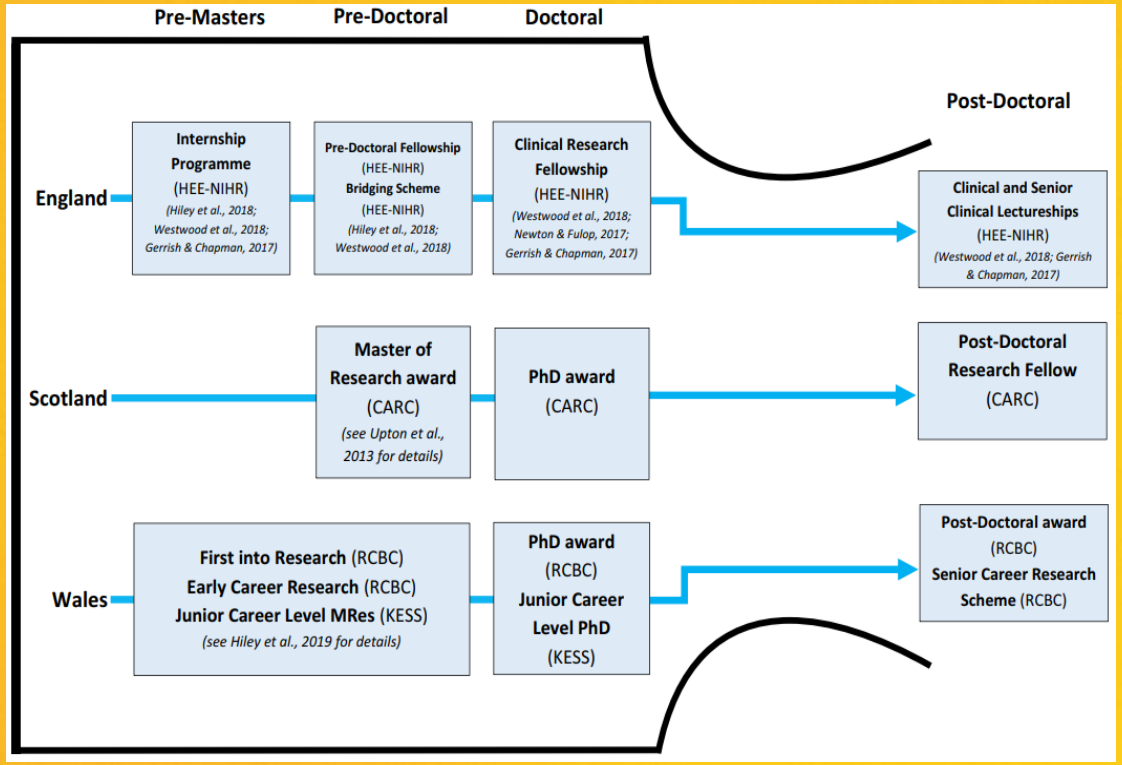


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Funding and protected time

- Being involved in other studies
- Secondments
- Shadowing opportunities
- Bursaries
- Individual fellowship
- Clinical academic programmes
- Research grants

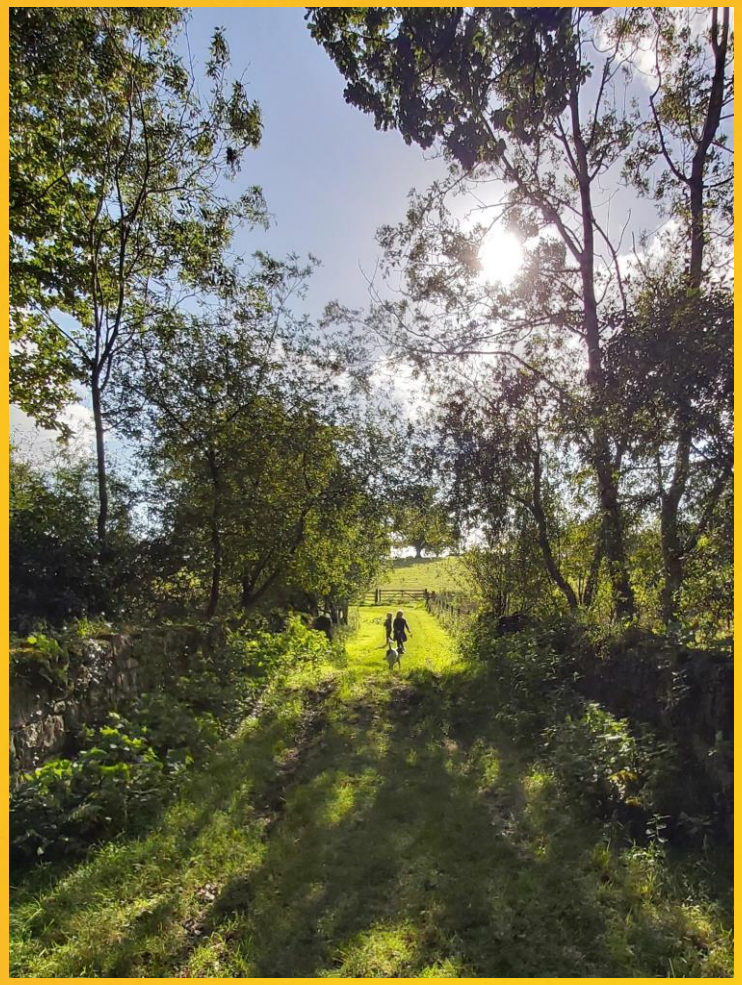


Marie Curie

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Advice?

- Be curious and critical thinker
- Be courageous and take risks
- Plan ahead
- Be realistic but open-minded
- Seek advice
- Find support, find your tribe
- Manage your time
- Persevere
- Remember what's important to you, work with your personal values and needs.



You don't know what you're capable of until you try.

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Additional questions from participants

1. *What kind of research is needed within the palliative care field, specifically in peds?*

- What are you interested in?
- What's needed in your local area, service you work in, consider what is the patient presentation, what bothers people where you work?
- James Lind Alliance - Palliative and end of life care Top 10
- What is the research gap after initial scoping?
- Getting content pages sent to you by library
- Reading published articles, they usually highlight the specific need for further research

2. *Any advice for getting started with research in the absence of funding? E.g. are there charitable grants etc available for research which we would be eligible for?*

- Depends on the subject of research
- There's a whole wealth of charity research funding available, who and what it is targeted to will vary widely
- Possible to do small research project without funding but with necessary supervision and approvals

References:

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And…

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In one or two words how do you feel now after this workshop?

