

# How do I get started in Research?

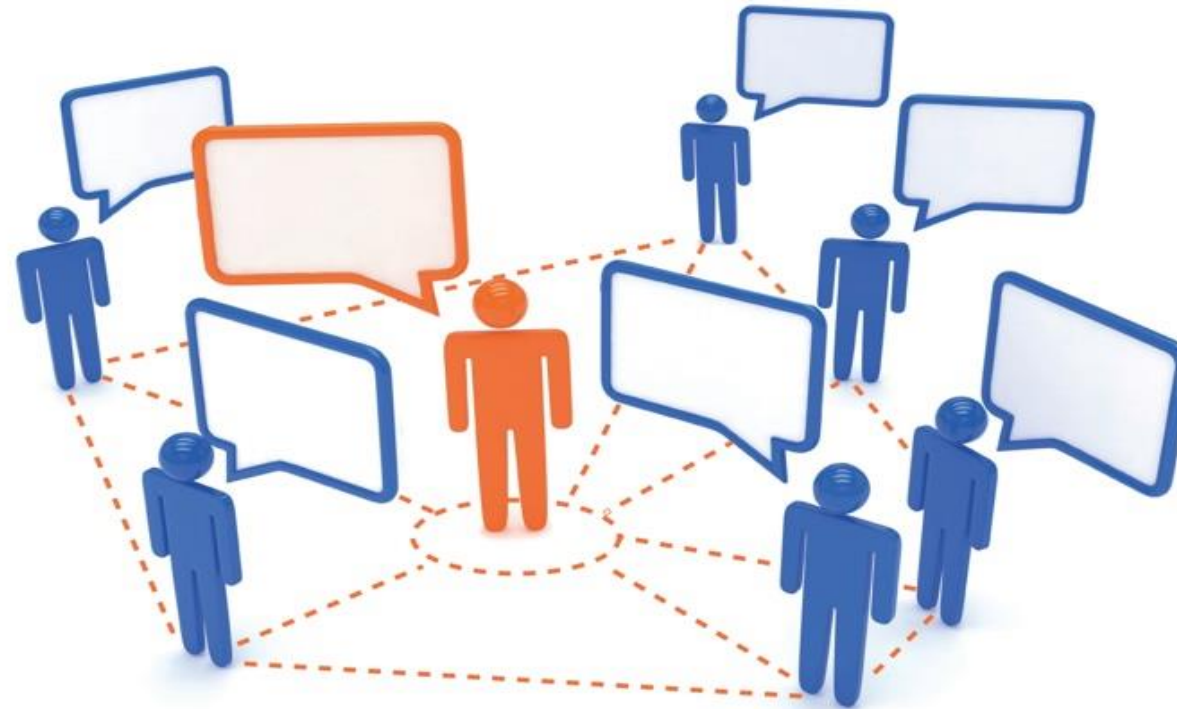
**Joy Conway**

**Research Lead for Advancing Practice**



Context...

**Multi-professional framework for  
advanced clinical practice in England**



- Clinical research is everyone's future
- Clinically research active hospitals have better patient care outcomes.
- One of the four pillars

Open Access Research

## BMJ Open Does the engagement of clinicians and organisations in research improve healthcare performance: a three-stage review

Annette Boaz,<sup>1</sup> Stephen Hanney,<sup>2</sup> Teresa Jones,<sup>2</sup> Bryony Soper<sup>2</sup>

**To cite:** Boaz A, Hanney S, Jones T, *et al*. Does the engagement of clinicians and organisations in research improve healthcare performance: a three-stage review. *BMJ Open* 2015;5:e009415. doi:10.1136/bmjopen-2015-009415

### ABSTRACT

**Objective:** There is a widely held assumption that engagement by clinicians and healthcare organisations in research improves healthcare performance at various levels, but little direct empirical evidence has previously been collated. The objective of this study was to address the question: Does research engagement (by clinicians and organisations) improve healthcare performance?

### Strengths and limitations of this study

- This review brings together for the first time a diverse body of literature addressing whether engaging clinicians and healthcare organisations in research is the likely to improve healthcare performance.
- It also explores the mechanisms through which improvement is achieved to try and understand

# Clinical research is everyone's future

- **Improve the health of the nation**
  - Best possible care
  - Continuous improvement
  - Clinical research is the single most important way in which we improve our healthcare

- “..embedding clinical research at the heart of patient care across the NHS, making participation as easy as possible and ensuring all health and care staff feel empowered to support research..”

Policy paper

## **Saving and Improving Lives: The Future of UK Clinical Research Delivery**

Published 23 March 2021

# Research

- diagnosis, prevention of development or recurrence of health problems, improving survival rates or increase the number of people who are cured
- It's also about improving the quality of life for people living with illness, refining care pathways, introducing new innovation to the NHS eg digital innovations, and thousands of other examples
- An everyday part of the NHS.
- Helps the NHS to improve future healthcare



- **Discovery, innovation and development**
- **Research is about asking questions, gathering evidence and drawing conclusions from that evidence.**
- **Translation of conclusions to practice.**
  - **Pathways and protocols**





- **Research in practice**
- **Added value**

- Engage in research activity
- Evaluate and audit own and others' clinical practice
- Critically appraise and synthesise the outcome of relevant research, evaluation and audit, using the results to underpin own practice and to inform that of others
- Identify gaps in the evidence base and its application to practice
- Disseminate best practice research findings and quality improvement projects
- Network with academic, clinical and other active researchers

# Find out what is happening in your area of interest

There are many ways to get involved in research

There is no 'right' way of doing this.

Contact people who may be able to help

- such as local research and development teams,
- researchers at work,
- NIHR (National Institute for Health Research)
- CAHPR AHP Research Champions
- CRNs
- Universities

- Studies happening locally or for specific conditions can be found using [Be Part of Research](#) – an online tool which can help everyone to find out about health and social care research taking place across the UK.

**BE PART OF RESEARCH**

**NHS**

I'm looking for research about

Keyword e.g. cancer, drug name

Location e.g. city, postcode

Search for study or View conditions

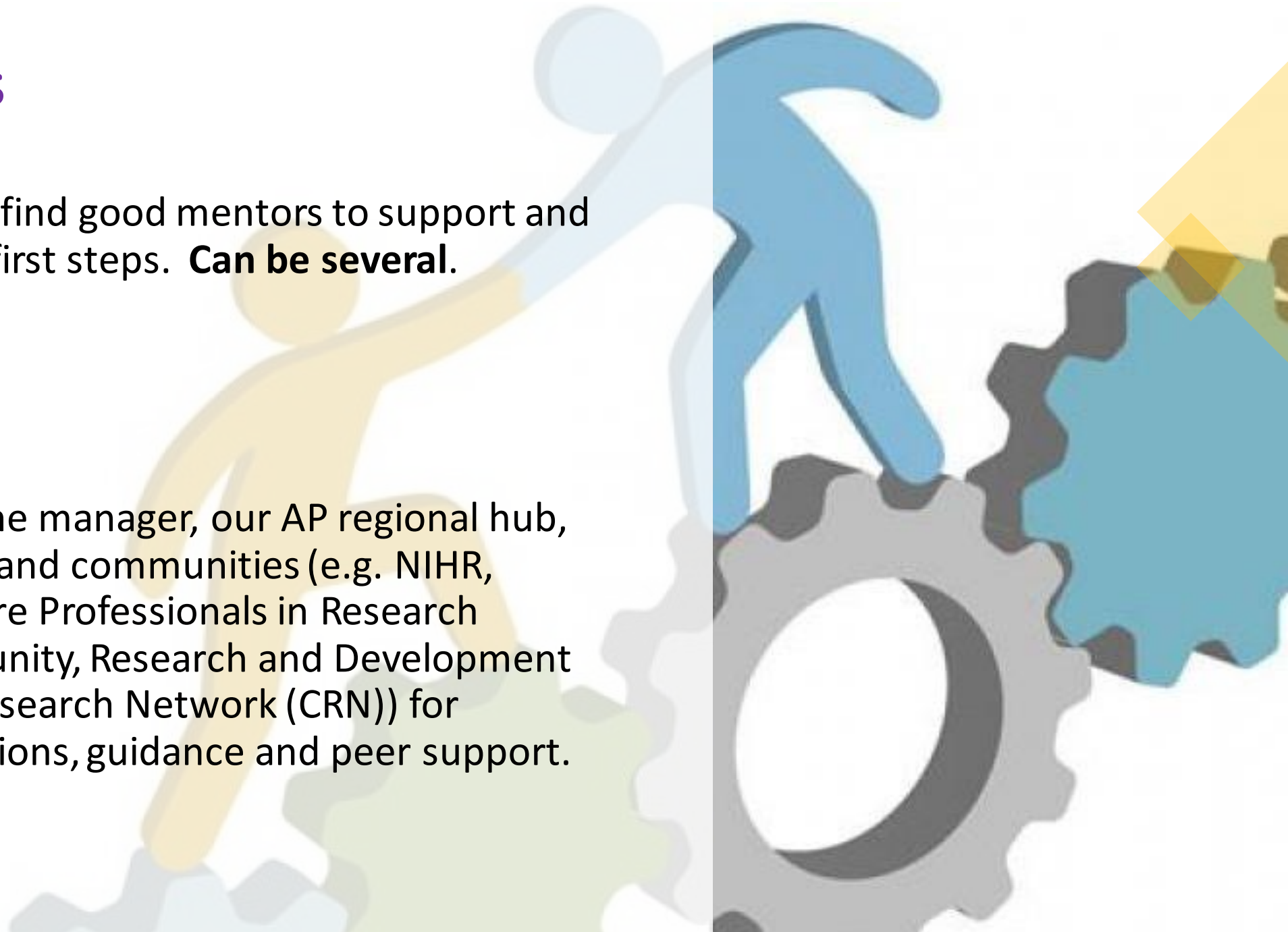
Menu

We are here to help you find out about health and social care research taking place in England, Northern Ireland, Scotland and Wales.

**Finding new effective antiviral treatments for COVID-19**

# Find mentors

- It is important to find good mentors to support and guide you in the first steps. **Can be several.**
- Ask around
- Approach your line manager, our AP regional hub, research leaders and communities (e.g. NIHR, CAHPR, Healthcare Professionals in Research Facebook community, Research and Development (R&D), Clinical Research Network (CRN)) for support, connections, guidance and peer support.



## First steps

- Keep up to date on new evidence. Form a **journal club** – informal – once a month review. Start with a 10 min summary of a new paper
- Ask to **join an established research team** – be useful – step forward to help with a service evaluation, study recruitment or data collection.
  - **NIHR Associate PI Scheme**. 6/12 of 2hr/week.
- If you have a rough idea of a research question in mind.....Think about which research method appeals to you. Are you a quantitative or a qualitative fan? Have you considered using service evaluation, clinical audit or Qi as a method?
  - Who else is a fan of your favourite method? Could you **form a team**?
  - Do you have **key skill gaps**? Can you identify training needs?

- **Attend research meetings** and conferences such as the annual Advancing Practice conference in November.
  - Virtual conferences help
- Start to form your research question
- Think about finding an **academic partner**.
- **Ask for help on study design.** Academic partners, CRN, AHSN, AP regional hub, CAHPR, The Research Design Service (RDS)
  - Seek help from your mentors and your networks on ethics, governance, GCP



Measuring the IMPACT of your role is vital



**VICTOR**  
visible impact of research

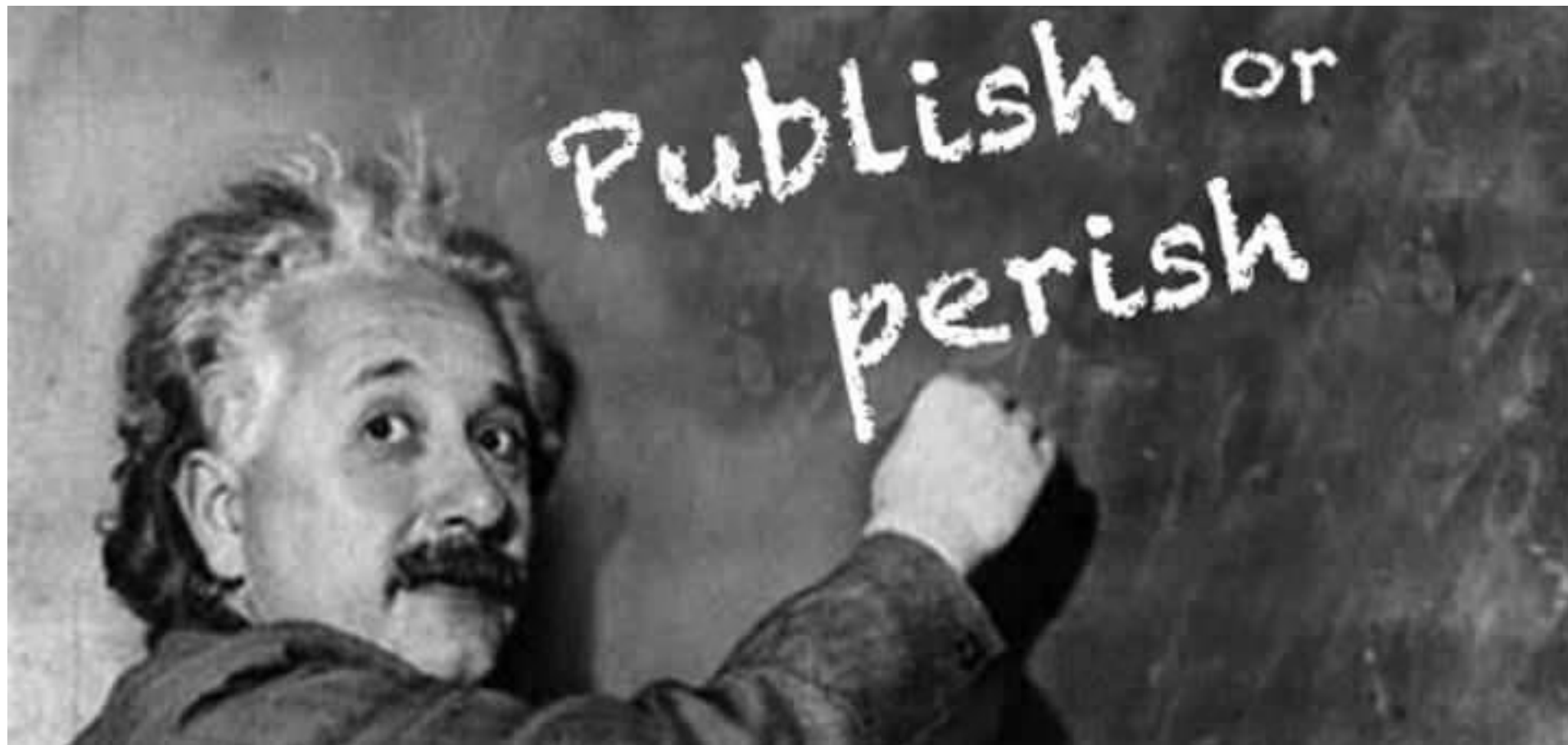


# First steps to publishing

---

- Choose a conference
- **Submit an abstract** – follow the conference guidelines carefully
- You will be asked to submit a poster or an oral presentation
- Often that abstract will be published in a journal
  
- The process of presenting at a conference often gives you your next ideas and potential future collaborations.
  
- Plan to write a paper – get help and support
  - Via academic partner, HEE, mentor group
  - Build your next research question...







# The gaps

---

- Very low % of APs are involved in any form of research
- Even lower % disseminate in any form
- Confidence/skills/support?
  
- Support each other.
- Use your regional hubs
- Network, network, network
- Tell everyone about your results – the positive and the negative



