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How to start research in a busy Family Practice

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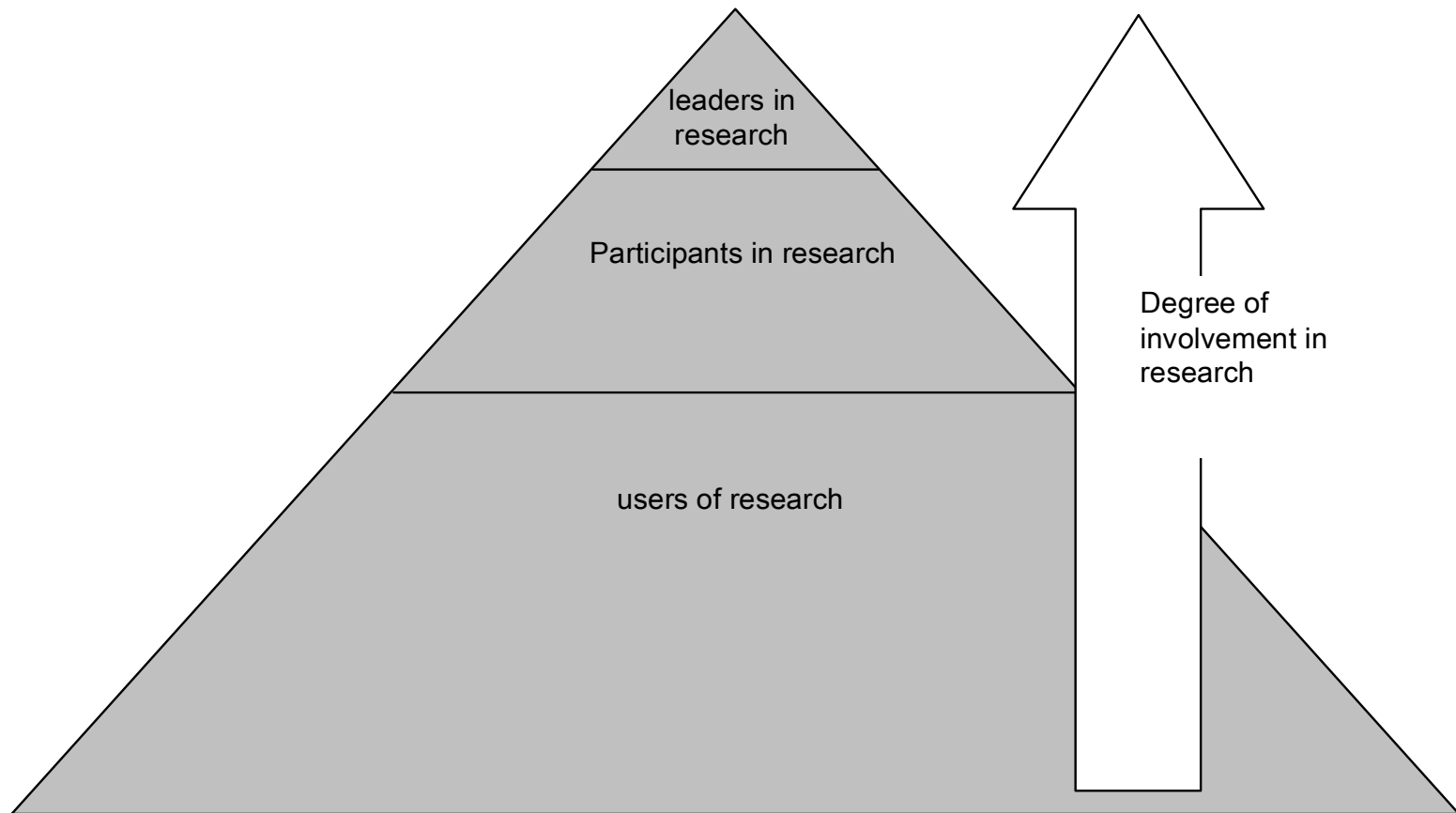
Conducting Research in General Practice IS NOT easy

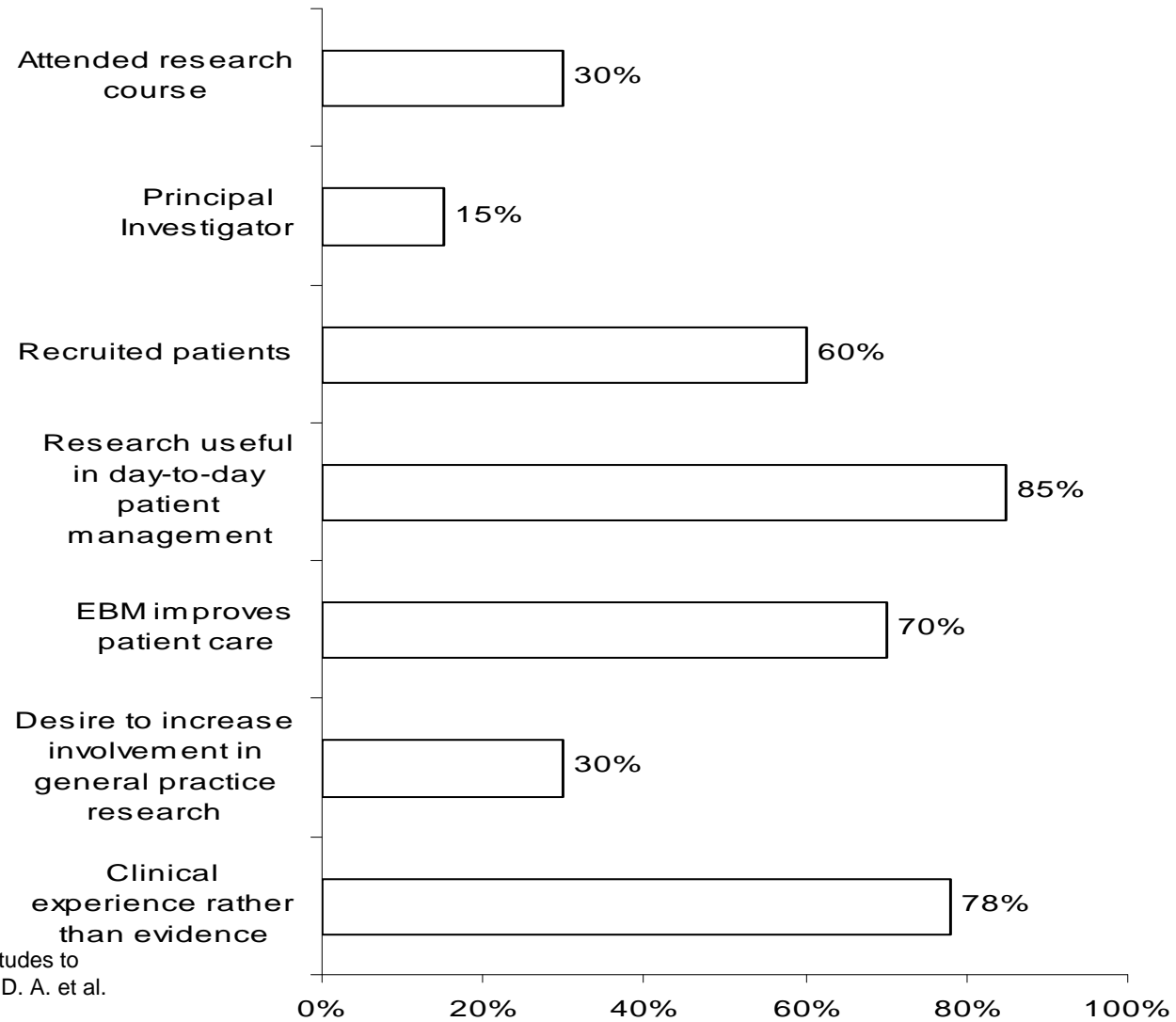
some would say it is
MISSION IMPOSSIBLE





Glasziou's triangle'- different levels of research engagement (Del Mar 2





GPs involvement in and attitudes to research Source: (Askew, D. A. et al. 2002)

Research Participation

- Recruit patients
 - Clinical trials (pharmaceutical)
 - Interview (social scientists)
- Being surveyed (to death)

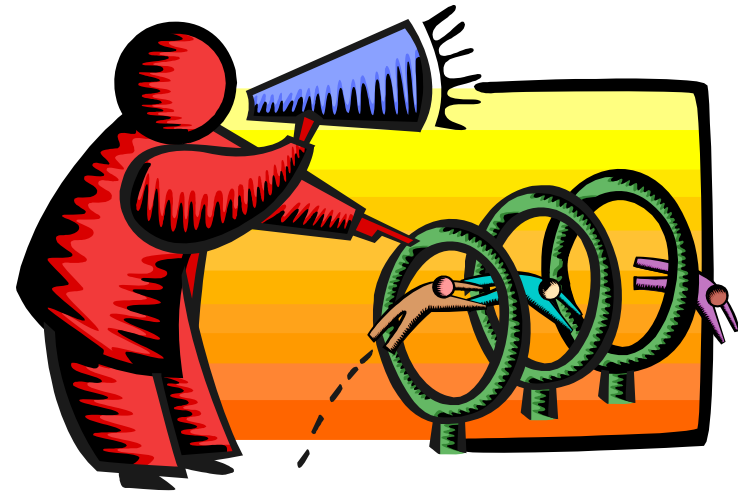
**ALL PASSIVE, WHAT ABOUT BEING
MORE PRO-ACTIVE**

De-MYSTIFY RESEARCH

- Simply an organised way of asking and answering questions
- Organised curiosity
- Improve standards of care
- Help other practitioners
- Enrich our discipline

Ingredients

- Enthusiasm
- Energy
- Idea
- Skills
- Support
- Funding





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Ideas and where to find them

- Clinical question
- Practice question
- Patients generated
- Corridor/colleagues
- Unexpected outcome
- NOT airy -fairy 'academic
'questions

Has your question already been answered?

- Literature search
- Critical appraisal
- People
 - Colleagues with special knowledge
 - Librarian (HKCFP)
 - Universities
- Publications and Products
 - Textbooks
 - Pubmed
 - Cochrane library

Asking Answerable Questions

- P atient / problem (relevant to your Prac)
- I ntervention(dressings,drugs,D/tests,viron)
- C omparison intervention (std therapy,no intervention, placebo, alternatives)
- O utcomes (pat/problem,study measures)

TRACK DOWN THE BEST EVIDENCE

Logbook from Centre for EBM <http://www.cebm.net/>

How to answer your question?

- **Descriptive**
 - practice audits
 - Case reports
 - Surveys
- **Experimental**
 - Case control
 - Cohort studies
 - Randomised control trials (RCTs)
 - Qualitative

Data analysis

- **Involve statistician early**
- **Qualitative analysis**

Sharing your conclusions

- Stimulate others to improve practice
- Building block
- Showcase to other GPs
- Oral presentation
- Publication

Skills

- Literature review
- Types of studies
- Types of methodologies
 - Quantitative
 - Qualitative
- Statistical advice
- Ethical approval
- Presentation of data

Support

- **Academic Departments**
 - Masters, MDs, PhDs
- **College (HKCFP)**
 - grants, scholarships, ethics, library
- **Government Health Authorities/Health Depts**
 - Infrastructure, grants, fellowships

Practice Support

- Medical records
- Computers
- Medical students
- Registrars
- Research assistants





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FUNDING



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Good Luck