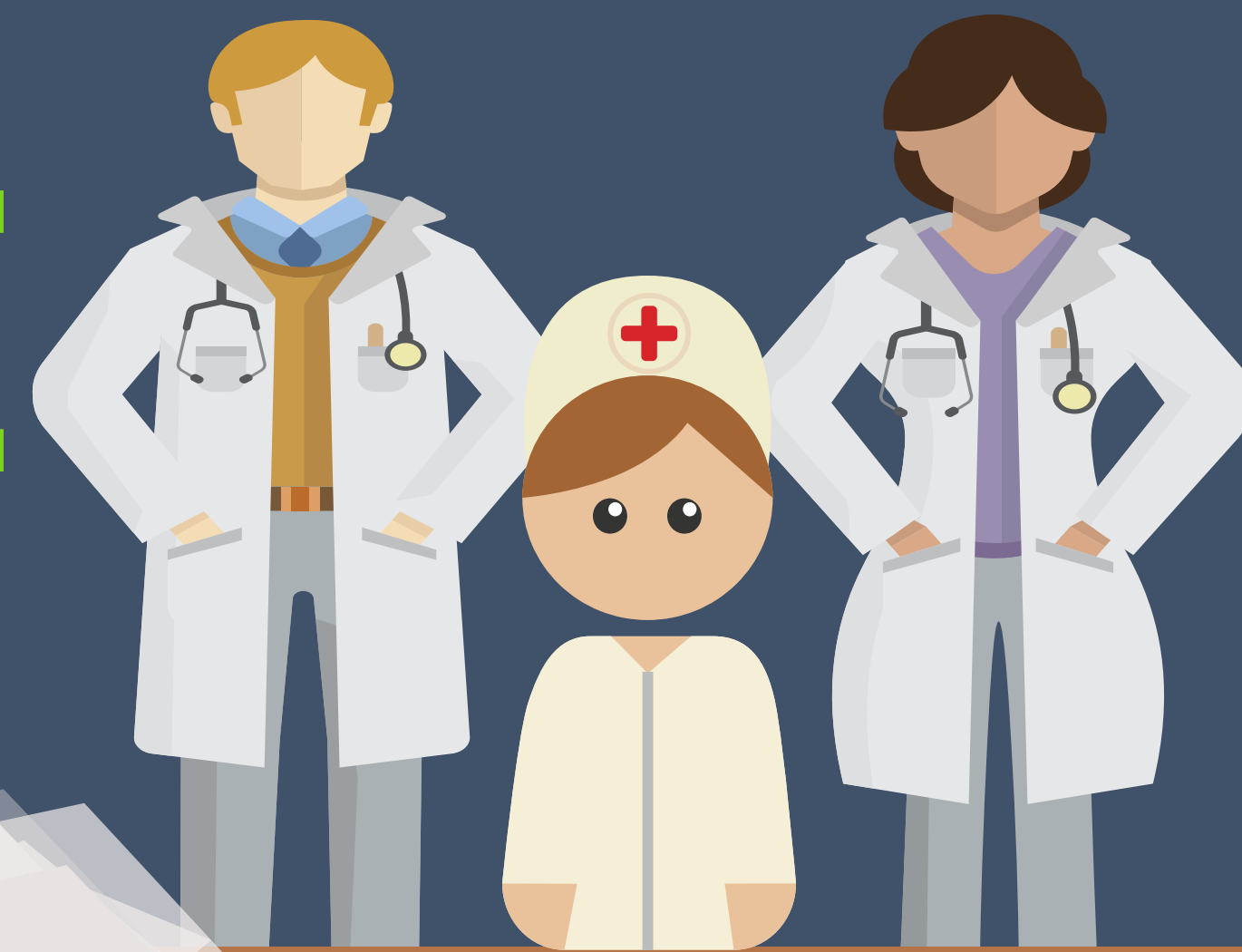
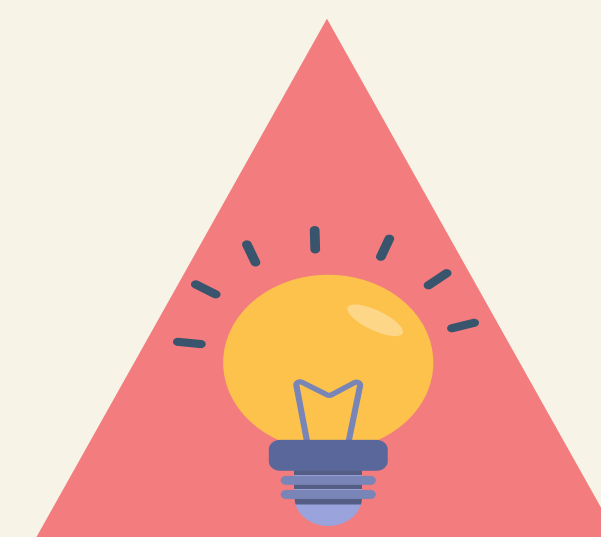


# A HEALTH PROFESSIONAL'S GUIDE TO RESEARCH



## ARE YOU INTERESTED IN CONDUCTING RESEARCH?

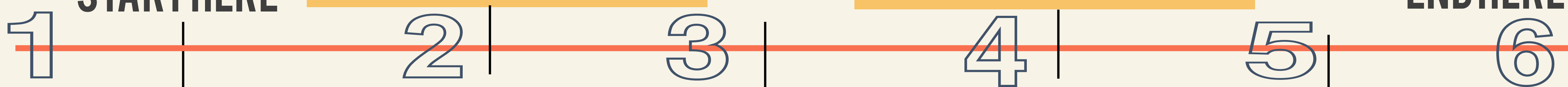
STEP 1: WRITE DOWN IDEAS & FORMULATE RESEARCH QUESTION(S)



### SAMPLE SEQUENCE OF STEPS



START HERE



#### RESEARCH PURPOSE & OBJECTIVES

- What is the problem?
- Significance of research
- Rationale
- Research questions

#### LEVEY RESOURCES & BUILD A TEAM

- What resources (time, materials, funds) are needed?
- Grow partnerships & find co-investigators

#### LITERATURE SEARCH

- Review the literature to see what has been done and where there is a gap

#### STUDY DESIGN: METHODS

- Information to be collected & how it will be obtained
- Participants
- Timeline
- Ethics

#### DATA COLLECTION & ANALYSIS

- Data management
- Confidentiality/ anonymity
- How to analyze data

KNOWLEDGE TRANSLATION  
SHARE FINDINGS

END HERE



Will your research have implications for action, education and/or policy? Who will be able to use the findings and for what purpose?

# METHODS: A CLOSER LOOK



- 1) Have you applied for funding & how will you secure other resources you may need?
- 2) What information are you after? Will you collect your own data or analyze existing clinical data?  
*Electronic medical records, Health Data Coalition databases, Discharge Abstract Database, Statistics Canada data, and more!*
- 3) Who are your participants and will you use qualitative (interview) or quantitative (survey) methods?

## APPLY THE PICO STANDARD TO YOUR IDEAS

Population Patient Problem	Intervention Investigation	Comparison (if appropriate)	Outcome Expected results
<p>What are the demographics of the target population?</p> <p>What is the problem type?</p> <p><b>Example:</b> Individuals with shoulder pain</p>	<p>What are you investigating and will there be an intervention?</p> <p><b>Example:</b> Strength training and stretching</p>	<p>Is there a comparison or control group?</p> <p><b>Example:</b> Rest group, not on a training program</p>	<p>What is the desired outcome/effect you would like to see?</p> <p>Tip: Ensure the outcome is measurable</p> <p><b>Example:</b> Pain relief Clinical well being</p>

## ETHICAL CONSIDERATIONS

- ✓ Which ethics board will you apply to for ethical approval?
- ✓ Have you taken steps to minimize any potential physical, psychological, social or legal harms to participants?
- ✓ How will you manage, store and analyze your data?
- ✓ Are there any potential conflicts of interest? If so, how can they be managed or minimized?

# HAVE A RESEARCH IDEA? NEED HELP GETTING GOING?

Are you a physician in northern BC, with a research idea or data you would like to explore, but you do not have the time or resources?

The **RCCbc Northern Node** is here to help!  
We offer:

- Consultation on research ideas and interests
- Support with the development of research proposals and ethics applications
- Connection to other trained professionals and experienced researchers
- Advice on study design and the application of statistical methods
- Support on collection and analysis of data
- Help with displays/summaries of results through presentations, infographics and publications

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## RESEARCH NETWORKS

### Rural Coordination Centre of BC

- Rural physicians in BC may apply for research grants up to \$10,000 through the RCCbc Rural Physician Research Support Project
- Visit [www.rccbc.ca](http://www.rccbc.ca) to learn more about RCCbc and to access helpful resources

### Rural Health Services Research Network of BC (RHSRNbc)

- Visit [www.rhsrnbmed.ubc.ca](http://www.rhsrnbmed.ubc.ca) to learn about ways in which RHSRNbc is committed to supporting rural health services researchers

Thank you for reading this document!

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Rural Coordination  
Centre of BC



UNBC



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