Research in NHS Practice

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Locally in your hospital

- Become a Principal Investigator
- Express interest/ send CV to your R and D team (GCP)
- Ask research promoter or R and D team to look for portfolio study for you take on
- Be fairly sure you can do what is asked of you, and your clinical colleagues are also satisfied with any changes in practice
- Be realistic about the number of patients you can recruit

Locally in your hospital: Research Management and Governance

- Research and Development Committee
- Strategic approach to R and D in the trust
- Overall plan with regard to numbers of studies opened, number of accruals to studies
- Influence of use of research resources e.g. L-CLRN funding

Regional Research Management

- Local/regional research networks
- Regional Ethics Committees
- Local CLRNs: Comprehensive Local Research Networks; responsible for the funding streams to hospital trusts and other organisations
- Regional grant funding committees e.g. Research for Patient Benefit committees (NIHR)

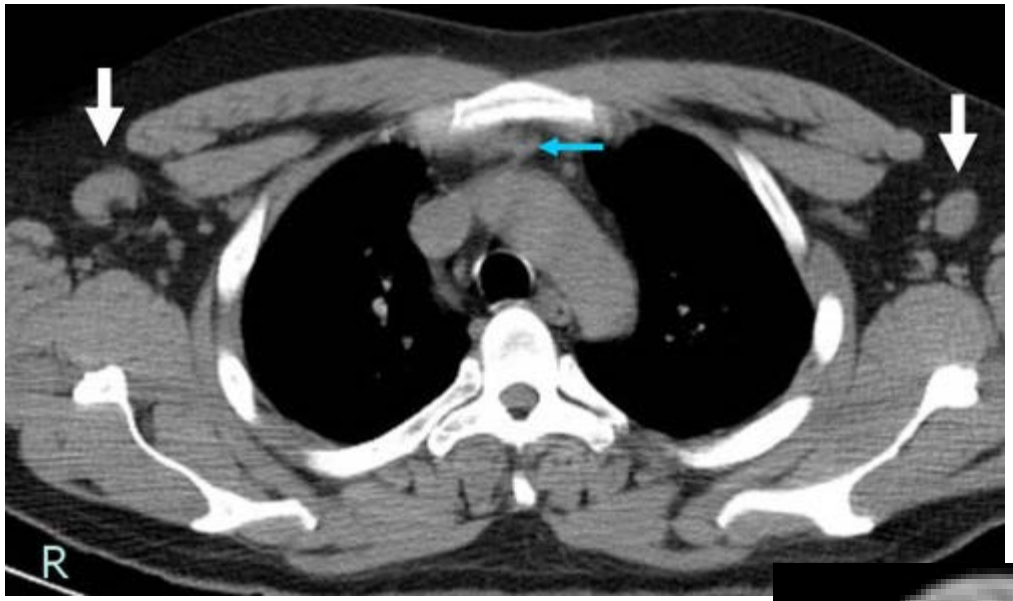
Developing your research idea

- Clinical challenge/ problem in practice
- Patient query
- Audit results
- New technology

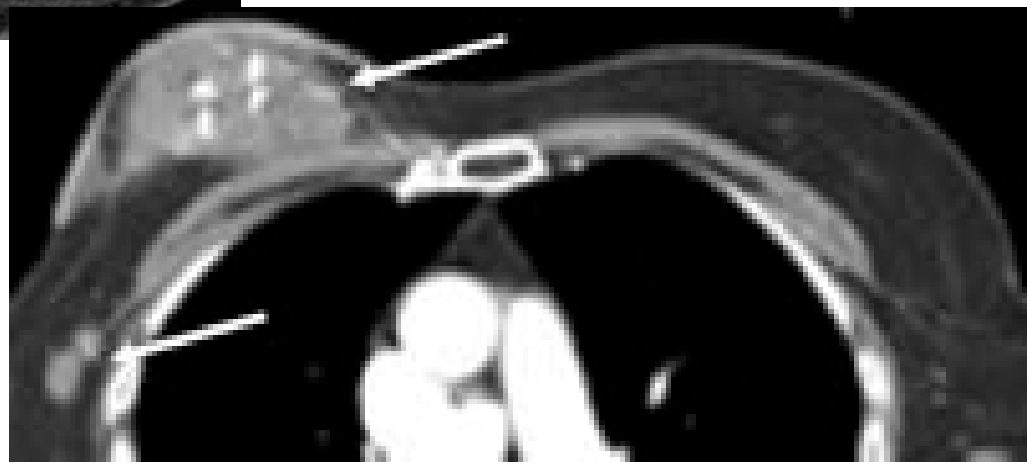
Research Question

- But is it research? Testing a hypothesis
- Can use existing data to address a new question and that is research
- Or Audit? Objective assessment of performance against a defined standard
- But audit cannot define best practice
- Much of what is published is audit of practice

Can we use multislice CT to evaluate axillary lymph nodes in patients with breast cancer?



To address the question about which operation breast cancer patients should have primarily on the axilla: ALND or SLNB?



Defining and Refining your Research Question

- Original
- Of interest to the researcher and the outside world
- Hypothesis can be formulated
- Hypothesis can be tested
- Study is feasible in terms of time, ethics, money, numbers of patients
- Results may alter current practice

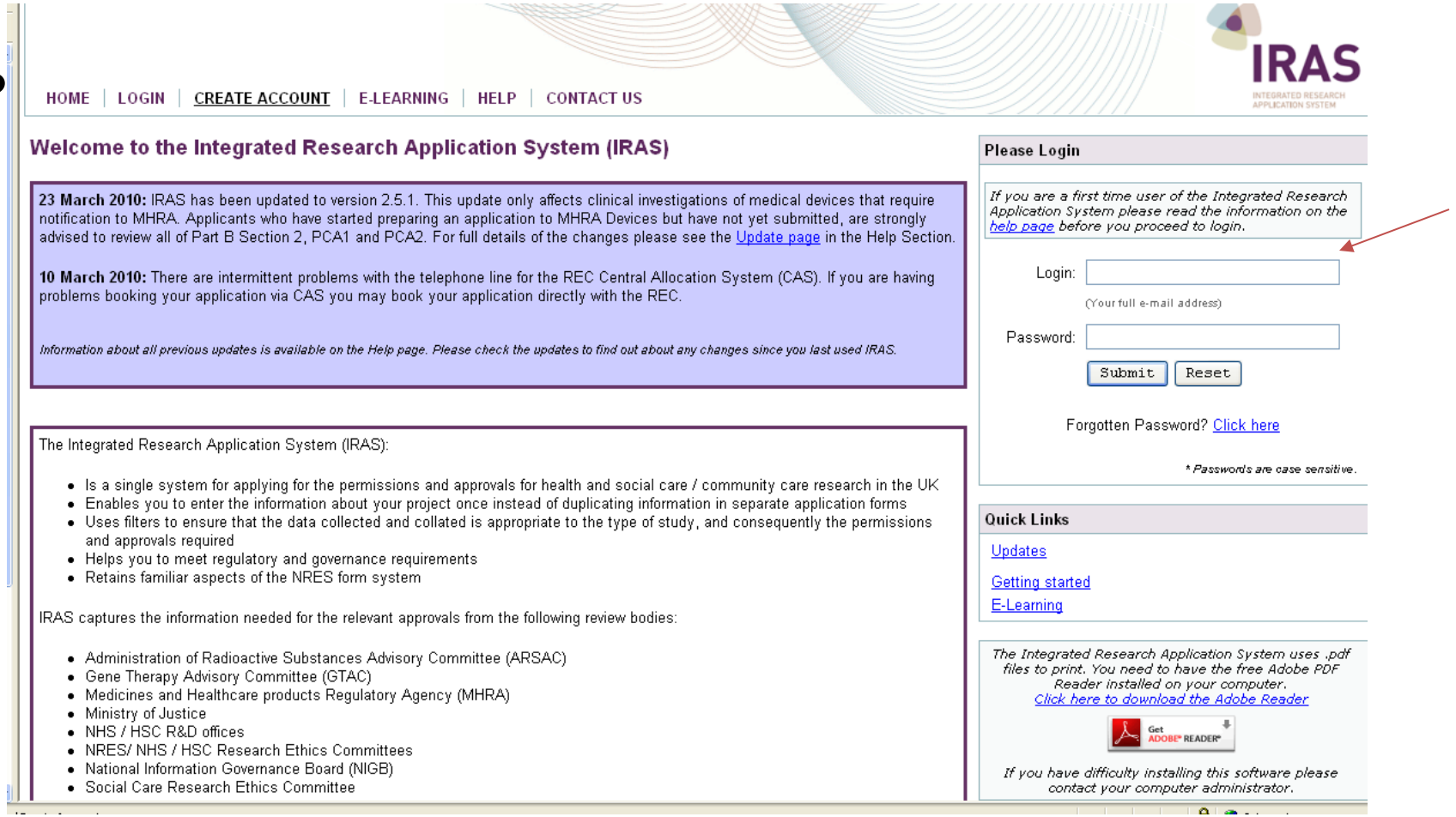
Back ground literature search/ Methodology

- Has it been done before? Same scale, same rigour of design
- Beware covert duplicate publications
- Medline, Cochrane library
- Colleagues, experts, lay people, patients, nursing staff
- Try to explain/ pitch your idea to lay member of the public or give them your protocol for comments
- Try writing a protocol, even if there are blanks in it. Protocol is a recipe, anyone with training should be able to follow it

Methodology

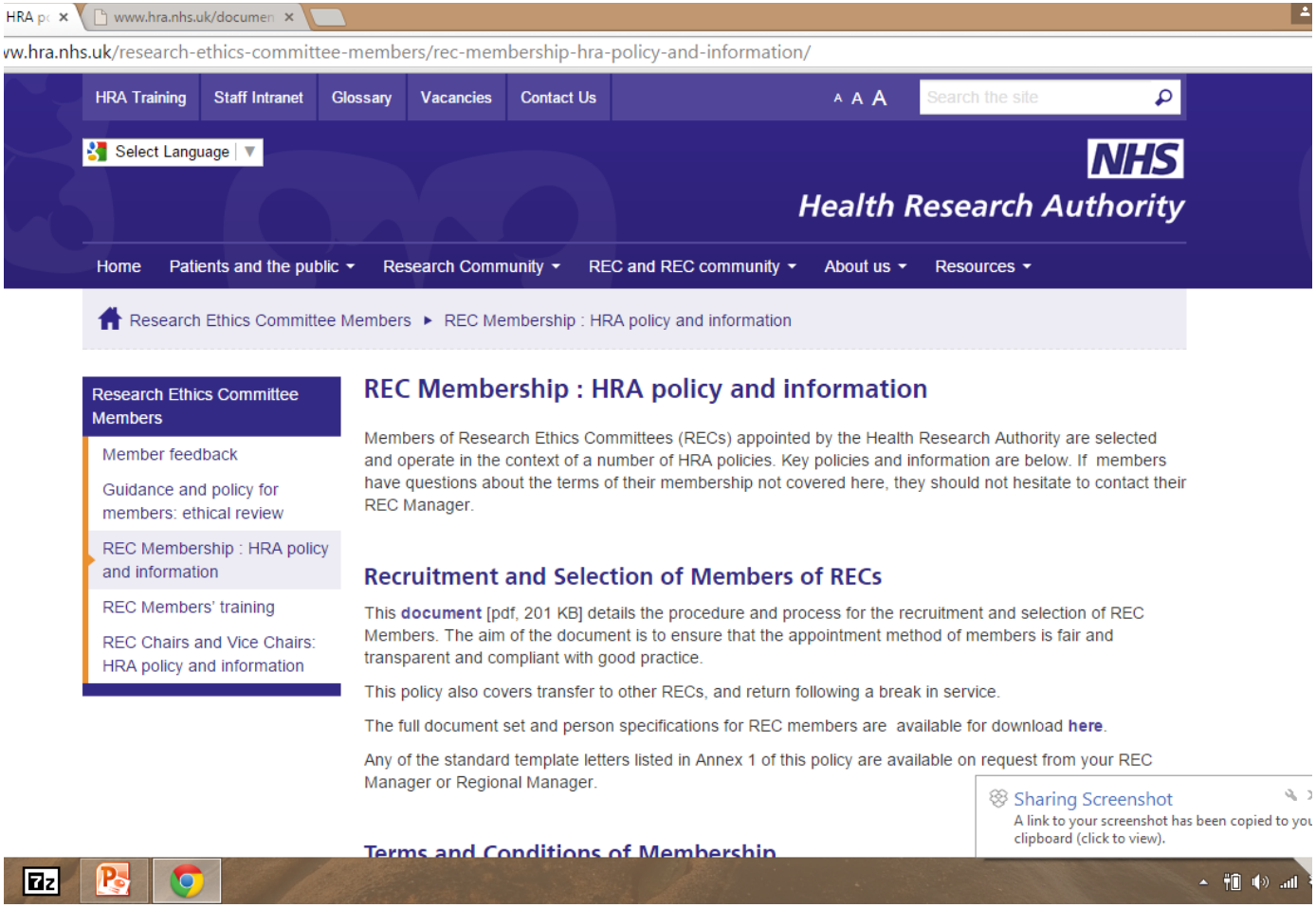
- Choosing which type of study you need to test your hypothesis
- Expert help; can be a steep learning curve
- Statistical analysis, what test, power of the study, how many patients you need to recruit
- May need assistance from statistician or from your local research design service
- Ethical problems or issues to be addressed
- Funding

Plotting a course through ethics and all the forms



www.myreseachproject.org

Streamlining the process: Health Research Authority



Summary

- Plenty of ways to become more research active in your own local environment even if you don't want to write grant applications or generate new research ideas yourself
- Consider becoming a PI on someone else's trial first (NIHR portfolio studies)
- Consider obtaining some training, courses, RCR Research Certificate
- May well lead to you developing your own research ideas

Summary

- Good question, refine, define, and hone
- Talk to people about it; get opinions
- Try writing a protocol
- Ask for expert help if it looks viable
- Don’t be afraid to ask questions