



# Introduction to Research



# Learning Objectives

By the end of this lecture you should be able to :

- Define research
- Describe the many types of research.
- Recognise some terminology of research.

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- What is research? (Discussion)

# Research is.....

- Research is about finding out new knowledge that could lead to changes in treatments, policies or care. There are many different types of research from studies in a scientific laboratory to those that observe and examine people with different conditions or develop new treatments. Research might be concerned with preventing disease and promoting good health or finding out people's experience of different services and support in the community.
- The people who carry out research will be doctors, healthcare professionals, psychologists, sociologists or researchers, working in a University or other health or social care organisation. In most research teams there will be service users, carers, patients or members of the public involved.
- <https://youtu.be/-xvrGv4u-bk> (Youtube, 2018b)
- <http://www.nhsconfed.org/-/media/Confederation/Files/Wales-Confed/WNHSC-Research-Briefing.pdf> (NHS, 2017)

# Why do we need research?

- We need research to provide evidence that something works. It is equally important to show that something is not effective or does not work in the way we thought it should.
- Health and social care research can help us to:
- identify people at risk of getting ill and help to prevent illness
- provide the best advice and treatments for people
- share knowledge and understanding about different conditions
- find out what people think about services
- assess how effective services are
- improve the environment, health and wellbeing of a local population

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- Why is research important in Nursing and health care? (Discussion)

# Why does research matter?

- From paracetamol and chemotherapy, to treatments for depression and diabetes; without research, many of the treatments and types of care that we receive today wouldn't be available.
- Members of the public have an essential role to play, since without people agreeing to take part in research studies these improved treatments and care wouldn't exist.
- Health and social care research aims to find out more about:
  - health issues (including causes of ill health and effects of treatments); and
  - social care issues (including support needs for people).
- [https://youtu.be/ln8UFc\\_aEj4](https://youtu.be/ln8UFc_aEj4) (Youtube, 2018a)



# Definition of Research?

In the broadest sense of the word, the definition of research includes any gathering of data, information and facts for the advancement of knowledge.

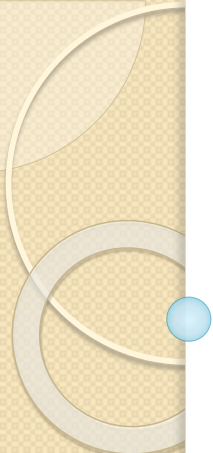


Most of us are researchers most of the time.

We don't necessarily think of ourselves as researchers, but research is about collecting information that tells us about something, and it helps us make informed decisions.

- Reading a newspaper or listening to the radio to find out what's happening in the world.
- Finding out more about a political party to decide who to vote for.
- Phoning a company to find out more about a job vacancy.
- Checking out schools to find the best one to send your child.
- Make enquiries for the best price for buying a new computer.

This is a personal level research which can help us further our knowledge and understanding of an area of personal interest. By observing what is going on around us is a form of research – a way of gathering *data* or information which we then organize in a coherent way.



# Formal Research

Basic research methods is a more formal way of going about asking questions.

It usually begins with something very specific we want to know.

We ask the question or questions in a structured way.



Coming up with a research question and then designing, undertaking, analysing and reporting research is a structured procedure that almost invariably follows the same process. This research process aids in ensuring that the research is



It shows we can account for our actions

- It shows what we do is ethical-it does good or at least avoids harm

It shows we are spending public money wisely

It demonstrates that what we do is of clinical benefit

It establishes the professional credibility of nursing practice

# Research process

- Identification of the issue in need of research (often a clinical issue).

Undertaking a literature review (this stage is omitted in some qualitative methodologies).

Stating the purpose of the research (what is it trying to achieve).

Deciding the specific research questions, aims, objectives or hypothesis.

Collecting the data.

Analysing and interpreting the data.

Evaluating and reporting the research findings.



The identification of a topic for research will more than not be a response to a clinical or practice-related requirement. Such questions may arise out of uncertainty about what to do or what might work in a given situation. In turn this uncertainty leads the researcher to the need to review the literature existing in a given area.

# Uncertainty principle

Is the starting point for all research

It establishes that there is something about the care we provide that we are not sure of.

We may be uncertain how patients make sense of living with a disease, or how they understand the care we are providing, or indeed whether the care we provide is beneficial to them.

Uncertainty causes us to ask questions some questions we may ask are:



What is it like to live with multiple sclerosis?

- Do patients undergoing chemotherapy understand the purpose?

Does daily dressings of pressure ulcers aid their healing?

What are the mental health issues facing individuals with learning disabilities?

- What is the future of diabetes patients?-

<http://www.swansea.ac.uk/medicine/research/drucymru/> (Swansea.ac.uk, 2018)

- <https://youtu.be/NfzgxFGsf9g> (YouTube, 2018)

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- Using research to answer questions about the care we give is important because it allows us to develop increasing certainty about what we do. It allows nurses, to be able to justify their practice; it provides at least in part, an evidence base.



Make a list of the reasons, clinical, personal and societal, why research is important in informing the practice of nurses. Don't think just about the individual patient; consider also society and the greater good. (Pairs or small groups)

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  - It demonstrates that what we do is of clinical benefit
  - It establishes the professional credibility of nursing practice

# References

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