

# An introduction to research for consumers

## Transcript

Slide 1	Welcome to module six of the partnering with consumers and community in Metro South Online learning package.
Slide 2	This module is designed to provide you with an introduction to research. We anticipate that you'll have a better understanding of <ul style="list-style-type: none"> <li>- what research is</li> <li>- why it's undertaken and</li> <li>- what it involves after completing this module.</li> </ul>
Slide 3	To start with, what is research? Research aims to find or confirm information. Many people use research during their everyday life. For example, they might ask a sales assistant questions to find out about a product they want to buy, or they might search books or the internet to find out more about a topic.
Slide 4	Healthcare research concentrates on researching topics related to people's health or the delivery of health care services
Slide 5	Healthcare research is important because it improves clinical care by helping us learn better ways to identify, prevent, treat and support health issues, ultimately, this leads to improved care and healthier communities.
Slide 6	Some examples of different types of healthcare research include. <ul style="list-style-type: none"> <li>- Identifying people at risk of becoming unwell so we can better prevent illness.</li> <li>- Testing new treatments or drugs to make sure they are safe and effective.</li> <li>- Asking people how they use their health care system and if it meets their needs.</li> <li>- Developing clinical guidelines to improve the delivery of patient care and</li> <li>- Undertaking a literature search to compile information from scholarly sources on a specific topic.</li> </ul>
Slide 7	Healthcare research can be completed by a range of different people, including health care professionals such as doctors, nurses and allied health clinicians and researchers such as scientists and economists. While members of the public do not typically conduct research they can contribute to how it's undertaken. <p>For some people, conducting research is their full time job. Some other people complete research whilst doing other jobs such as clinical care.</p> <p>Typically, researchers receive or complete training to do research but the type and length of this training varies.</p> <p>Researchers often work together as part of a team with people from different backgrounds, different experiences, and from different organizations.</p>
Slide 8	You may be wondering why people such as health care professionals and healthcare consumers become involved in research while people become involved in research for many different reasons. <p>Health care professionals may become involved in research to help make a difference or to improve the way care is provided in the future.</p>

Slide 9	<p>Consumers may become involved in research because they've had a difficult experience and what to be able to make a change.</p> <p>They may have had a very good experience and see their involvement as an opportunity to give back.</p>
Slide 10	<p>Research can be conducted in many different ways. The way it's conducted usually depends on what's being investigated or the question attempting to be answered.</p> <p>Broadly, there are two types of approaches to research qualitative and quantitative.</p>
Slide 11	<p>Qualitative research aims to understand, describe, or discover peoples thoughts, experiences or perceptions. If you are involved in qualitative research you might be asked to participate in research activities such as focus groups or interviews aiming to understand your experiences or healthcare journey.</p> <p>Meanwhile, quantitative research focuses on using data and numbers to test, confirm, predict, or control. If you are involved in quantitative research, you might be asked to participate in research activities such as a clinical trial where researchers compare one type of intervention, such as a drug with another.</p> <p>Sometime researchers will use both of these approaches to answer a question. This is called a mixed methods design.</p>
Slide 12	<p>All research usually follows five key steps.</p> <p>The first step is to deciding what to research. Researchers may decide this on their own, or they may approach consumers and community members to ask what they think needs to be answered.</p> <p>Next, the researcher needs to decide how they will answer that question. They might make this decision on their own, or they might ask consumer and community members what they think the best way might be.</p> <p>Next, the researchers will need to carry out the research, once they have collected the information or data they will need to analyze it to understand what it means.</p> <p>After the researchers have analyzed the data, the findings are distributed to the other health professionals and researchers so they can understand what was learned and how to improve the care they provide.</p> <p>To achieve this research may be presented at local, national or international conferences and is usually submitted for publication in a scientific journal.</p> <p>If you have participated in a research study and wants to know the findings you can contact a member of the research team.</p> <p>And lastly, those who undertook the research of other people in the field will use the findings to decide what needs to be entered next as research is a process and there are always more questions to be answered.</p>
Slide 13	<p>Lastly, it is important that you know that there are ethical standards and processes that researchers need to abide by. All research involving people is reviewed by human research Ethics Committee to ensure the appropriate ethical standards will be upheld. Ethics Committee will only grant approval for the research to take place if.</p> <ul style="list-style-type: none"> <li>- Participants rights and dignity will be respected.</li> <li>- Any psychological or physical harm to participants will be avoided.</li> <li>- The researchers are honest and will conduct the research with integrity.</li> <li>- And informed consent will be obtained from people to participate in the research.</li> </ul>

Slide 14	Informed consent can only be obtained from people if the researchers at first explain - what is involved in the research - what the research is about. - How the persons information will be kept confidential. - Is there any potential risks or benefits for the person being involved and - the person is free to withdraw at any time.
Slide 15	We hope that this module has provided you with an introduction to what research is. To summarize the main take away messages are research aims to find or confirm information, with healthcare research focusing on improving clinical care. There are many different people involved in research, each making their own unique contribution, and there are lots of different ways to do research.