

Translate Your Clinical Experiences into Research Topics: A Discussion Forum for Clinicians

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Objective

- Discuss how to develop research ideas as a clinician.

Evidence-Based Practice

- “Evidence based medicine is the conscientious, explicit, and judicious use of current best evidence in making decisions about the care of individual patients. The practice of evidence based medicine means integrating individual clinical expertise with the best available external clinical evidence from systematic research.”



<http://www.promediacommunications.com/portfolio/ebm.html>

(Sackett, D.L., et al. (1996). *British Medical Journal*, p. 71)

Evidence-Based Practice



Research

- The systematic investigation into and study of materials and sources in order to establish facts and reach new conclusions

Oxford English Dictionary.

Research

- “research at its best is like a Robert Ludlum novel [Bourne Identity] - ingenious, thrilling, action-packed, and full of twists” (Meline & Mata-Pistokache, 2003).

The Clinician Researcher

- An individual who both conducts research and provides direct services
- Can make an important contribution to the quality of clinical services, can provide insight beyond what has already been explored
- Referred to by Yanos & Ziedonis (2006) as the double-agent

Informal Research

- Determine best treatment intervention for your clients
- Determine what impacts treatment
- Trying out new treatments

Formal Research

- Systematic study
- Intent to inform others
- Intent to disseminate

Why?

- Advance treatment for clients
- Advance your skills
- Advance the profession
- Advance career opportunities
- Better understand therapeutic process



Objectives

- Finding a Question that:
 - A. You are interested in
 - B. You could actually research

Feasible

- Money
- Mentorship
- Tools
- Population

Research Review

- Who will this benefit?
- What questions will this provide information?
- Has your idea already been researched?
- Are there indications that this is needed?
- Will this topic be relevant/useful in the field?

Ethical Concerns

- Conflict between interest of the individual and scientific aims of the study
- Clinical mandate and patient need
- Therapeutic misconception (patients may assume all conditions will improve)

Ethical Considerations

- Some researchers suggest clinician-researchers avoid having research contract with individual in which therapy have a therapeutic relationship (Sales et al. 2000).
- Fully disclose conflicts of interest to participants.
- Seek integration of dual roles and consider the best ethical judgements

Relevant

- Who cares?
- Will this inform your practice?
- Could this inform larger practice?

FINER

The “How-To”: Design

- A design that fits your question
- Simple
- Realistic
- Clear

The “How-To”: Conducting the study

- Any permissions needed
 - Facility
 - Institutional Review Board
- Carve out time
- Recruit

Resources

- *Journal of Music Therapy* series on research methods
- Music Therapy Research Blog
- Join a research team!