



# Research In Mind: The Secrets of Evidence Based Practice – 2 day course

How can you gather the kind of useful information that will help you identify the options available for you and your business, project or organisation? Learn the basic principles behind evidence-based practice, structure and plan a research project, collect and analyse evidence, and draw conclusions in a simple and straightforward way. Throughout the course, there will be an emphasis on developing research-mindedness to help you make informed judgements about research findings generally, particularly through the internet.

## **Learning objectives:**

- To explore the concepts behind evidence based practice
- To build confidence about how to investigate research studies relevant to specific areas of practice
- To understand different ways of planning and structuring a research project – research designs, ethics and values, research methodology
- To gain practical tips about using research methods – questionnaire design, interviewing skills, use of focus groups, using multiple methods
- To practice the principles of data analysis
- To learn how to critically evaluate research findings

## **Topics covered during the training**

### **Day 1**

- What do 'evidence based practice' and 'critical appraisal skills' mean in practice
- Investigating research
- Planning a research project – the Research Question, scope, time and cost
- Research ethics and values
- The advantages and disadvantages of different research designs such as one shot studies, before and after interventions, experimental design, secondary analysis, longitudinal project, case study ..
- Features of quantitative and qualitative research methods

### **Day 2**

- Hints and tips for structuring a questionnaire
- Practicing research interview skills
- When and how to use focus groups
- Collecting, organising and analysing data
- What to look for in research reports
- Peer review, dissemination, and the wider body of research knowledge
- Useful sources of research information

**Participants will receive booklets including all the topics covered, with sections for group exercises and notes.**

**Certificates of attendance will be given as evidence of Continuing Professional Development.**

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**helping you choose the right path**