

Part 2: Disseminating your research



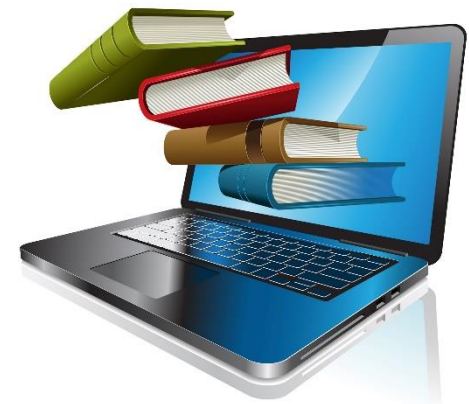
Lisa Roberts

Clinical Professor of Musculoskeletal Health & Consultant Physiotherapist

 @LPhysioprof

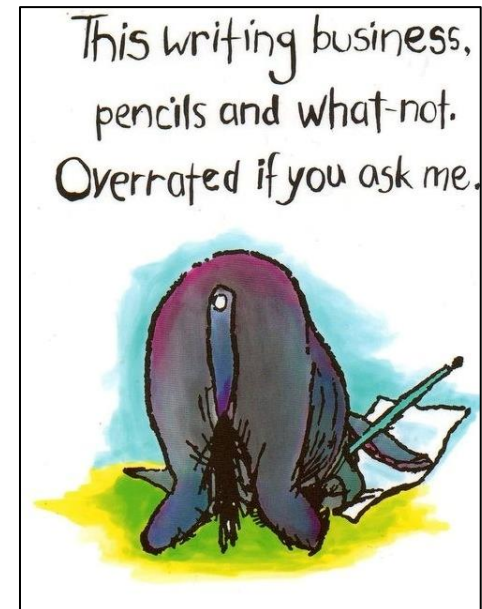
Part 1: Sharing your research – getting started

1. Why publish?
2. Overcoming challenges to writing
3. Breakout sessions:
 - i. Where could I publish?*
 - ii. Getting started*
 - iii. Maintaining momentum*
 - iv. Alternative forms of dissemination*
 - v. Facilitated session on writing*
4. Key resources
5. Planning – top tips and what to produce for Part 2



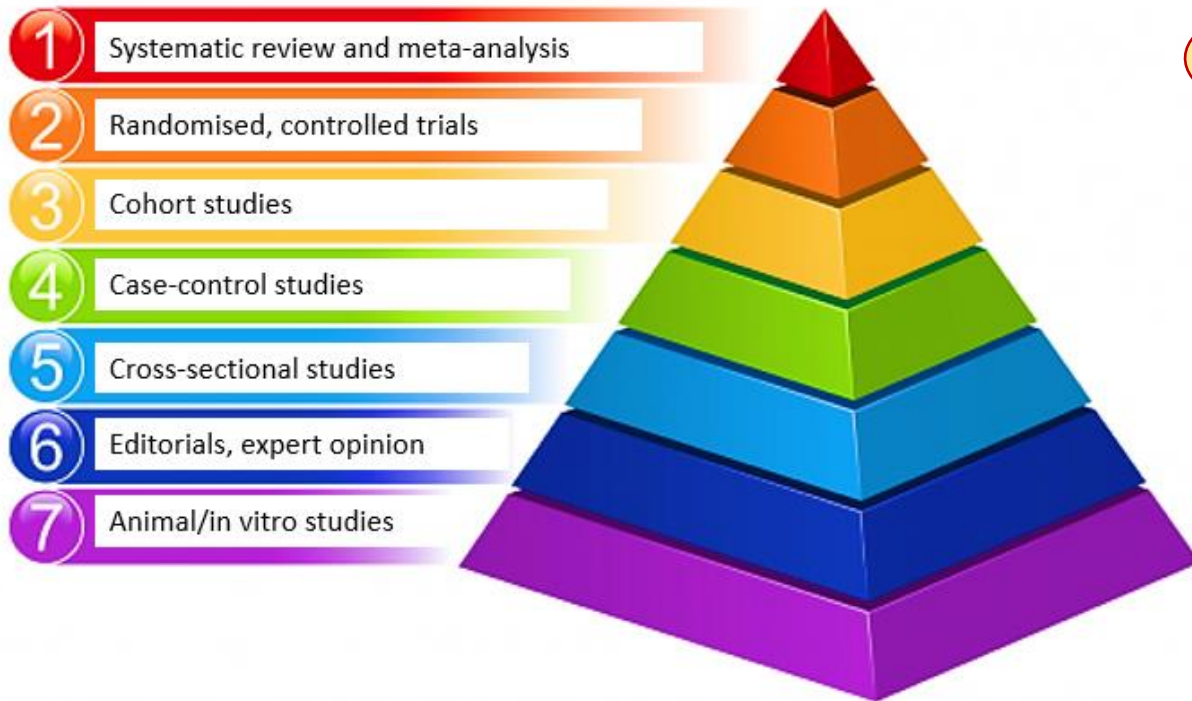
Why publish?

1. Moral responsibility to participants & 'funders'
2. Contribute to the evidence base for your profession
3. Share your findings worldwide – high impact journals
4. Enhance your academic profile – H-index
5. Attain future grant funding or promotion
6. Enjoy seeing your work in print!



A hierarchy of evidence (After Sackett et al 2000)

When answering questions of effectiveness:



BUT this hierarchy does not necessarily equate to **clinical importance!**

- *Quality improvement*
- *Service evaluations*
- *Audits*
- *Outcome measures ...*

➔ **QI projects, audits, service improvements are important & can be published!**

Unlock your potential!

Break down to bite sized chunks

Self belief

Choose the right journal for your work



Start with small, realistic targets

Just start writing – remember you can redraft!

Clinical academic career goals

What to produce for next session

Some writing!

e.g., abstract, part of paper
Decide now what it will be



Example – one of the following

- Abstract – short summary of our work (300 words)
- Part of a paper
- Words for a poster presentation
- Blog
- Social Media post
- Research highlights



INTRODUCTION

*INTRODUCE RELEVANT LITERATURE
EXPLAIN WHY YOUR STUDY IS NOVEL
HYPOTHESIS*

MATERIALS AND METHODS

*INTRODUCE STUDY SYSTEM
EXPLAIN METHODS SUCH THAT A READER
COULD RECREATE YOUR STUDY*

RESULTS

*OBJECTIVELY STATE FINDINGS
FOCUS ON BIOLOGICAL RESULTS
USING STATISTICS FOR SUPPORT*

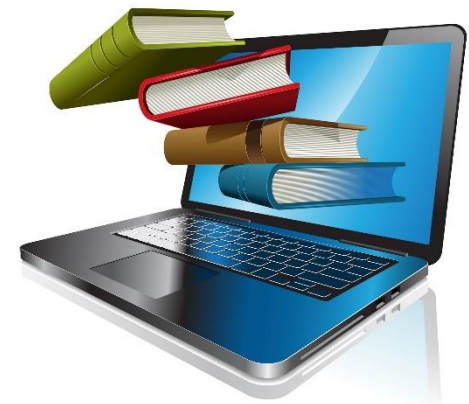
DISCUSSION

*INTERPRET YOUR RESULTS
TIE YOUR RESULTS BACK TO THE LITERATURE
BY ANSWERING THE KNOWLEDGE GAP*

CONCLUSIONS AND IMPLICATIONS

Part 2: Disseminating your research

1. Brief recap
2. Steps to success in publication; open access, journal selection
3. Breakout sessions:
 - i. Feedback on our writing*
 - ii. Feedback on our first piece of writing – support and guidance*
 - iii. Trouble shooting clinic – “help I’m stuck”*
4. Panel discussion – reviewing for journals, co-authorship, submitting a journal
5. Where to share your research – online platforms
6. Resources and ongoing support
7. Summary



Breakout sessions

1. Feedback on our writing
2. Feedback on our first piece of writing
3. Trouble shooting clinic – “Help I’m stuck!”

Please include a break and we will see you back at 3 pm!

Steps to success in publication

Panel discussion

1. Reviewing for journals
2. Collaborative writing & co-authorship
3. Submitting to a journal etc.

Where to share your research – online platforms

Resources & ongoing support

Guidelines for reporting different types of studies

(See www.equator-network.org/)

Type of study	Reporting guideline	Acronym
Systematic reviews	Preferred Reporting Items for Systematic Reviews & Meta-Analyses	PRISMA
Randomised trials	Consolidated Standards of Reporting Trials	CONSORT
Observational studies	Strengthening the Reporting of Observational Studies in Epidemiology	STROBE
Diagnostic / prognostic studies	Standards for Reporting of Diagnostic Accuracy	STARD
	Transparent reporting of a multivariable prediction model for individual prognosis or diagnosis	TRIPOD
Qualitative research	Standards for Reporting Qualitative Research	SRQR
	Consolidated criteria for reporting qualitative research	COREQ
Case reports	Case report guidelines	CARE
QI studies	Standards for Quality Improvement Reporting Excellence	SQUIRE
Economic evaluations	Consolidated Health Economic Evaluation Reporting standards	CHEERS
Study protocols	Standard Protocol Items: Recommendations for Interventional Trials	SPIRIT
	Preferred Reporting Items for Systematic Reviews & Meta-Analyses - Protocols	PRISMA-P
Clinical practice guidelines	Appraisal of Guidelines, Research and Evaluation	AGREE
	Reporting Items for practice Guidelines in Healthcare	RIGHT

Thinkwrite
www.thinkwrite.biz

Journal name						
Volume number						
Page numbers						
Author format						Mode
Title	How many words?					
	Verb: Yes / No					
	Colon?					
	Is it a question?					
Keywords	List 3 key ones					

Abstract	How many sentences?					
----------	---------------------	--	--	--	--	--

Introduction	How many subheadings?					
	How many paragraphs?					
	How many subheadings?					
	How many paragraphs?					
	How many subheadings?					
	How many paragraphs?					
	How many subheadings?					
	How many paragraphs?					
	How many subheadings?					
	How many paragraphs?					

References	How many?					
Figures	How many?					
?						

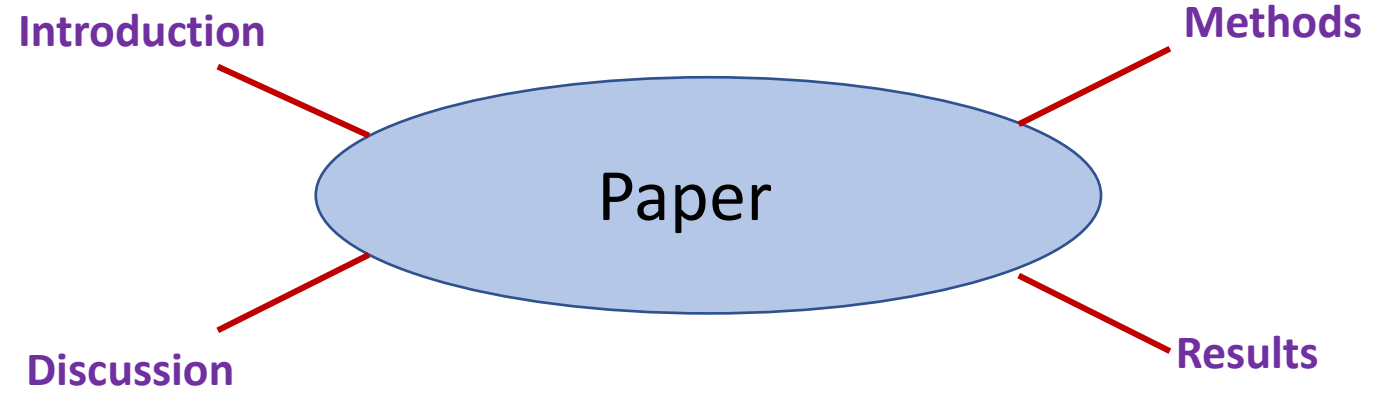
Thinkwrite Highly Structured Format

Journal name		European Spine Journal				
Volume number		Online	Online	32	32	
Page numbers		07913	07494	353-60	301-12	
Author format		First name + surname				Mode
Title	How many words?	23	21	18	21	≈ 21
	Verb: Yes / No	N	N	N	N	N
	Colon?	Y	Y	Y	Y	Y
	Is it a question?	N	N	N	N	N
Keywords	List 3 key ones	Check for ideas				

Abstract	How many sentences?	12	12	11	12	≈ 12
----------	---------------------	----	----	----	----	------

Introduction	How many subheadings?	0	0	0	0	0
	How many paragraphs?	3	2	4	3	3
Methods	How many subheadings?	4	1	6	6	6
	How many paragraphs?	12	6	8	12	12
Results	How many subheadings?	0	0	4	2	0
	How many paragraphs?	6	2	4	6	6
Discussion	How many subheadings?	0	0	0	0	0
	How many paragraphs?	11	10	5	8	9
Conclusion	How many subheadings?	0	0	0	0	0
	How many paragraphs?	1	(1)	1	(1)	1

References	How many?	30	20	24	45	≈ 27
Figures	How many?	2	2	2	3	≈ 2
Tables		3	5	5	4	≈ 5



Introduction to health and care research



At the NIHR, we receive funding from the government to support all areas of health and care research.

If you're new to health and care research and you want to find out more, we offer a range of support and training to help you.

On this page:

- [What is health and care research?](#)
- [Starting out in healthcare research? Free online courses](#)
- [NIHR Learn](#)
- [Local learning and development](#)
- [Want to learn more?](#)

CAHPR Top Ten Tips

CAHPR's Top Ten Tips series offer brief summary advice on key topics for novice, early career and experienced researchers. This series is written and produced by CAHPR hubs and guest authors.

SHARE



On this page:

- › [Becoming a Peer Reviewer](#)
- › [Becoming Research Active](#)
- › [Capturing Research Impact](#)
- › [Clinical-Academic Careers](#)
- › [Enabling Research Activity](#)
- › [Engaging with your AHSN](#)
- › [Getting your Abstract Accepted](#)
- › [Getting Your Paper Published](#)
- › [Implementation for Impact](#)
- › [Medtech Development for AHPs](#)
- › [Navigating doctoral studies: overview](#)
- › [Patient and Public Involvement](#)
- › [Preparing a Scientific Poster](#)
- › [Running a Journal Club](#)
- › [Seeking Ethical Approval](#)
- › [Social Media](#)
- › [Statistics](#)
- › [Writing Service Improvement Case Studies](#)

www.cahpr.csp.org.uk/content/cahpr-top-ten-tips

**A guide to starting out as
a Clinical Academic
Researcher**



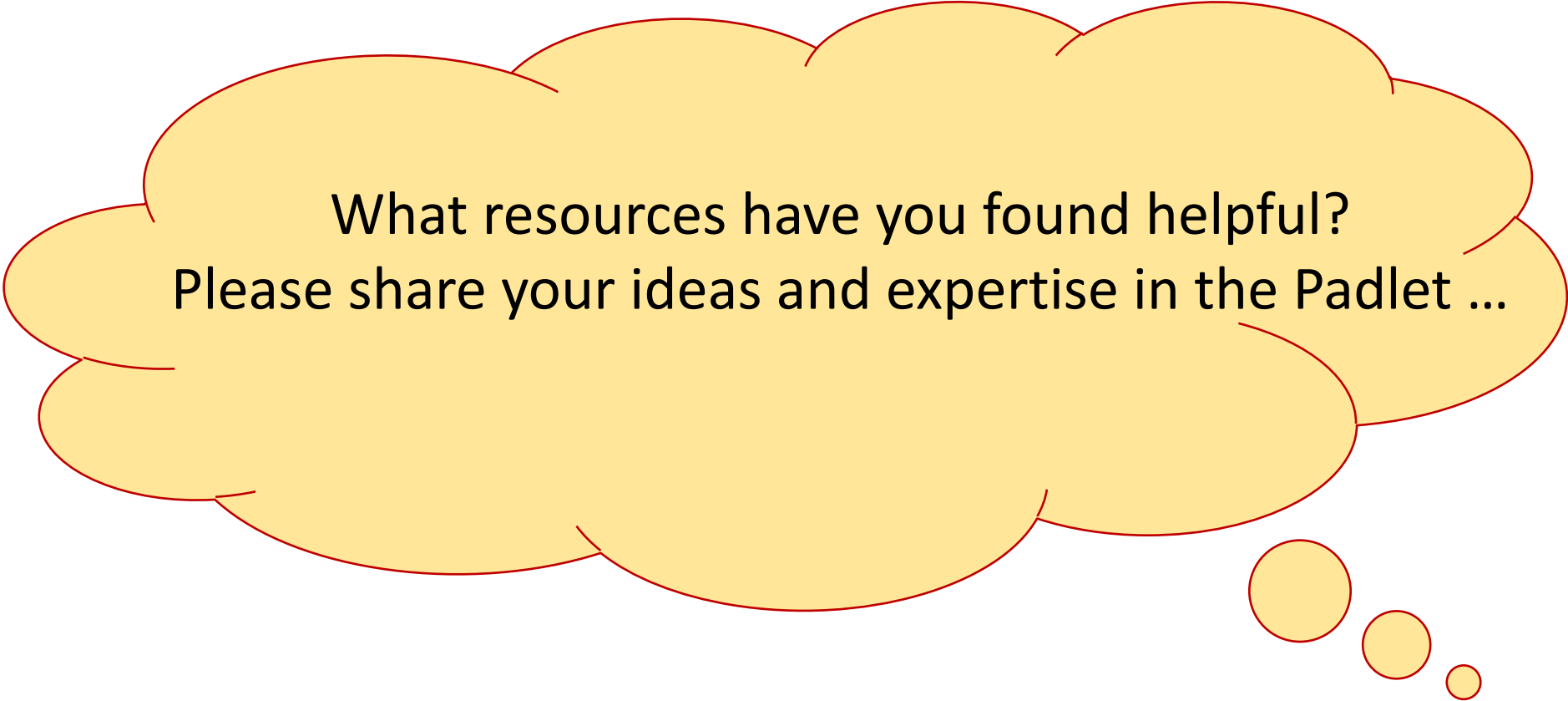
A series of ten films giving advice and tips on becoming a
clinical academic

Link: <https://vimeo.com/showcase/9710034>

1. What is a clinical academic career?
2. Forming your team
3. Finding a mentor
4. What makes a good application?
5. Developing your training plans
6. Public and patient involvement
7. The interview
8. Intellectual property & enterprise
9. Personal stories
10. Sources of help

The image displays a grid of 10 video thumbnails, each representing a different topic related to clinical academic careers. Each thumbnail includes a title, a small image or graphic, and a brief description of the content.

- #1 What is a clinical academic career?**: Features a woman speaking and a list of roles: Clinical, Research, Education, Leadership.
- #2 Forming your team**: Shows a woman pointing to a list of items: 1 People, 2 Place, 3 Project. Includes a quote: "A Clinical Fellowship is about your academic research career development. There are 3 components that you should pay attention to."
- #3 Finding a Mentor**: Titled "Getting started", it lists questions: "It's important to establish", "How do I like to learn?", "How often shall we meet?", "How long shall we meet for?", "What are our expectations?". Includes an illustration of a hand holding a plant.
- #4 What makes a good application?**: Titled "Your project: what you will be judged on", it lists three points: "Your choice of methodology and methods", "The potential benefits of your work for patients and clinical services", "Your involvement of students and the public in developing and delivering your research".
- #5 Developing our training plans**: Titled "Look up", it features a laptop and a document, with text: "Vitae Researcher Development Frameworks" and "useful to assist you in identifying your strengths and prioritising areas for future development".
- #6 Public and patient involvement**: Titled "Cynthia's tips for application and interview", it lists: "Think through your PPI proposal", "Jargon free summary", "Realistic PPI budget". Includes a photo of Cynthia.
- #7 The interview**: Features a woman speaking, identified as "Professor Maria Stokes, NIHR Senior Investigator, University of Southampton".
- #8 Intellectual property & Enterprise**: Titled "When should I think about IP and enterprise?", it includes a photo of a woman in a lab coat.
- #9 Personal stories**: Features a man speaking, with the NHS Southern Health logo and text: "Patients & people first", "Partnership", "Respect".
- #10 Sources of information**: Titled "NIHR Applied Research Collaborations (ARCs)", it includes a map of the UK and text: "Support applied health and care research that responds to and meets the needs of local populations and local health and care systems", "Act to increase the rate at which research findings are implemented into practice.", "Work collaboratively to address national research priorities, like ageing and dementia health inequality, etc."



What resources have you found helpful?
Please share your ideas and expertise in the Padlet ...

<https://bu.padlet.org/kcollins250/cahpr-writing-day-2-resources-nr1gl9ulez69u2j2>

Workshop summary

Everyone in healthcare really has two jobs when they come to work every day: to do their work and to improve it.

Batalden & Davidoff, 2007



Learn with help from others



<http://newswatch.nationalgeographic.com/>

Moving forward ...

- Keep going – it is a marathon not a sprint!
- Revisions will make your paper stronger
- Rejections are common – regroup & get help to submit elsewhere
- Review with kindness
- Believe in yourself – you have something important to contribute to the evidence base of your profession

