Yes, Research Can Be Done in Your Busy Practice
Lynnette Rasmussen, OTRL, Kate Chang, MA, MS, Virginia Simson Nelson, MD, MPH
AACPD Morning Seminar
September 14, 2017

Objectives
1. Identify the tools/resources needed to support research in a clinical program.
2. Develop research questions that are significant for study, funding, presentation, and publication.
3. State how to incorporate research into the routine activities in busy clinics.
4. Understand the importance and benefits of evidence-based practice.

Resources/Tools
- The patients
  - Subspecialty niche
  - Understudied diagnosis
- The team
  - Leadership and attitude are essential
- Funding
  - Internal/external
  - Supplies/people/time
- Key ingredient
  - Database
- The reason
  - Practice changing
    - Develop Research Question
- Clinical observation-keep your eyes open
- Good research question
- Cycles of research
- Levels of evidence

Incorporating Research into the Clinic
- Keep your eyes open and feet ready

Interdisciplinary studies in the Clinic Routine
- Range of study areas: identify common themes seen in your clinic, then narrow the focus so research is of manageable size, given the resources and time available. For example, while examining numerous patients, it seemed as if many had torticollis. Was this related to the main diagnosis (brachial plexus palsy) or an incidental finding? Was there any literature relating the two diagnoses?
- Importance and benefits of evidence-based practice
  - Payor requirements (or arguing to get a benefit covered by citing evidence)
  - Ability to discuss with patients/families why a treatment should or should not be done
  - Intellectual challenge –how to make clinical practice into “hard science”