

NCCRED

National Centre for Clinical
Research on Emerging Drugs

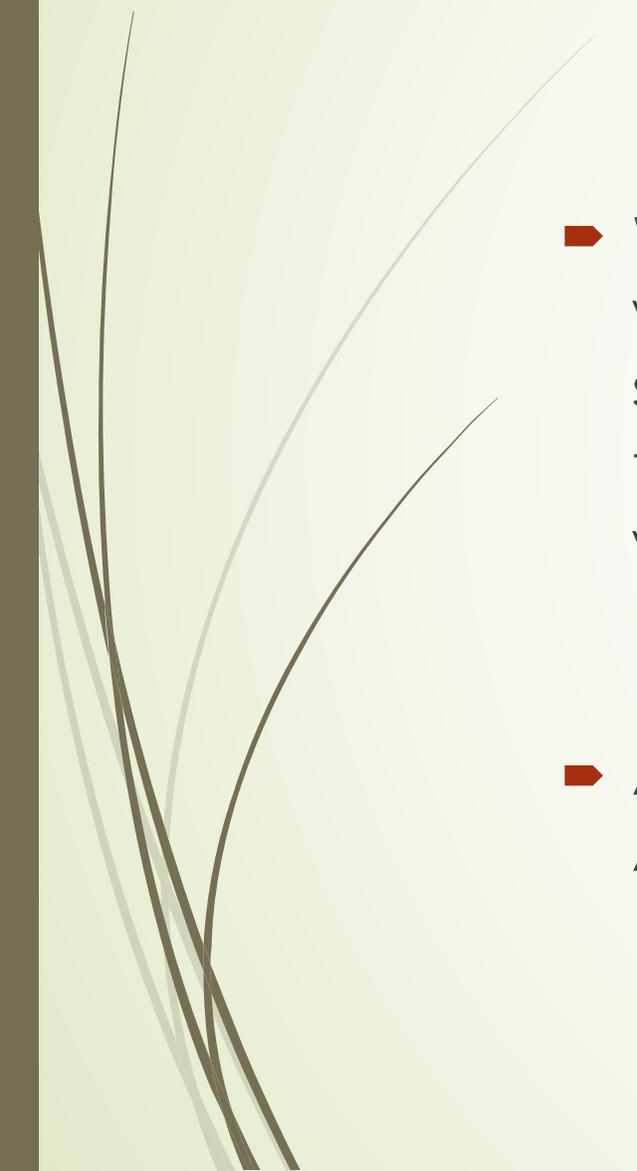


An introduction to evidence-based practice and clinical research

*What is research? Why is it relevant to clinical
practice?*



Acknowledgement of Country

- ▶ We would like to acknowledge this land that we meet on today which is the traditional land for Kurna people, and recognise their strength and resilience as they maintain a continuing connection to the lands and waters in this region – a right and responsibility that was never ceded.
 - ▶ And we pay our respects to elders both past and present, and the Aboriginal and Torres Strait islander peoples here today.
- 

Partnership

NCCRED

National Centre for Clinical
Research on Emerging Drugs

CENTRE OF RESEARCH
EXCELLENCE: INDIGENOUS
HEALTH AND ALCOHOL



CENTRE OF RESEARCH EXCELLENCE
INDIGENOUS
HEALTH + ALCOHOL



Introductions

Lynette Bullen

- HETI
- CRE Indigenous health and alcohol

Florence Bascombe

- NCCRED

Annalee Stearne

- NDRI
- NCCRED Board
- CRE Indigenous Health and alcohol

Thanks to Krista Siefried, Clinical Research Lead, NCCRED for her contribution to these slides



Aims of workshop

Goal

To provide an understanding of the key concepts and principles of clinical research and the application of research in a clinical setting.

Learning Outcomes

Definition of clinical research

Why is research important for clinicians?

Where do I find evidence?

How do I translate it to my day-to day role?

How can a clinician be involved in research?



Definitions

Clinician

“a practitioner who spends most of their total weekly working hours engaged in clinical practice (that is, in diagnosis and/or treatment of patients including recommending preventive action) is classified as a 'clinician'. A clinician may work clinical and non-clinical hours.” (AIHW¹)

Evidence-based Practice (EBP)

“The integration of best research evidence with clinical expertise and patient values to achieve optimal clinical outcomes.” (Sackett, D.L.²)

Clinical Research

“...increasingly involves a range of different health professionals studying a wide range of matters, including disease prevention and causation, diagnostic methods, treatments, and effects of and response to illness...can occur in a number of settings, including public / private hospitals and clinics, other institutions / organisation, community settings, and general / specialist medical practices” (Australian NHMRC³)

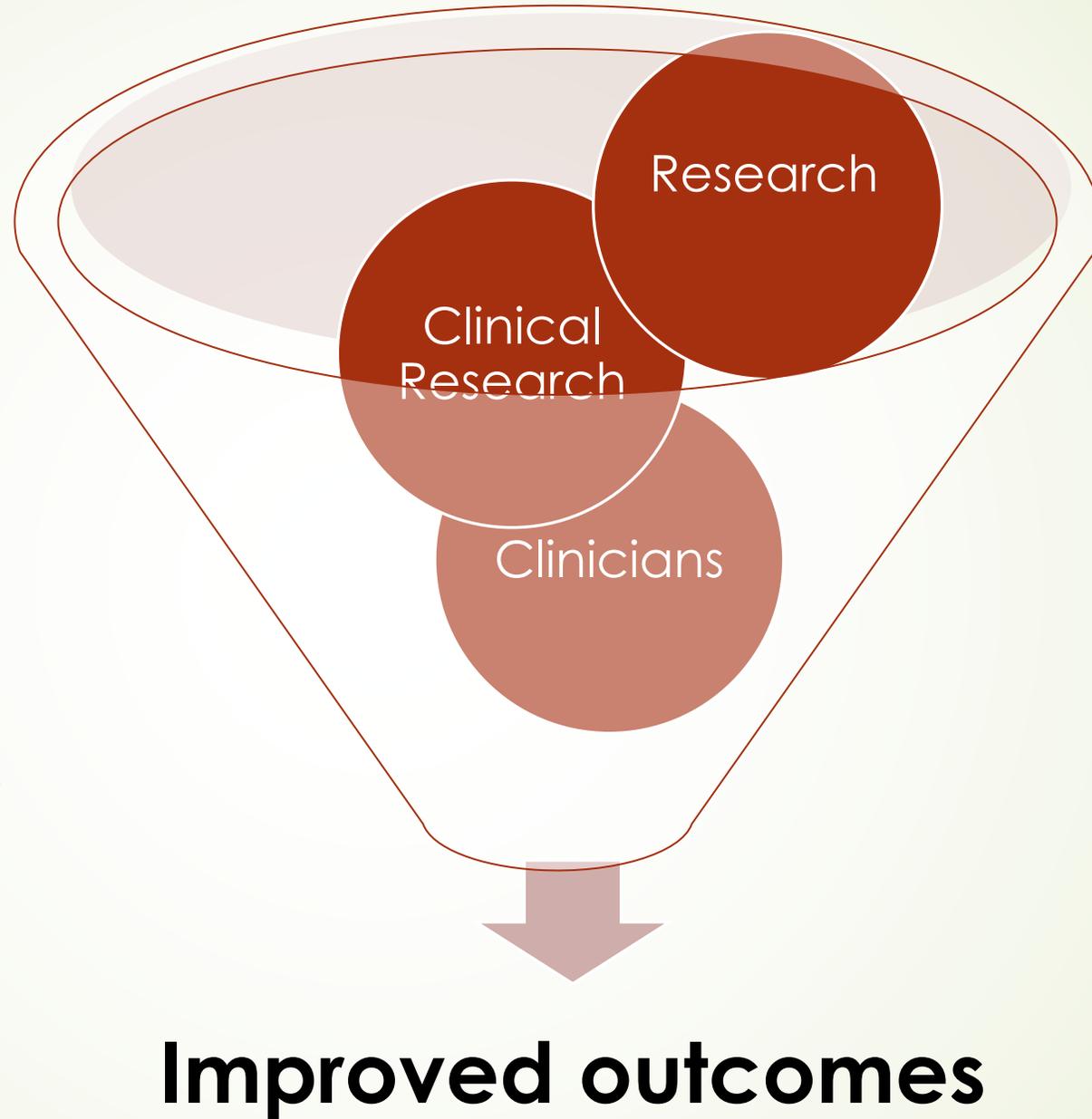
¹ Australian Institute of Health and Welfare

² Sackett, D.L. (2000). *Evidence-based medicine: How to practice and team EBM* (2nd ed.) Edinburgh: New York: Churchill Livingstone.

³ NHMRC National Statement on Ethical Conduct in Human Research



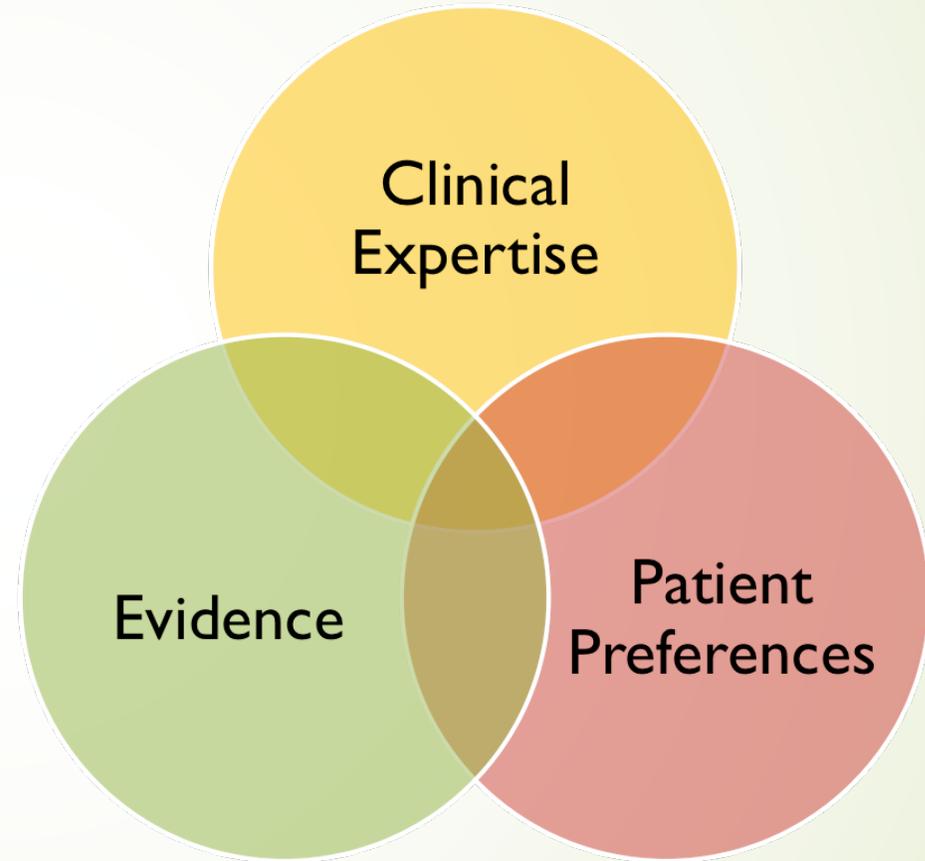
Why are we
all here
today?



What is Evidence-Based Practice?

1. The best available evidence supported by research

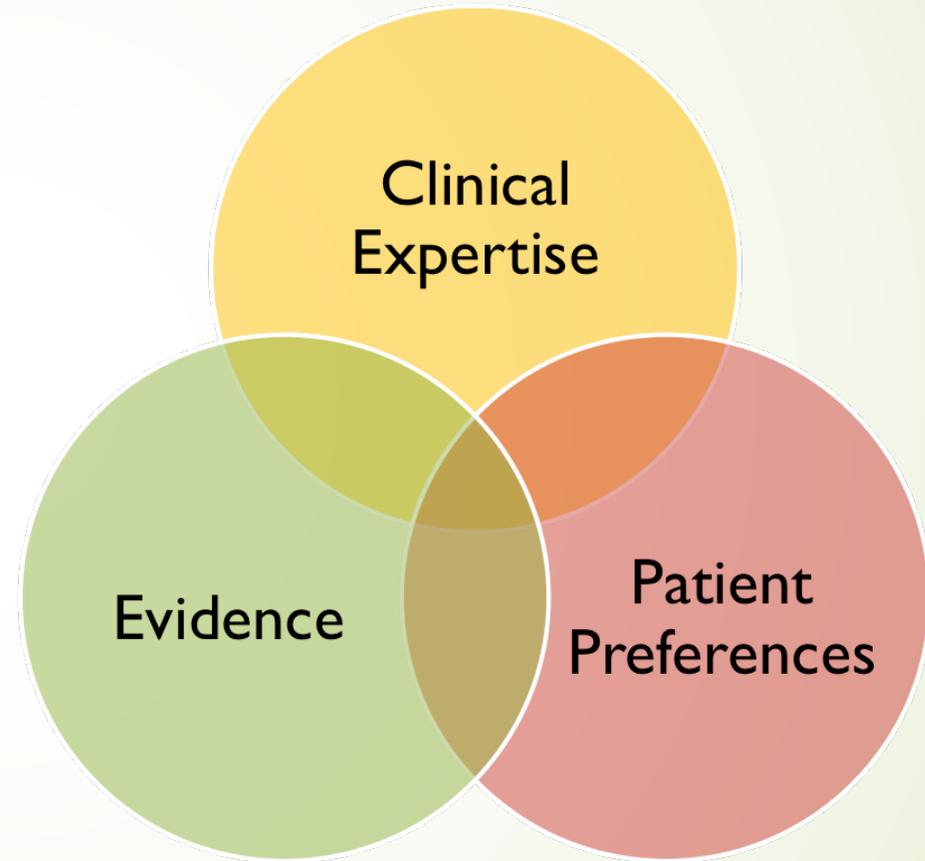
“... the conscientious, explicit, and judicious use of the best evidence in making decisions about the care of individual patients”



What is Evidence-Based Practice?

2. Patient values

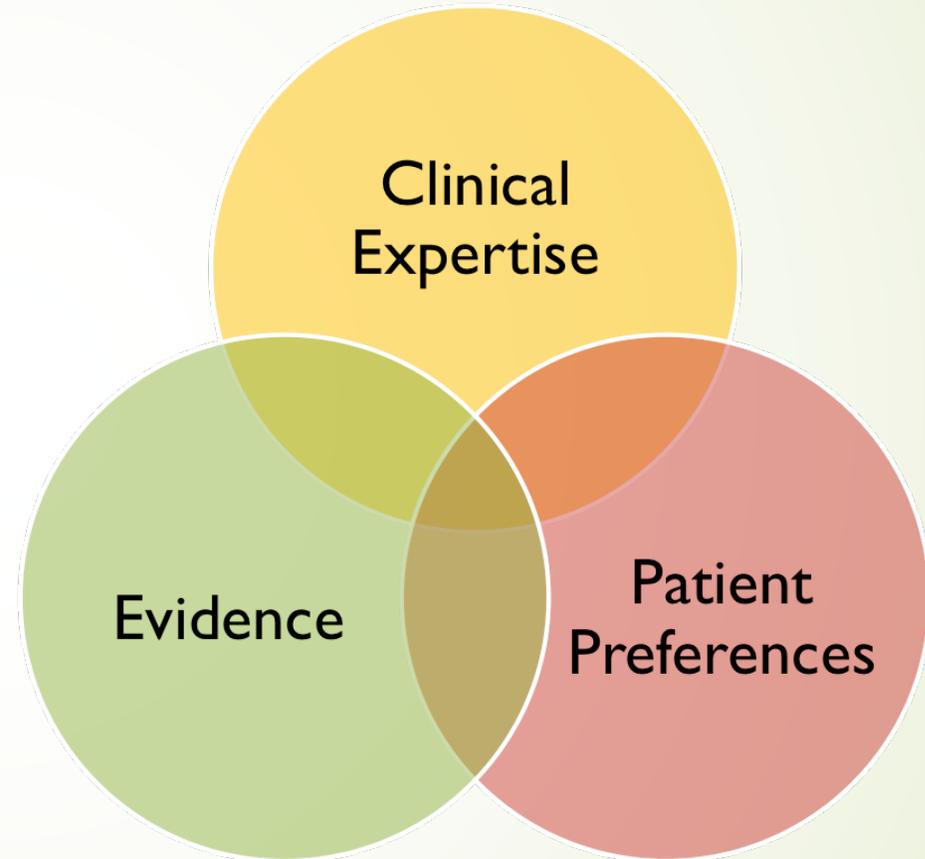
“...thoughtful identification and compassionate use of individual patients’ predicaments, rights and preferences.”



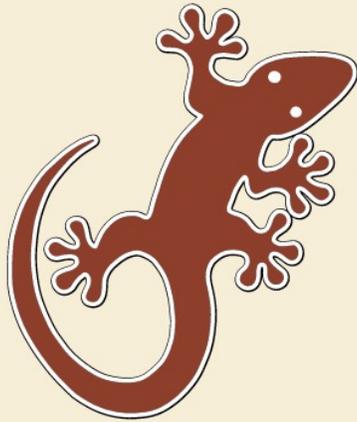
What is Evidence-Based Practice?

3. Clinical expertise

“... without clinical expertise, practice risks becoming tyrannised by evidence, for even excellent external evidence may be inapplicable to or inappropriate for an individual patient.”



Finding evidence



Australian Indigenous HealthInfoNet

Alcohol and Other Drugs
Knowledge Centre

*Providing the evidence base to reduce
harmful AOD use in Aboriginal and Torres
Strait Islander communities*

Trip

Turning Research Into Practice



**Cochrane
Library**

Trusted evidence.
Informed decisions.
Better health.

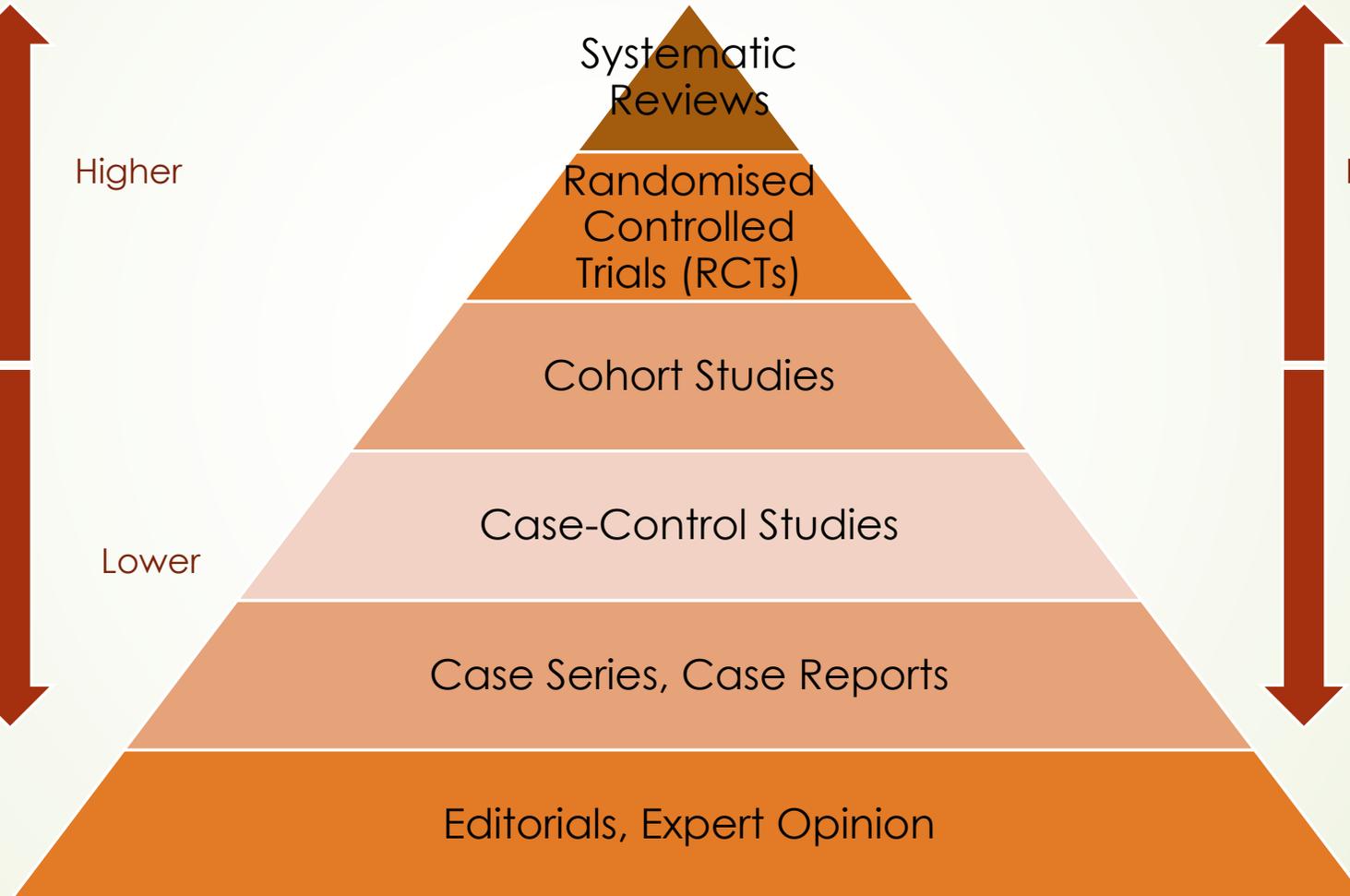
Levels of Evidence

Quality of evidence



Higher

Lower



Systematic Reviews

Randomised Controlled Trials (RCTs)

Cohort Studies

Case-Control Studies

Case Series, Case Reports

Editorials, Expert Opinion

Lower

Higher

Risk of bias

Levels of Evidence





Things to look out for as a research consumer

- **Bias**
 - Was the study able to be influenced (consciously or not) by outside factors?
 - Example – was the study or were the researchers paid for by a pharmaceutical company that would have a commercial interest in the results?
- **Confounds**
 - Was something else going on that could have explained the study results?
 - Example – if CBT was reported to have effectively influenced the outcome of interest on the population being studied; but the authors neglected to mention that all of the study participants were highly educated with a degree in psychology
- **Transparency**
 - Did the authors clearly explain all of their methods (i.e. what they did and how); and clearly explain their results without leaving information out (e.g. why participants withdrew and when)
- **Consumer participation**
 - Was a consumer involved in the development, conduct and analysis?



Why Clinical Research? Why clinicians?

- Health research often addresses questions identified in clinical practice.
 - Involving clinicians in research may produce benefits such as:
 - Increased clinical relevance of research questions
 - Increased access to clinical settings and appropriate participants
 - Bringing clinical expertise and perspectives to the research
 - Involving research “end-users” in the research process
 - Clinicians involved in the research process may be more motivated to disseminate and translate applicable findings
 - Brings research closer to the participant (e.g. patient, client, etc.)
 - Front-line clinicians more likely to understand or be aware of patient priorities
 - Without clinical research, we can't properly determine whether new or repurposed treatments / interventions / service models are effective or safe, or work properly.
- 

Evidence-Based Practice in the AOD sector

Dale, E., Conigrave, K.M., Kelly, P.J. et al. A Delphi yarn: applying Indigenous knowledges to enhance the cultural utility of SMART Recovery Australia. *Addict Sci Clin Pract* 16, 2 (2021).

Reilly, R., McKetin, R., Wand, H., Butt, J., Smout, M., Ezard, N., Conigrave, K., Clark, Y., Quinn, B., Treloar, C., Gray, D., Dunlop, A., Roe, Y., & Ward, J. (2019). A Web-Based Therapeutic Program (We Can Do This) for Reducing Methamphetamine Use and Increasing Help-Seeking Among Aboriginal and Torres Strait Islander People: Protocol for a Randomized Wait-List Controlled Trial. *JMIR Research Protocols*, 8(7), e14084.

Liz Dale, a clinical psychologist, identified that a commonly used clinical intervention could be better adapted to suit the community and conducted clinical research in the form of qualitative research using a Delphi method to enhance the intervention.

An online intervention, designed to increase access to evidence-based therapies for methamphetamine use disorder, by overcoming barriers to health service, and developed in a culturally relevant format.



Clinician as a researcher...

AN INTRODUCTION TO EVIDENCE-BASED PRACTICE AND CLINICAL RESEARCH

CLINICIAN/RESEARCHER PERSPECTIVE
LYNETTE BULLEN

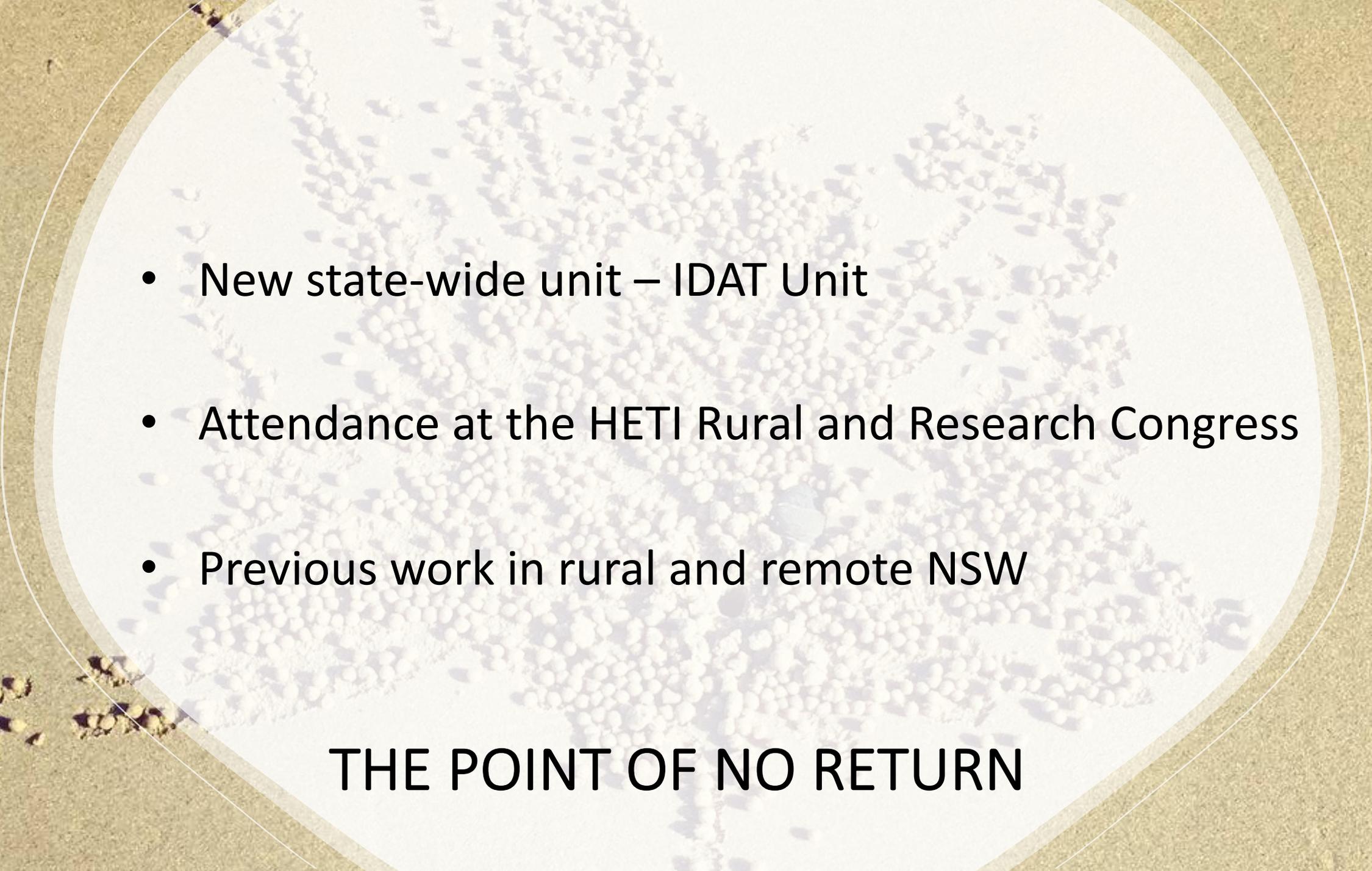




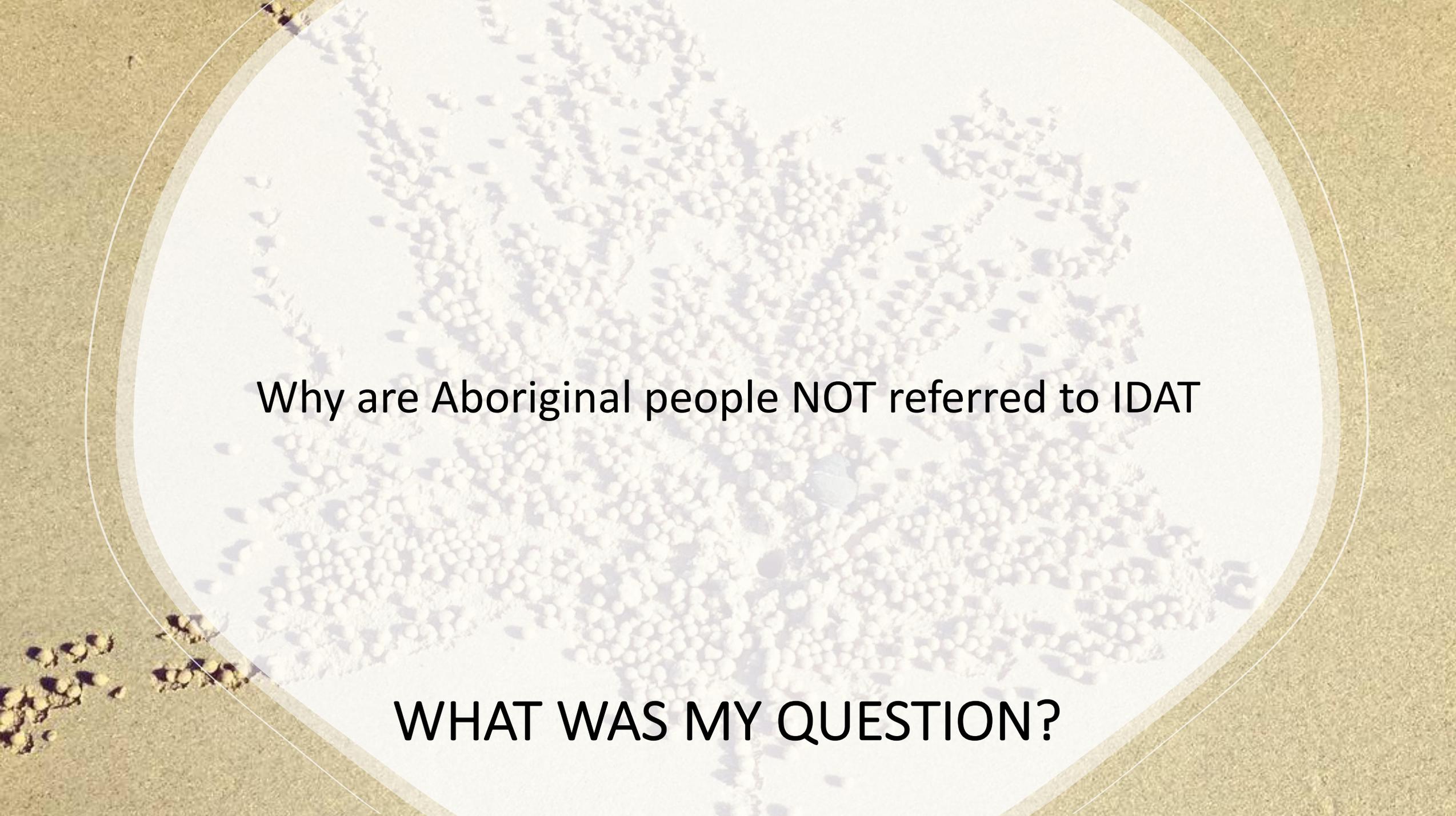
Acknowledgement
of Country

- Over 25 years experience working in the A&OD field
- Experience working in A&OD residential facilities, in community settings and training
- Working across regional, rural and remote NSW

ABOUT ME

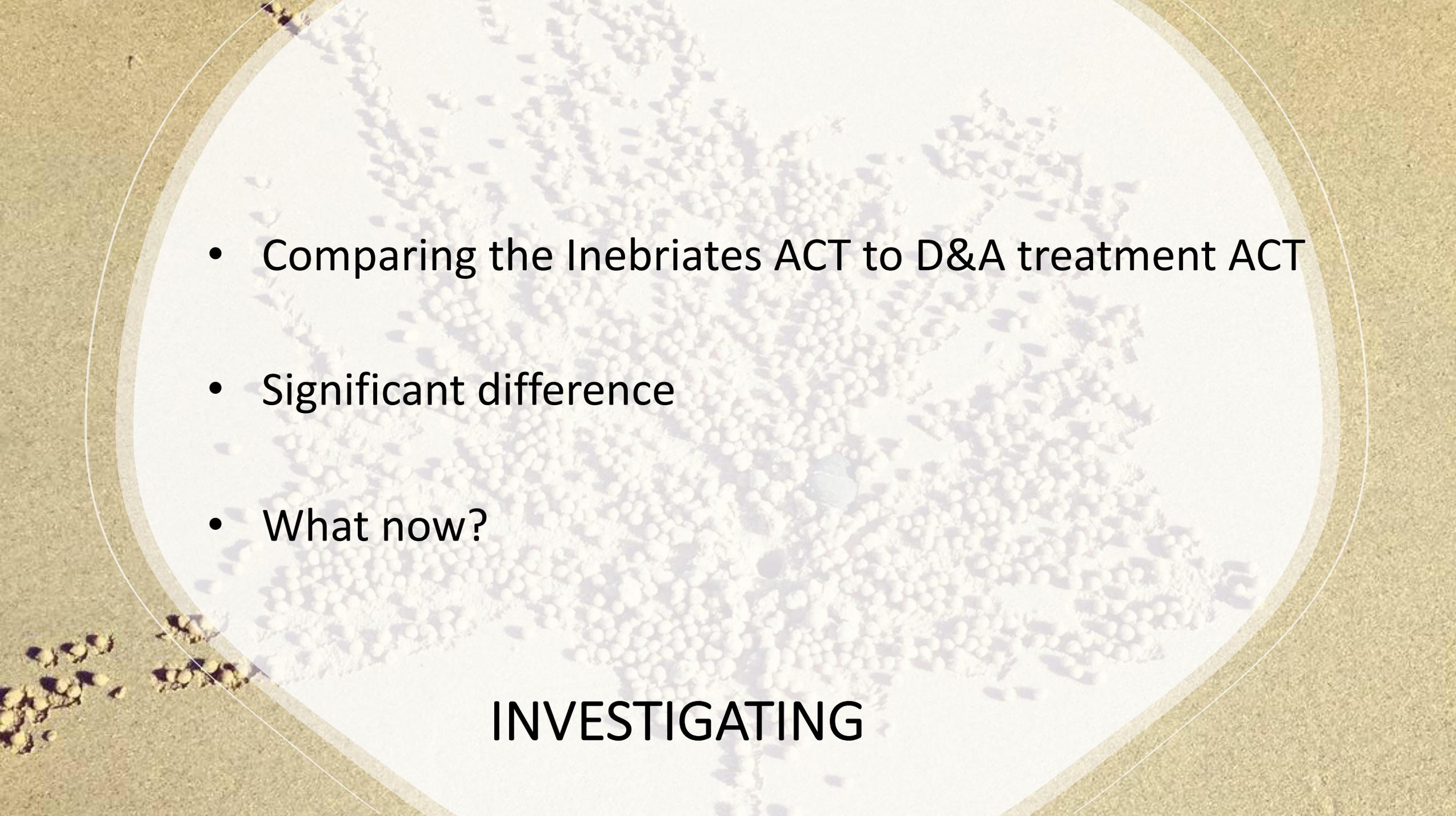
- 
- New state-wide unit – IDAT Unit
 - Attendance at the HETI Rural and Research Congress
 - Previous work in rural and remote NSW

THE POINT OF NO RETURN

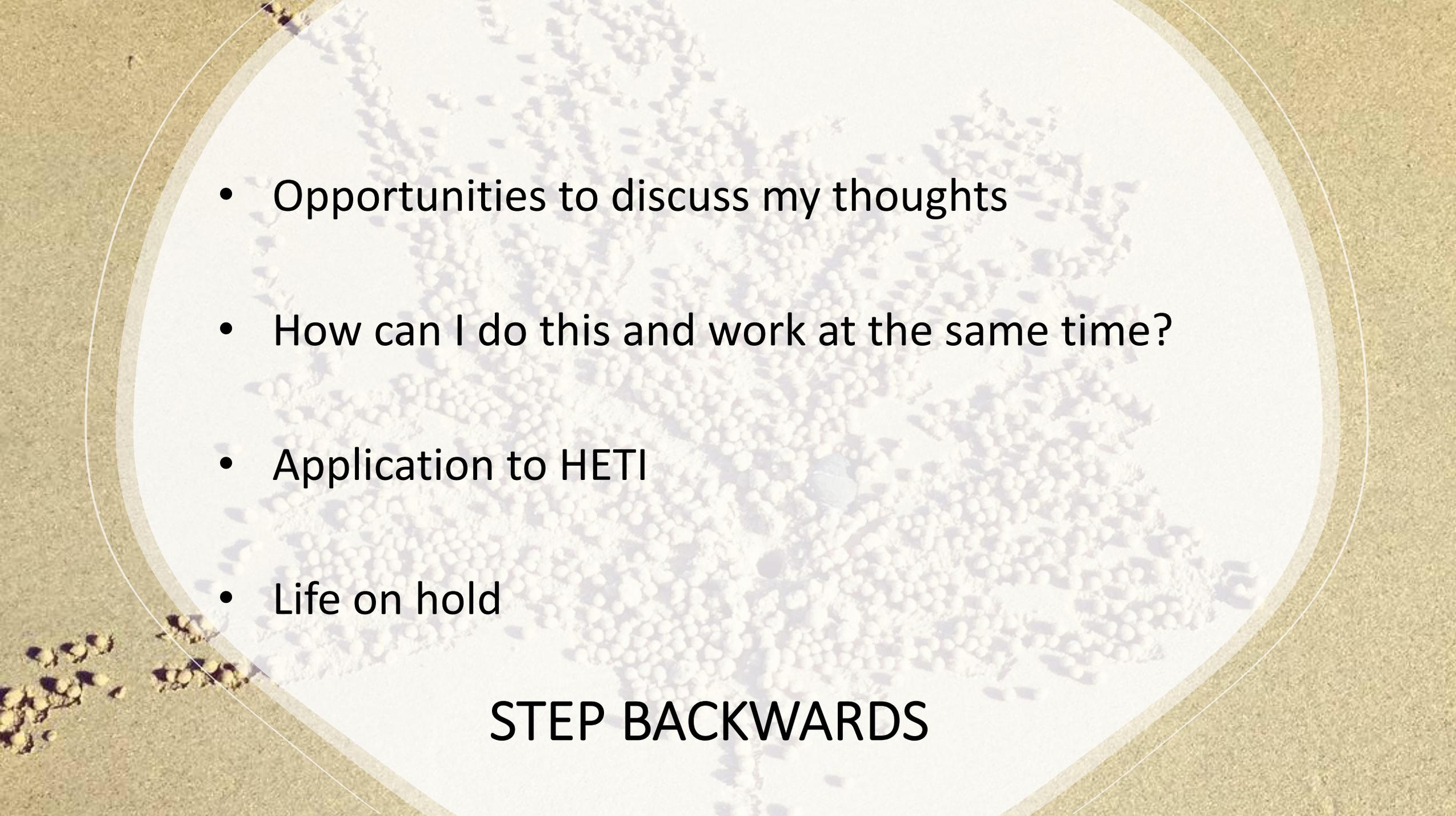


Why are Aboriginal people NOT referred to IDAT

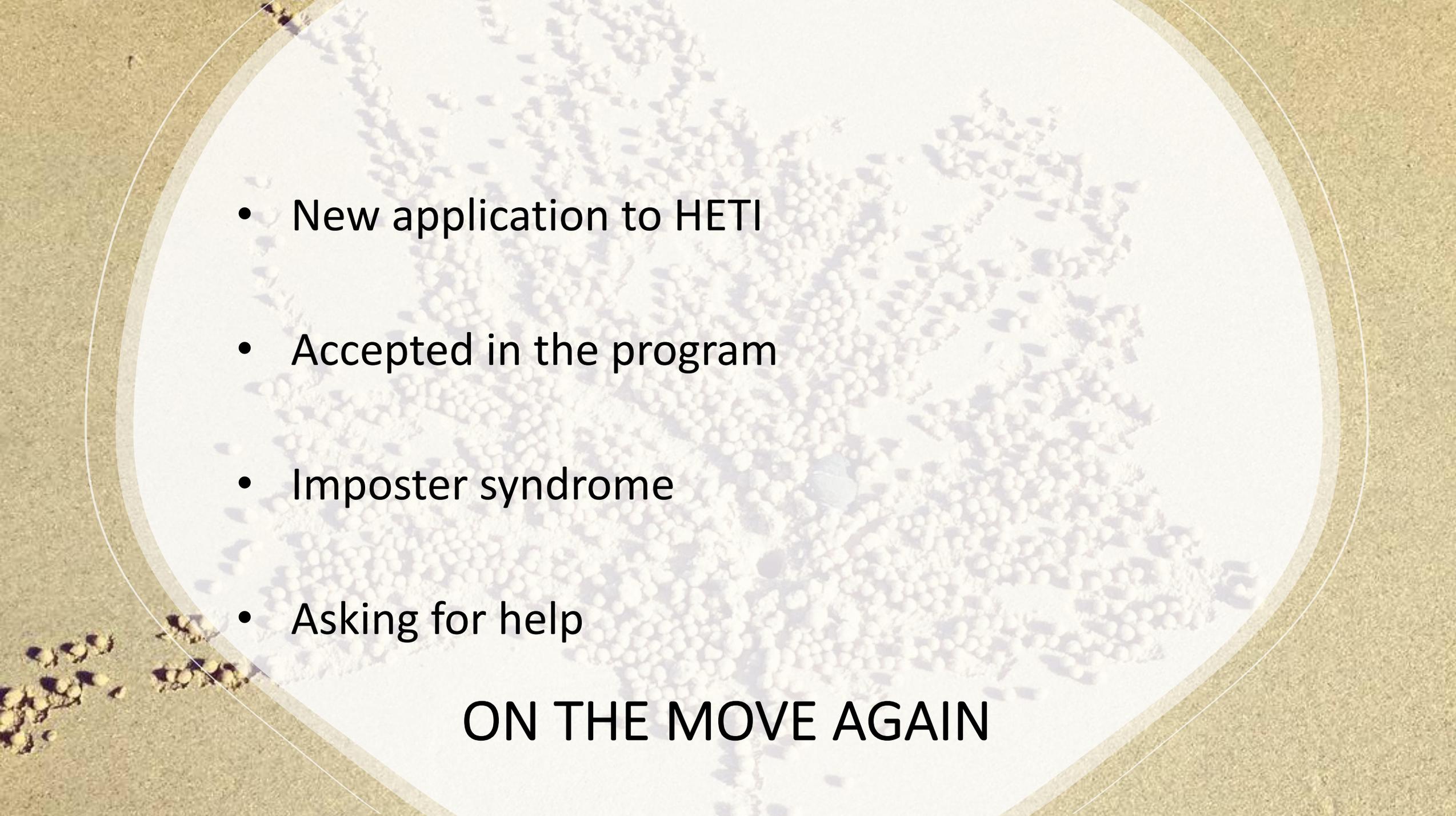
WHAT WAS MY QUESTION?

- 
- Comparing the Inebriates ACT to D&A treatment ACT
 - Significant difference
 - What now?

INVESTIGATING

- 
- Opportunities to discuss my thoughts
 - How can I do this and work at the same time?
 - Application to HETI
 - Life on hold

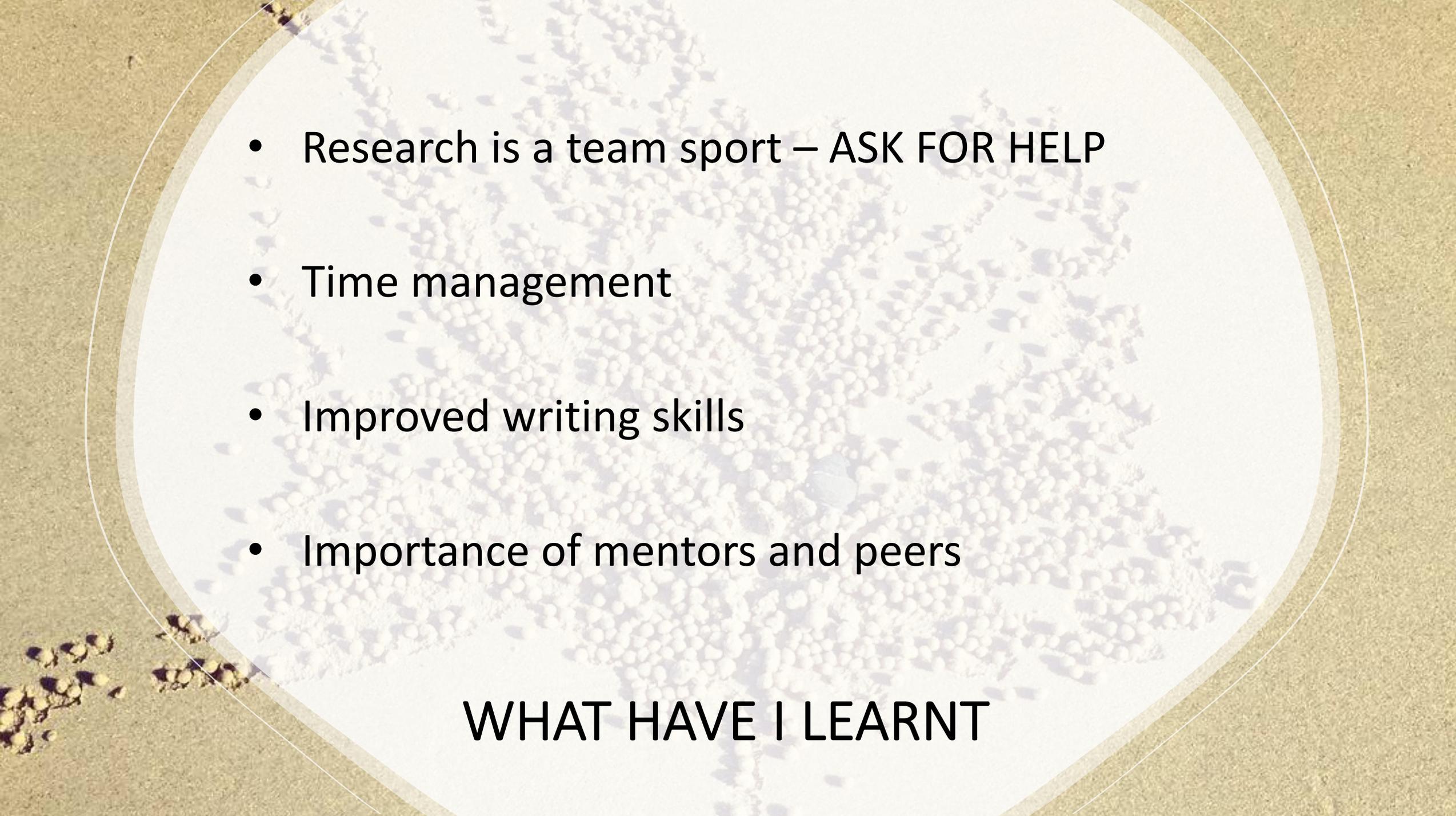
STEP BACKWARDS

- 
- New application to HETI
 - Accepted in the program
 - Imposter syndrome
 - Asking for help

ON THE MOVE AGAIN

- Phenomenology 😊
- Ethical approval
- Analysis
- Future publication

WHERE AM I UP TO

- 
- Research is a team sport – ASK FOR HELP
 - Time management
 - Improved writing skills
 - Importance of mentors and peers

WHAT HAVE I LEARNT



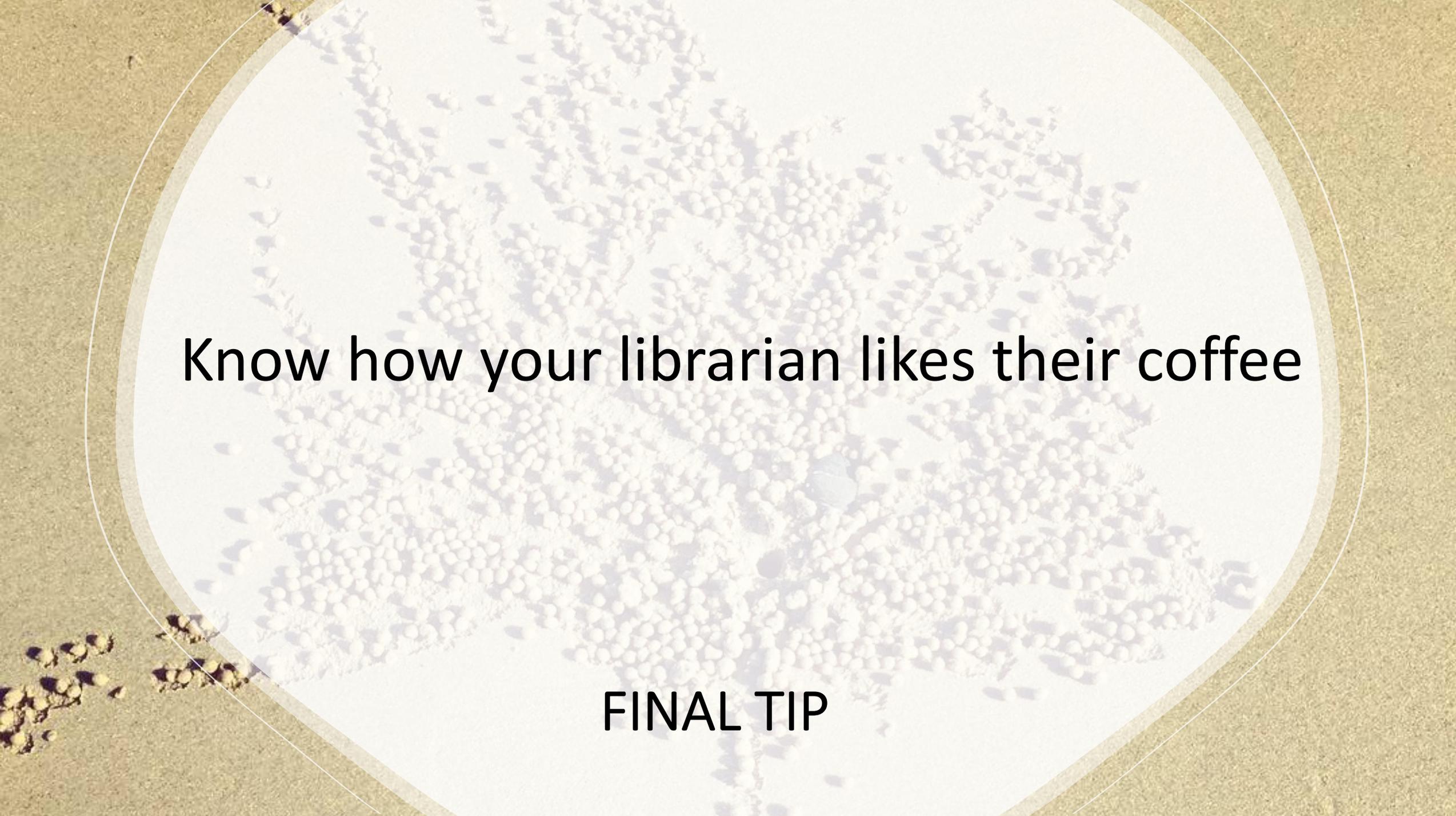
SHUT UP AND WRITE

- 
- Participation in research journal clubs
 - Mentoring others
 - Share my experiences

HOW CAN I GIVE BACK

- Health Education and Training Institute (HETI)
- Centre of Research Excellence in Indigenous Health and Alcohol (CRE)
- Work colleagues

MY SUPPORT TEAM



Know how your librarian likes their coffee

FINAL TIP

A large white starfish is the central focus, lying on a sandy beach. The starfish is composed of many small, white, spherical beads or grains. A circular white overlay is positioned over the starfish, containing the text "Want to know more about research?". The background is a textured, golden-brown sand. In the bottom left corner, there are some small, dark, irregular shapes, possibly pebbles or debris.

Want to know more about research?

- Centre of Research Excellence in Indigenous Health and Alcohol (CRE)
- <https://www.gathering.edu.au/>

WHAT DOES THE CRE OFFER

- National Centre for Clinical Research on Emerging Drugs
 - <https://nccred.org.au/>
- Clinical Research Scholarships
 - Aboriginal and Torres Strait Island Scholarship program
 - Link to survey: <https://tinyurl.com/NCCRED01>

WHAT DOES NCCRED OFFER



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THANK YOU