

Nordic Specialist Course in Palliative Medicine



What is meant by «course project»?

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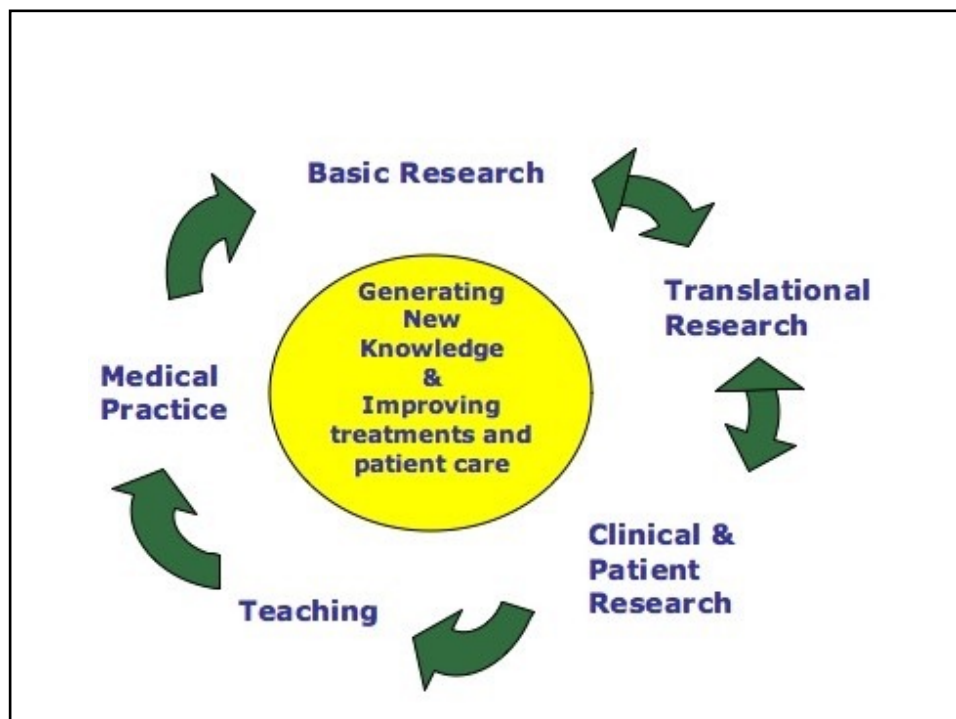


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This will be about

- Why include a course project?
- Some experiences from colleagues of yours
- A few tips to get you started

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Why include a project?



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Research in specialist training programs

- Palliative Medicine:
develop confidence and competence in
audit and research methodology
- Standards for trainees, including research

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Survey among all Palliative Medicine specialist trainees in UK

- 1997, 72/85 responders (85%)
- 91% involved in research/audit projects
- 2/3 published at least one article
- 1/2 presented oral or written paper
- 162 projects

Stirling et al, Palliat Med. 2000, 14: 37-52

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Subject areas (162 research projects)

- Symptom control (64%)
- Disease process (16%)
- Quality of life (7%)
- Ethical issues, religious/cultural issues, education, complementary therapies, communication/counselling
- Paediatric pall. care, bereavement

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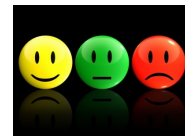
Nature of projects (162 projects)

- Prospective studies (77)
- Audits (65)
- Retrospective studies (27)
- Review articles (11)
- Case reports (7)
- 25 projects described as two of the above
- 14 (9%) of projects were abandoned

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Problems encountered

- Major problems:
 - finding statistical support
 - translating ideas into practical projects
 - time to complete project
- Minor problems:
 - having ideas
 - ethical concerns re research
 - maintaining motivation
 - interpreting results



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Was research useful?

- Enhanced knowledge (92%)
- Difficult experience (86%)
 - methodological training
 - good supervision
- Plan to participate in research as consultant? 96% Yes



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New survey 2021: current cohort of UK Palliative Medicine Specialist Trainees

- 102/225 (45%) responded
- 92% 'very interested' or 'quite interested' in taking part in clinical research
- Clinical supervisors supportive
- Only 35% believed they had access to adequate research supervision
- Few had dedicated research time

Wakefield et al, BMJ Support Palliat Care Feb 2021

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Experiences from two former courses

	Yes	No	Perhaps	No answer
Has your research experience to date				
- increased your knowledge?	43	1		5
- been a difficult experience?	23	18	1	7
- been an unpleasant experience?	4	34	2	5
- been a pleasant experience?	34	8	2	5
- made you keen to do more research?	38	6		5

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Experiences from two former courses

	Yes	No	Perhaps	No answer
In a permanent palliative medicine consultant position, do you intend to				
- avoid research	4	36		9
- participate in research?	38	5		6
- initiate and supervise research?	25	15	3	6
- have an academic career?	13	26	1	9

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To start with

- Clinical experience, specialty
- Research experience
- Main field of interest, satisfaction
- Main problem, challenge



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Co-operation?

- Any ongoing project that I can use - or join?
- Two students may work together



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Most important

- What is my starting point?
- What do I want to do?
- How much time am I willing (able) to put into it?

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Project types

- Literature review
- Guideline or procedure based on lit. review
- Audit
- Implementation or development project
- Limited clinical research project

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Experiences from the NSCPM

- Problems encountered:
 - translating ideas into practical projects
 - finding time to complete the project
 - regular supervision
- Use this week
- Plan ahead



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Keep a log! (a 'scientific diary')

- Enter all ideas, thoughts, information in it



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Conclusions

- Completing a limited study is an important part of your training as a Palliative Medicine consultant - and therefore of this course
- Consider your own starting point and have realistic ambitions
- Plan carefully - keep a log

