

# Contents

Preface	ix
Acknowledgements	xi
<b>Chapter 1 Research is simple</b>	<b>1</b>
Chapter objectives	1
Chapter outline	1
What is research?	2
You already know about research	7
What has research to do with healthcare practice?	8
Where is research?	12
Who does research today?	16
Research: what's in it for me?	18
Concluding remarks	21
Summary	21
Further reading	22
References	22
<b>Chapter 2 The literature: looking at what we already know</b>	<b>25</b>
Chapter objectives	25
Chapter outline	25
Just a thought	26
Why look at the existing literature?	28
What is 'the literature'?	29
How do I trust the literature?	31
Where do I find the professional literature?	34
Making sense of published research	38
Another thought - why do students write so many essays?	41
The use of analysis in the literature	42
How to review the literature	46
Writing your literature review	54
Concluding remarks	56
Summary	56
Further reading	57
References	58

<b>Chapter 3 Evidence-based practice</b>	<b>59</b>
Chapter objectives	59
Chapter outline	59
What is evidence-based practice?	60
Non-research forms of evidence	62
The failure to use evidence	68
The ethics of research	71
Concluding remarks	74
Summary	75
Further reading	75
References	76
 <b>Chapter 4 Research methods and design</b>	 <b>79</b>
Chapter objectives	79
Chapter outline	79
Design and method	80
Types of design	87
Examples of research designs	98
Concluding remarks	104
Summary	104
Further reading	105
References	106
 <b>Chapter 5 The nature and collection of data</b>	 <b>109</b>
Chapter objectives	109
Chapter outline	109
What are data?	110
Types of quantitative data	113
Numbers - summary	118
Ways of collecting data	121
Concluding remarks	128
Summary	129
Further reading	130
References	131
 <b>Chapter 6 Quantitative analysis</b>	 <b>133</b>
Chapter objectives	133
Chapter outline	133
Analysing numerical data	134
Using the right statistical procedure	140
You can now select the appropriate statistical procedure	145

Statistical procedures used in Cochrane systematic reviews	153
Concluding remarks	156
Summary	157
Further reading	157
References	158
<b>Chapter 7 Qualitative research – what exactly is it?</b>	<b>159</b>
Chapter objectives	159
Chapter outline	159
What is qualitative research?	161
The different approaches to qualitative research	165
Other qualitative approaches	180
Concluding remarks	182
Summary	183
Further reading	184
References	185
<b>Chapter 8 Qualitative research – how exactly is it done?</b>	<b>187</b>
Chapter objectives	187
Chapter outline	187
Doing qualitative research	188
How exactly do I evaluate qualitative research?	207
How to review qualitative research - a checklist	216
Concluding remarks	219
Summary	220
Further reading	221
References	222
<b>Chapter 9 How to succeed with your essay on research and evidence-based practice</b>	<b>225</b>
Tips on writing a good essay on research and evidence-based practice	226
Appendix – Statistical tests and procedures	231
Glossary of terms	247
Index	269