



## Improving your practice through research

Assoc Professor Ellen McIntyre

Primary Health Care Research & Information Service  
Discipline of General Practice  
Flinders University, GPO Box 2100, Adelaide, SA, 5001, Australia  
Phone no. +61 8 7221 8536  
Email: ellen.mcintyre@flinders.edu.au

### Biography

Assoc Professor Ellen McIntyre from Flinders University in South Australia, leads a team that generates, manages and shares information to improve primary health care in Australia. She has been a breastfeeding counsellor since 1983 and an IBCLC since 1989 and conducts research on breastfeeding promotion and support. Ellen is the current Chair of the IBLCE Board.

Translating research findings into sustainable improvements in practice that improves the quality of care provided to breastfeeding mothers and their babies can be challenging. Undertaking research to further the body of knowledge about how to best support, protect and promote breastfeeding can also be complex.

This presentation provides targeted and practical information about using research in practice as well as planning and implementing research projects in the field of breastfeeding. Issues that will be covered include:

- Finding, understanding and using research – challenges and enablers
- Forms of research - what information they can provide
- Undertaking research – challenges, enablers and the excitement of finding something new
- How to conduct research. Key components include:
- Developing a research question – decide what you want to explore
- Finding out what has already been done on this topic – doing a literature review
- Developing a research proposal – determine what you need to do
- Getting ethics approval – making sure your research proposal is safe and worthwhile
- Collecting, analyzing and interpreting data – making sense of what you have done
- Disseminating your research – how to tell people who need to know to enable them to use the findings eg scientific paper, conference presentation, newsletter article, media release, presenting to potential users

### Suggestions for resources and support – a list of useful websites

[www.phcris.org.au/infobytes/index.php](http://www.phcris.org.au/infobytes/index.php) - contains useful fact sheets about research matters  
[www.phcris.org.au/phcred/resources.php](http://www.phcris.org.au/phcred/resources.php) - lists research skill building resources  
[www.ilca.org/research.html](http://www.ilca.org/research.html) - offers research grants  
[www.globalhealth.org/view\\_top.php3?id=377](http://www.globalhealth.org/view_top.php3?id=377) - making sense of research  
[www.rddirect.org.uk/](http://www.rddirect.org.uk/) - a national advice service for researchers  
[www.thelancet.com](http://www.thelancet.com) - an overview of clinical research: the lay of the land  
[www.cochrane.org](http://www.cochrane.org) – explanation of terms