



ATOIFI  
ADVENTIST  
HOSPITAL

**Tropical Health  
Solutions**



# Welcome and Introductions



# Workshop Program

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**DAY ONE:** What is a research project? Who benefits?  
Research project aims and objectives; timelines

**DAY TWO:** Ethics for research; writing research  
methods (activities) and planning measurable outputs

**DAY THREE:** Budgeting and money management for  
research

**DAY FOUR:** Monitoring and evaluation

**PLUS...**

**PRACTICAL SESSIONS EVERY AFTERNOON**

# New Knowledge

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- ***Research is***  
**“the ORGANISED quest for *NEW KNOWLEDGE*,  
based on curiosity or on perceived needs.”**
- ***What is “new” knowledge?***  
**Facts that were not known before**

**“There is no need to solve the whole puzzle but  
just add SMALL pieces one at a time.”**

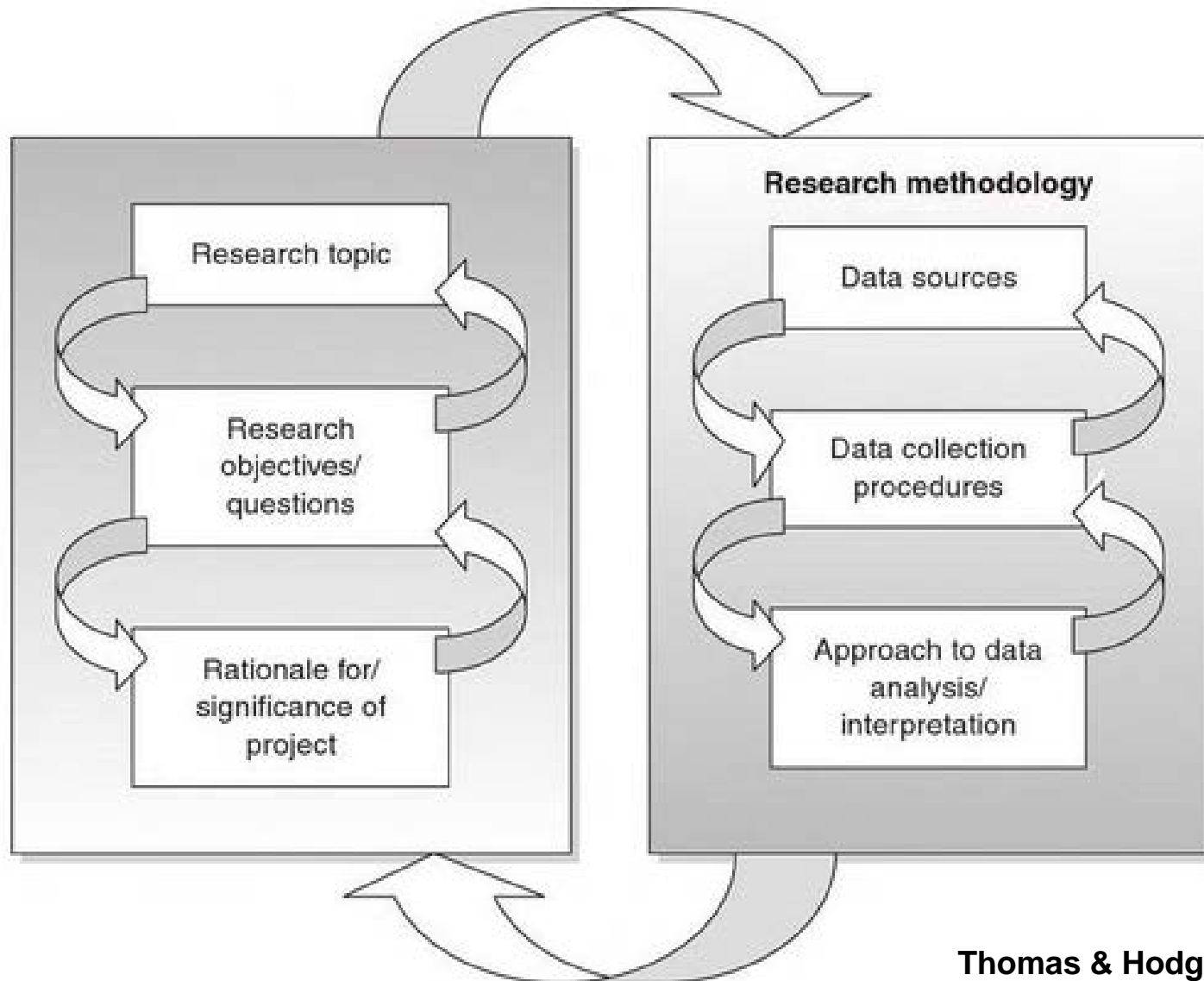
# Research project

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- What a research project is (systematic, defined, means to answer research question, focused, time-bound)
- What a research project is not (quick way to make money)

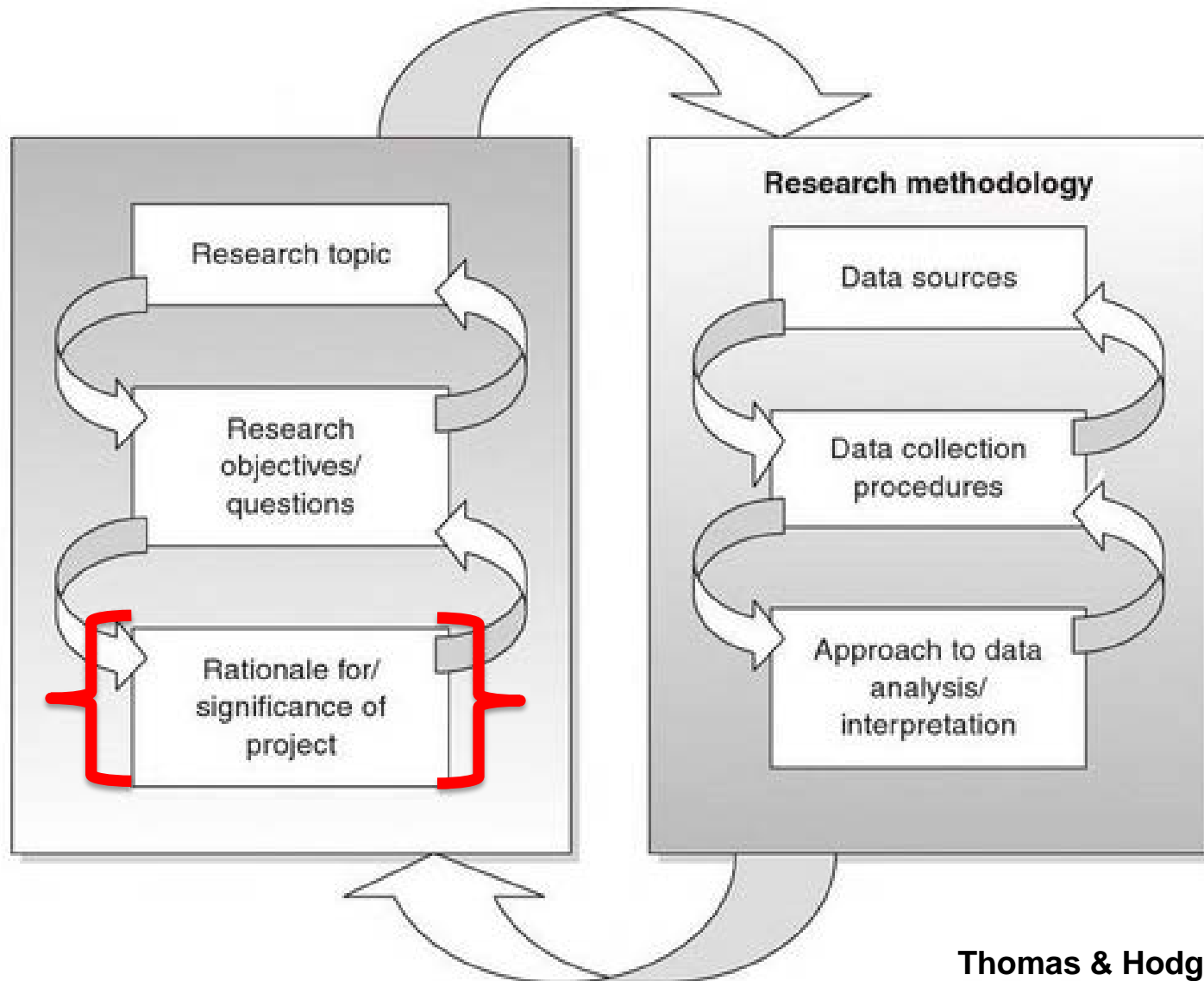
# Why we are doing this work?

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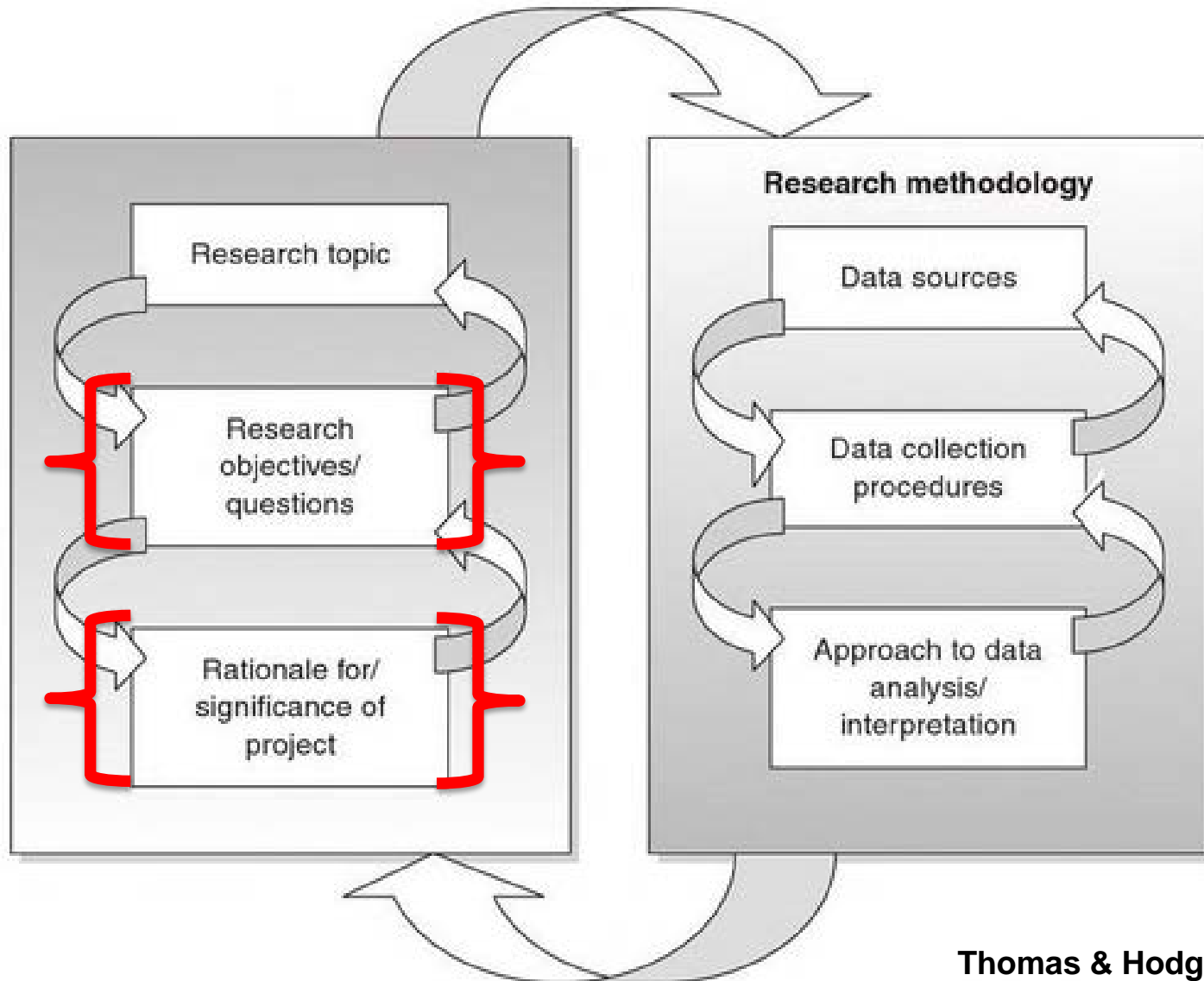
# Why we are doing this work?

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# Why we are doing this work?

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# Partners in research

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- Who is currently involved?
- Who else should be involved?
- Who else will benefit from this research?
- What will be the benefits?
- Whose interests are being served?
- What will be the costs (time, money, lost opportunities)

Example: TB Ward (TB patients, bush people, coastal people, hospital staff, fly n build people, researchers)



# Example

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- Mapping TB research project partners



## Group activity: Partners in research

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- Who is currently involved?
- Who else should be involved?
- Who else will benefit from this research?
- What will be the benefits?
- What will be the costs (time, money, lost opportunities)

# Developing Aims and Objectives for research projects

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# Research Aim/s

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- Main goal or overarching purpose of a research project
- Broad and introductory statements
- Include an **action** verb and **subject** content

This project will **strengthen** and **build capacity** for the community-based organisations and civil society organisations to deliver conservation and biodiversity projects that centralize **Kwaio traditional knowledge and customary stewardship**. This enables traditional knowledge about plants to be recorded for future generations, and ‘kept alive’ with current generations.

**East Kwaio Biodiversity project**

# Research Objectives

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- Follow research aim/s
- Include more detail about specific research topics or issues the research project plans to investigate
- Usually 2-3 objectives in a numbered list
- Objectives may also be listed as research questions
- Be careful not to promise more than you can manage (*small is valuable*)

# Example of a Research Objective

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## **Biodiversity Objective Two:**

“Through a process of action-based learning, to deliver practical training in documenting and recording traditional knowledge about medicinal and food plants through:

- Use of video recording equipment and video recording techniques
- Botanical specimen collection
- Botanical specimen preservation
- Plant identification and classification – using both Kwaio and Western systems
- Reporting and archiving”

# Smart Research Objectives

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- Specific
- Measurable
- Achievable (or attainable)
- Realistic
- Time-bound

A SMART objective has a better chance of being accomplished than a general objective.

# SPECIFIC Objectives

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- ✓ **Who:** Who is involved?
- ✓ **What:** What do I want to accomplish?
- ✓ **Where:** Identify a location.
- ✓ **When:** Establish a time frame.
- ✓ **Which:** Identify requirements and constraints.
- ✓ **Why:** Specific reasons, purpose or benefits of accomplishing the goal.

EXAMPLE: A general objective would be, "Improve my fitness." But a **specific** objective would say, "*Go for a 30 minute fast walk on the airstrip at 6am, five times each week to improve my fitness.*"



# Measurable Objectives

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To determine if your goal is measurable, ask questions such as.....**How much? How many? How will I know when it is accomplished?**

- Establish concrete criteria for measuring progress
- When you measure your progress, you stay on track, reach your target dates, and experience the satisfaction of achieving your objective
- Spurs you on to do more

*Measurable? "Go for a 30 minute fast walk on the airstrip at 6am, five times each week to improve my fitness."*

# Achievable Objectives

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Is the objective feasible? Will you be able to achieve it?

- You will find previously overlooked opportunities to achieve your aims and objectives
- You can achieve almost any objective you set when you plan your steps wisely and establish a time frame that allows you to carry out those steps.
- Achievements that may have seemed far away and out of reach eventually move closer and become attainable, not because your goals shrink, but because you grow and expand to match them.

***Achievable?*** *“Go for a 30 minute fast walk on the airstrip at 6am, five times each week to improve my fitness.”*

# Realistic Objectives

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- To be realistic, you must work towards an objective which you are both *willing* and *able* to work
- Your objective is probably realistic if you truly believe that it can be accomplished
- Ask if you have accomplished anything similar in the past or ask yourself what do you need to accomplish this objective
- A high objective is frequently easier to reach than a low one because a low objective is less motivating

*Realistic? "Go for a 30 minute fast walk on the airstrip at 6am, five times each week to improve my fitness."*

# Time-bound Objectives

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- Set a timeframe for the objective: for the next week, in three months, by the end of the year
- Put an end on your objective – this gives you a **clear target** to work towards
- If you don't set a time, the commitment is too vague and you feel you can start at any time
- Without a time limit, there's no urgency to **start taking action now**

*Time-bound? "Go for a 30 minute fast walk on the airstrip at 6am, five times each week to improve my fitness."*

# How to write SMART Objectives

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- Identify the “*big, hairy, scary, critical-few*” objectives that need to be worked on (*The Most Important Ones!*)
- Dig deep and get specific (disaggregate!)
- If all you did was spend time on the identified SMART goals, would the time be well-spent?

# Improve this objective

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- To increase immunisation rates.

# SMART Objective

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By the end of 2014, more than 90% of children under 2 years of age, in the AAH catchment area, will have the opportunity to have the scheduled immunisations within one month of the vaccine being due.





# Timeframes

	Jun 2010	Jul 2010	Aug 2010	Sept 2010	Oct 2010	Nov 2010	Dec 2010	Jan 2011	Feb 2011	Mar 2011	Apr 2011	May 2011
<b>Planning and development</b>												
Prepare draft letter and consent forms for participants	xx											
Develop and pilot questionnaire	xx											
Prepare ethics committee application	xx	xx										
Obtain ethical approval			xx									
Finalise letter and questionnaire				xx								
<b>Recruiting research participants</b>												
50 clients recruited from health service				xx	xx							
Questionnaire mailed to clients				xx	xx							
Participants mail back questionnaires				xx	xx	xx	xx					
Follow-up if questionnaire not returned							xx					

# Timeframes

	Jun 2010	Jul 2010	Aug 2010	Sept 2010	Oct 2010	Nov 2010	Dec 2010	Jan 2011	Feb 2011	Mar 2011	Apr 2011	May 2011
<b>Data collection and analysis</b>												
Enter qnn data into stats package					XX	XX	XX					
Set up data analysis procedures						XX	XX					
Run data analyses								XX				
Prepare tables from data analyses								XX				
<b>Report writing and dissemination</b>												
Initial draft of full research report								XX	XX	XX		
Presentation at departmental seminar									XX			
Presentation at conference										XX		
Prepare a journal article										XX	XX	XX

# Our turn

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## Create a Gantt Chart to plan this workshop

**DAY ONE:** What is a research project? Who benefits?  
Research project aims, goals and objectives; timelines

**DAY TWO:** Ethics for research; writing research activities  
(methods) and planning measurable outputs

**DAY THREE:** Budgeting for research

**DAY FOUR:** working in research teams and monitoring and  
evaluation

# Practical Sessions - afternoon

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- **STH One Village at a Time Group:** (Leaders Humpress, David and Rick)
- **Village Demography:** (Leaders- Debbie Puia and Rick)
- **Bednet group:** (Leaders- Mathew, Humpress and Rick)
- Other groups/individuals



# Day Two- Tuesday

- Ethics principles and Atoifi/MHMS ethics requirements
- Writing research project activities and outputs



# Evaluation of each session

1. One Minute Reflections – individual or groups of 2-3 people
2. As you leave put your **stone in the basket of your choice**

