CONDUCTING RESEARCH: IS IT ROCKET SCIENCE?

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Conducting research is a challenging task. Certain steps should be followed to avoid errors. Appropriate research management of the research process is essential for obtaining reliable results and valid conclusions, let alone transferring research output and impacting healthcare.

Researchers should formulate a clear research question and hypothesis at the start. According to the hypothesis and objectives, an optimal study design should be chosen. Following editorial guidelines and reporting standards may allow maintaining good research practice. Proper sampling is an important step to represent related populations and generalize conclusions [1]. The attention to ethical aspects such as the enrolled participants’ care or protection, consenting, and maintaining confidentiality is of paramount importance [2].

Data collection may at times be a challenging task in itself. Some specifics of the study population may complicate data collection. As an example, communication hurdles with patients suffering from dementia may confound qualitative studies, requiring researchers’ professional communication skills. Dementia-related concentration lapses, deteriorated abstract reasoning, difficulty in finding words, loss of memory, and several other problems may pose issues for accurate data collection. As such, researchers should develop techniques for asking simplified questions, using reminiscence, allocating more time for responses, and redirecting the dialogue [3]. Even more problematic is conducting research among neonatal and pediatric patients [4].

The Coronavirus Disease 2019 (COVID-19) pandemic has also impacted research studies due to reallocation of research personnel to other assignments, online work format, and disrupted follow-up evaluations in clinical trials [5].

Accurate data analysis and interpretation are pillars of reliable research [1]. It may be difficult to transfer research findings into clinical practice. New methods and multiple conceptual frameworks can be applied to translate research into clinical practice. Related examples include knowledge translation and research utilization [4]. Overall, conducting research requires scientific knowledge, skills, and comprehensive research management strategy.

CONFLICTS OF INTEREST
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ПРОВЕДЕНИЕ ИССЛЕДОВАНИЙ
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