



## **Frequently Asked Questions!**

### **What is “MicroResearch”?**

Imagine a paramedic, a community health nurse, a cop, and a shelter worker are introduced for the first time, and told to dream up a community health problem that they all feel interested in.

This is what happens with MicroResearch NS – health problems are viewed, and tackled, by the members of the communities who experience them every day.

The creation of Drs Noni MacDonald and Bob Bortolussi, MicroResearch NS originated in Africa and was brought to Nova Scotia to teach community members how to find solutions to local health problems. These solutions must fit the community, culture, context and local resources to improve health in Nova Scotia communities.

### **What is the workshop?**

The workshop consists of ten, half-day sessions where participants are taught by highly experienced researchers the basics of community health research.

Each session includes both a lecture and time for group work. On the first day of the workshop, participants are asked to think of a community health issue that interests them. The following day, teams are formed and within their groups they determine their research question. The groups continue to develop and refine their question and research proposal throughout the workshop as they learn more about research, methodology, community engagement, and knowledge translation.

Finally, on day 10 of the workshop, the groups have the opportunity to present their initial proposal to a panel of judges and special guests, who provide constructive feedback. Participants are congratulated on their hard work and are presented with a certificate of attendance!

Day	Discussion	Activities
1	Introductions and Objectives, Finding data and evidence and Defining a research questions	Participant select a question
2	Principles Clinical Research (Research Toolkit- 1 (qualitative) , Pitfalls in Research	Groups Formed Discuss Project Ideas
3	Project topic report by each group: exercise Research Toolkit- 2 (qualitative), Getting started	Project Proposal Reporting Meet coach, refine question
4	Research Toolkit 3 ( sampling, basic statistics) How to get published -what editors are looking for	Refine Proposal
5	Basic and local Ethics Community engagement & exercise	Refine Proposal
6	Oral & poster presentations & exercise Developing a Research Budget & Time Management	Refine Proposal
7	Knowledge Translation & exercise Research into policy & exercise	Refine Proposal
8	Writing an abstract & exercise Writing a report	Refine Proposal
9	Applying for MR grant and how reviewed	Prepare for Presentation
10	Presentations by Teams and adjudication	Certificates and awards handed out

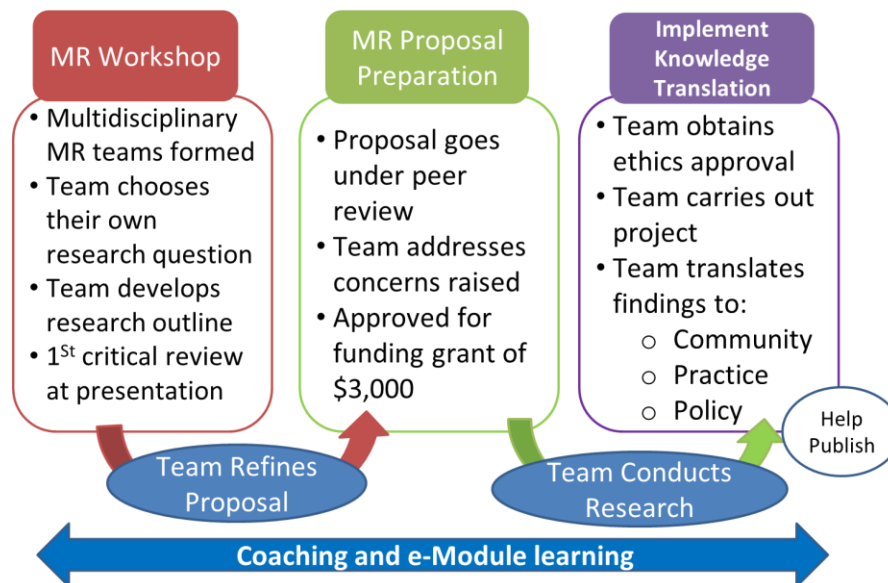
### Who is involved?

1. **Participants:** These are the people taking part in the workshop. We encourage people from all disciplines and all levels of education to get involved – regardless of their previous research experience! We want to foster interdisciplinary collaboration and develop unique ideas, which requires a diverse group of participants.
2. **Coaches:** About 2-4 coaches are involved with each workshop. Coaches are individuals with a significant amount of research experience who can act as mentors to the MicroResearch participants as they develop their proposals. Each group is matched with a coach upon formation. Although the coaches do not have to attend the entirety of the workshop, they are asked to be there for days 3-8 for the group work portion of the sessions (approximately 1.5 hours per day).
3. **Judges:** At least two or three judges attend the final day of the workshop. The judges evaluate the teams on their presentation and whether the proposed ideas are worthy of going on to the full proposal stage. Judges are typically individuals who have knowledge and expertise in health research or health advocacy.

4. Special guests: We like to invite a few special guests from the community to attend the final day of the workshop to watch the final presentations and take part in the celebrations. This event is a special and momentous afternoon for participants, coaches, faculty and guests.
5. Lecturers: Along with our MicroResearch co-directors – Drs. Noni MacDonald and Bob Bortolussi – we have guest lecturers who assist in the teaching portion of the workshop. These individuals are usually senior faculty members with expertise in particular areas of research.

### What happens after the workshop?

The workshop is only Phase 1 of the MicroResearch NS program. We encourage groups to continue with their proposed projects into Phases 2 and 3: Proposal Preparation and Implementation/Knowledge Translation. MR NS participants have the opportunity to continue working with their groups and coaches to develop a full proposal application for one of our \$3,000 research grants to help them conduct their projects. MR-NS will continue working with the team throughout the research process and into the knowledge translation stage to get their findings out to the community and key stakeholders and to develop a publication in a peer-reviewed journal.



### What sort of research projects

MicroResearch promotes community driven research, so the projects are chosen by the participants based on what they think are the most important issues within their

communities. Because we often have a diverse group of participants, a wide range of topics are explored. To learn more about our current projects, visit [http://www.microresearch-international.ca//ns\\_projects.html](http://www.microresearch-international.ca//ns_projects.html).

### **What do I get out of it?**

Aside from the knowledge and experience gained, participants are issued certificates of attendance upon completion of the workshop. They are also given access to an online learning curriculum to further their research skills.

Participants have the opportunity to continue their involvement with MicroResearch after the workshop and submit an application for a \$3,000 grant to conduct their proposed research project. Through the projects they dreamed of, participants can make a difference in their communities.

Physicians can obtain continuing education credits for their participation. MicroResearch NS is accredited by Dalhousie University, Faculty of Medicine, Continuing Professional Development. This Group Learning program meets the certification criteria of the College of Family Physicians of Canada and has been certified by Dalhousie University Continuing Professional Develop CPD for up to 40 MAINPRO + credits. As an accredited provider, Dalhousie University, CPD, designates this continuing professional development activity for up to 40 credit hours as an accredited group learning Section 1 activity as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada.

### **What is the cost of participating?**

The workshop is free to participate in! Coffee, tea, and light refreshments are provided. If you are concerned about transportation/parking costs, please contact us.

### **How do I get involved?**

For more information, visit our website at [www.microresearch-international.ca](http://www.microresearch-international.ca). Email [MicroResearchNS@dal.ca](mailto:MicroResearchNS@dal.ca) or [Kelly.hunter@iwk.nshealth.ca](mailto:Kelly.hunter@iwk.nshealth.ca) if you want to register for a workshop or if you have any further questions.