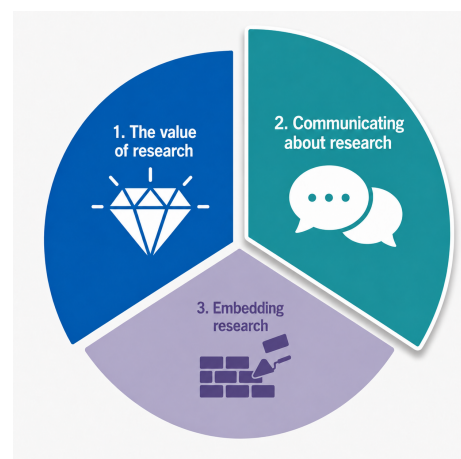


Developing and sustaining research events

Communicating about research



This document provides practical guidance for health leaders to develop research engagement. Strategies include journal clubs, research meetings, and local research workshops and networking events.

Effective research events

Journal clubs

Journal clubs provide important forums for robust team discussions about research studies and promoting evidence-based practice.

Research-Focused Meetings

Research-focused meetings can successfully promote research awareness relevant to clinical roles, encourage research translation to inform service improvement, build collaboration and partnerships among interdisciplinary teams to share ideas, and enhance professional development.

Local Research Workshops and Networking Events

Local research-oriented workshops and networking events can build a vibrant research culture, encourage innovation, and drive evidence-based practice. These events can connect multidisciplinary teams, create opportunities to discuss research translation, provide skill-building opportunities, and showcase local research initiatives to internal and external stakeholders.

Journal Clubs

Steps to establishing a journal club

Identify a journal club lead in your team.	The journal club lead could be you (the health leader) or a team member interested in taking on a research leadership role within your team. The journal club lead is responsible for: • Scheduling journal club meetings and sending calendar invites to members. • Establishing rosters (e.g. choosing the topic/ and article; meeting minutes). • Chairing the sessions or developing a roster for chairing. The journal club lead is not responsible for: • Selecting the topic/article for discussion each time. • Presenting the appraisal at every session.
Register	• Register the journal club if using the TREAT format (see below).
Document changes to local practice and policy.	• Document the outcomes of the journal club sessions, including any proposed practice changes and any actual changes made to local practice and policy. This contributes to a positive research culture within the team and can be shared with others in your HHS.
Enhance impact	• Share your success both within and beyond your HHS. • Involve consumers in identifying topics for discussion. • Include journal club leadership and participation in team members' performance development plan.

TREAT Journal Clubs

In collaboration with a large team from Gold Coast HHS, Bond University, and Griffith University, Dr Rachel Wenke led the development and evaluation of the [Tailoring Research Evidence and Theory \(TREAT\) Journal Club](#) format. Registration offers access to excellent resources to support journal clubs. TREAT resources include a [Session Plan Template](#), [journal club minutes template](#) and [Critical Appraisal tools](#).

Recommended reading and resources

Wenke, R. J., Thomas, R., Hughes, I., & Mickan, S. (2018). The effectiveness and feasibility of TREAT (Tailoring Research Evidence and Theory) journal clubs in allied health: a randomised controlled trial. *BMC Medical Education*, 18, 1-14. [10.1186/s12909-018-1198-y](https://doi.org/10.1186/s12909-018-1198-y)

Wenke, R., Wiseman, J., Brandenburg, C., Stehlik, P., Hughes, I., Richards, K., & Mickan, S. (2022). Long term tailored implementation of structured "TREAT" journal clubs in allied health: a hybrid effectiveness-implementation study. *BMC Medical Education*, 22(1), 307. [10.1186/s12909-022-03333-7](https://doi.org/10.1186/s12909-022-03333-7)

Wenke, R., O'Shea, K., Hilder, J., Thomas, R., & Mickan, S. (2019). Factors that influence the sustainability of structured allied health journal clubs: a qualitative study. *BMC Medical Education*, 19, 1-12. [10.1186/s12909-018-1436-3](https://doi.org/10.1186/s12909-018-1436-3)

Research Meetings

Forms of Research-Focused Meetings

Embedding Research in Team Meetings

- Purpose: Incorporate research updates into routine team discussions to normalise research as part of everyday practice.
- Frequency: Align with regular team meeting schedules.
- Example: Adding a standing Research and Evidence agenda item to team meetings or staff meetings.

Dedicated Research Meetings

- Purpose: Focus solely on research activities, including progress updates, translation strategies, and new initiatives.
- Frequency: Monthly or quarterly, depending on organisational needs.
- Example: A bi-monthly Research and Innovation Forum for allied health staff to present findings and discuss application to practice.

In-Service Research Discussions

- Purpose: Provide practical insights on integrating research findings into daily practice.
- Frequency: Weekly or bi-weekly as part of professional development.
- Example: An allied health team discusses recent studies on falls prevention techniques during their weekly in-service.

Service Development-Specific Meetings

- Purpose: Address specific service challenges using research-based solutions.
- Frequency: As needed to support key projects.
- Example: Multidisciplinary team meets to discuss research findings on improving discharge processes.

Invited Speaker Sessions

- Purpose: Engage internal / external experts to present on relevant research topics.
- Frequency: Quarterly or as part of major organisational events.
- Example: An academic researcher presents on implementation science at a hospital grand round.

Example: Embedding Research in Team Meetings

Scenario

A health department integrates a 10-minute *Research Update* into monthly team meetings.

Structure

A staff member presents findings from a recent study relevant to their practice. The team discusses how the findings could be applied to improve patient care. Action items are identified, (e.g. piloting a new protocol, conducting further research).

Outcome

Staff become more engaged with research, leading to increased participation in research activities and better integration of evidence into practice.

Steps to Develop Research-Focused Meetings

Define Objectives	☐ Clarify the purpose of the meeting (e.g., sharing findings, solving specific service challenges, professional development). ☐ Align objectives with organisational priorities and staff needs.
Plan the Format	☐ Decide on the format (e.g., presentations, panel discussions, interactive workshops). ☐ Allow time for Q&A and team discussions to enhance engagement.
Engage Presenters and Facilitators	☐ Identify knowledgeable and engaging presenters, including: - Internal staff who have conducted research. - External speakers such as academics, policymakers, or industry experts. ☐ Provide presenters with guidance on tailoring their content to the audience.
Promote Attendance	☐ Use multiple communication channels (e.g., newsletters, emails, posters) to advertise the meetings. ☐ Emphasise the relevance of topics to staff roles and service goals.
Create a Supportive Environment	☐ Encourage open dialogue and questions so discussions are inclusive and relevant. ☐ Recognise staff contributions to foster a positive research culture.

Sustaining Research-Focused Meetings

Establish regularity	☐ Integrate meetings into organisational schedules to maintain consistency. ☐ Use recurring themes or series to build anticipation (e.g., <i>Research in Action</i> monthly sessions).
Gather Feedback	☐ Use surveys or informal discussions to evaluate the effectiveness of meetings. ☐ Adapt formats and topics based on attendee input.
Build Resources	☐ Record presentations or discussions to create a repository for staff who cannot attend. ☐ Develop meeting summaries or fact sheets to capture key insights and action items.
Link to Organisational Goals	☐ Align meetings with strategic priorities (e.g. improving patient outcomes, achieving accreditation standards). ☐ Highlight how discussions inform service development or policy changes.

Local Research Workshops and Networking Events

Key Components of Successful Workshops and Events

Clear objectives and themes	☐ Define the purpose of the event ☐ Choose a theme relevant to organisational priorities or local challenges.
Inclusive planning	☐ Form a planning committee with representatives from relevant professions and departments. ☐ Engage stakeholders early, including executives, clinicians, researchers, and consumers. ☐ Ensure diversity in speakers and attendees to reflect the workforce.
Practical and relevant content	☐ Offer sessions that blend theory with practical application, such as: - Research translation success stories. - Skill-building workshops (e.g., grant writing, data analysis). - Collaborative problem-solving activities. ☐ Provide time for Q&A, interactive discussions, and networking.

Steps to Develop Workshops and Events

Planning and Logistics	☐ Set Goals: Determine the outcomes you want to achieve (e.g., increase staff participation in research, develop new partnerships). ☐ Budget: Identify funding sources (e.g., organisational funds, grants, sponsorships). ☐ Venue and Format: Choose an accessible location or consider virtual/hybrid formats for wider participation.
Engage Speakers and Participants	☐ Invite local research champions, external experts, and multidisciplinary teams as speakers. ☐ Highlight diverse perspectives, including consumers and early-career researchers. ☐ Use internal communications (e.g., newsletters, intranet) and external networks to recruit participants.
Develop an agenda	☐ Structure the day to balance presentations, workshops, and networking opportunities. ☐ Example: • Welcome and keynote address. • Breakout workshops tailored to specific interests. • Networking lunch or poster sessions. • Closing panel on research translation strategies.
Promote the event	☐ Create promotional materials (e.g. flyers, social media posts, intranet updates). ☐ Support staff attendance by adjusting workloads where possible.

Sustaining Research Workshops and Events

Build momentum through regularity	☐ Schedule events annually or biannually to maintain engagement. ☐ Offer smaller monthly or quarterly research seminars between major events.
Gather and act on feedback	☐ Use post-event surveys to collect feedback on content, logistics, and outcomes. ☐ Adjust future events based on attendee suggestions.
Create a legacy	☐ Share event outcomes through newsletters, organisational reports, or summary videos. ☐ Develop a resource library (e.g., recordings, handouts) for staff unable to attend.
Encourage ongoing collaboration	☐ Establish working groups or communities of practice to sustain partnerships formed during events. ☐ Promote follow-up actions, such as joint research projects or grant applications.

Example: Local Research Symposium on Allied Health Innovations

Theme

"Enhancing Allied Health Practice Through Research Translation"

Format

One-day event with hybrid participation options.

Key Features

Morning Keynote: "The Role of Research in Transforming Patient Care" by a research leader.

Breakout Workshops: Topics such as "Grant Writing for Beginners" and "Using Implementation Science to Drive Change."

Poster Sessions: Highlighting staff research projects across departments.

Networking Lunch: Facilitated discussions to build connections.

Afternoon Panel: Success stories in research translation with actionable insights.

Outcomes

150 attendees from 10 disciplines.

Three new cross-departmental collaborations initiated.

Post-event feedback indicated a 90% satisfaction rate.