A group of palliative care clinicians in the United Kingdom sought to address this through a future exploratory pilot study and will also carry out a focus group interview. This study will inform development of a future exploratory pilot study and will also provide evidence that the OT departments can use to evaluate their clinical practice.

Conducting your own research

Postgraduate study is another option for those who are passionate about creating clinically relevant research. But what if this is not for you? This is where the UK hospice model comes in. Clinicians from five hospices identified a shared research and clinical interest which was then to develop and evaluate a rehabilitative model of palliative care. They set about investigating this in a systematic way.

Firstly, the university helped the hospices conduct a literature review which raised staff awareness about quality existing research in the area. Clinicians in each hospice then conducted a service evaluation of existing patient exercise groups. No ethical approval was required for the project as it was deemed to be a service evaluation. However, the university provided guidance about how to conduct an evaluation that was guided by ethical principles. They also assisted with data analysis and the writing of the project report. Importantly, this scaffolding support from the university also supported a subsequent research proposal for which funding is currently being sought.

Useful tools

CareSearch provides easy accessible tools to help new researchers. Getting Started in Palliative Care Research (www.caresearch.com.au/caresearch/tabid/2631/Default.aspx) can help new researchers understand the research process and includes tips and resources. The CareSearch Research Studies Register of Australian research projects and studies in palliative care provides a means of sharing information, developing linkages, preventing duplication and promoting awareness of current research activities.

The CareSearch Team is interested to hear of research publications including projects in progress or completed and work done for Masters and PhD. Publication is not a requirement for inclusion. We invite researchers to complete the Research Studies Proforma so that the project appears on the Research Studies Register.

So, think laterally about implementing evidence by creating your own that is clinically relevant to your service. Consider partnering with your local university, approach them! Utilise information and tools that can support your development. Share resources that are mutually beneficial for universities and health services, and ultimately, people receiving palliative care.

About the authors

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Susan trained as a physiotherapist in Adelaide and worked in regional Victoria, Canada and Hong Kong. She is now a researcher in palliative care. In 2016-2017, Susan coordinated the production of palliAGED, writing many of the topic pages in the Evidence and Practice Centre. Susan is currently leading the allied health component of the CareSearch and palliAGED Engagement Project (www.caresearch.com.au/EngagementProject).