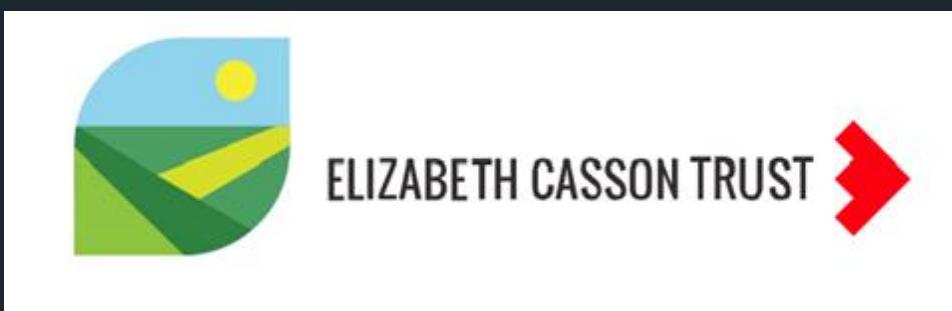


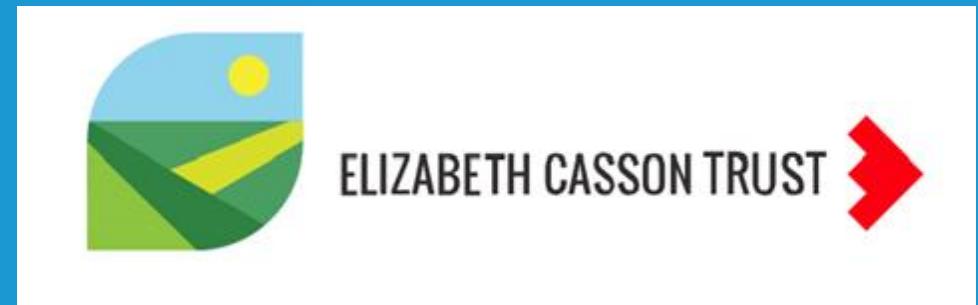
How to Use and Build the Evidence Base for Occupational Therapy



Dr Mandy Graham



Actions to use
and further build
the evidence base



Where are you at and where would you like to be?



First steps – read OTNews, listen to a podcast, read an autobiography, sign up to a CAHPR hub newsletter



A walk in the park – chat to students on placement about their research study or something they have read recently, read a journal article



A social walk – chat about an article with a colleague, set up a journal club at work, take part in a research study as a participant



A power walk – sign up to a writing retreat, engage in “shut up and write” sessions, attend further training via short courses or events



Hiking a new trail – present at conference, write an article, join a research forum or specialist interest group or online community



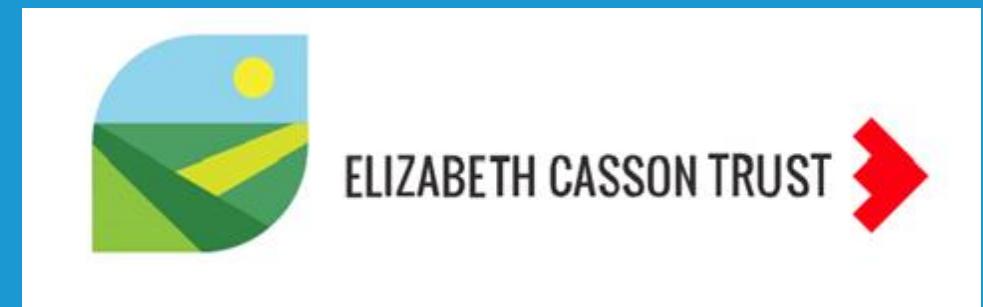
Climbing a mountain – sign up for an MSc, MRes or PhD! Apply for research funding and grants, join advisory committees and boards

What ONE action
will you take to **use**
the evidence base?

What ONE action
will you take to
build the evidence
base?



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