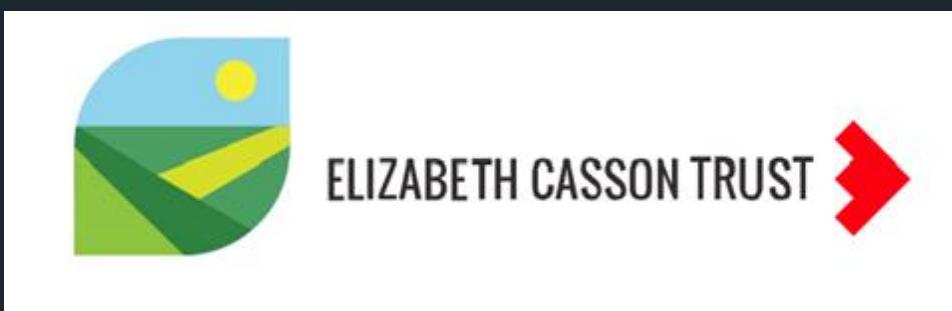


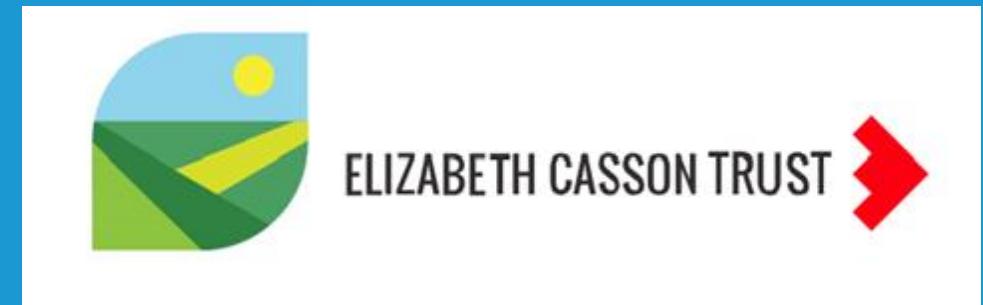
# How to Use and Build the Evidence Base for Occupational Therapy



Dr Mandy Graham



# Useful resources and future learning





# Useful Textbooks

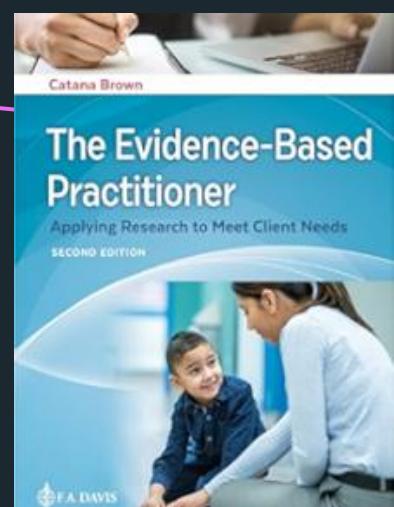
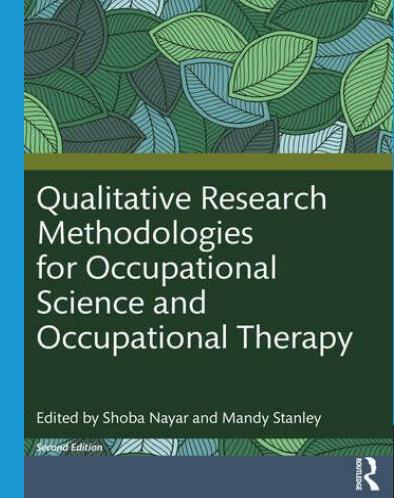
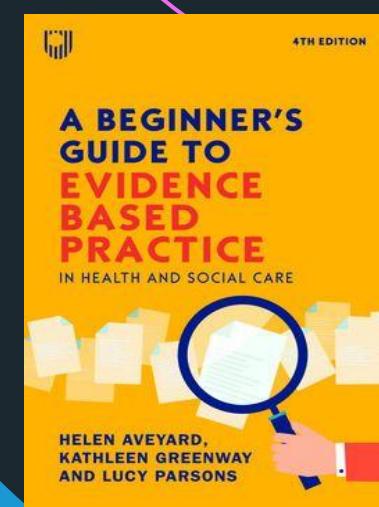
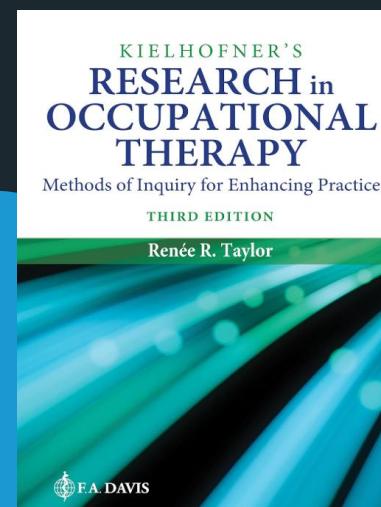
Aveyard, H., Greenway, K. and Parsons, L. (2023) *A beginner's guide to evidence based practice in health and social care*. 4<sup>th</sup> edn. McGraw-Hill UK Higher Ed.

Brown, C. (2023) *The evidence-based practitioner: Applying research to meet client needs*. 2<sup>nd</sup> edn. F.A. Davis.

Nayar, S. and Stanley, M. (2024) *Qualitative research methodologies for occupational science and occupational therapy*. 2<sup>nd</sup> edn. Routledge.

Rice, M., Stein, F. and Tomlin, G. (2019) *Clinical research in occupational therapy*. 6<sup>th</sup> edn. Routledge.

Taylor, R. (2023) *Kielhofner's research in occupational therapy: Methods of inquiry for enhancing practice*. 3<sup>rd</sup> edn. F.A Davis.



# What additional learning could you undertake to develop your skills in using the evidence?

 Understanding the research hierarchy

 Exploring the top 10 research priorities in Occupational Therapy

 Searching for credible sources

 Developing critical appraisal skills

 Applying standards, guidelines, policies etc to your work

 Learning how to reference

 Learning from lived experience

# Research Events and Training

**Elizabeth Casson Trust (ECT):** Funding calls for research, conferences and PhD support (as well as free mentoring and leadership programmes for OT's). You can follow them on social media too [About Us - Elizabeth Casson Trust](#)

**Royal College of Occupational Therapists (RCOT):** If you're a member you should get regular updates from the R&D team (with lots of useful info re: funding calls, training etc) but if you don't think you are receiving them through just drop them an email: [RDBulletin@rcot.co.uk](mailto:RDBulletin@rcot.co.uk) You can also check out the research area on the website (exclusive content for members only)

**National Institute for Health and Care Research (NIHR):** NIHR ARC - Applied Research Collaborations (national newsletter) - sign up here [NIHR ARCs](#) They also have regional ARC's, priority areas (which might align with your clinical interests) and a seminar series too - why not have a scroll through their website when you have a spare 10mins [Applied Research Collaborations | NIHR](#) General research training and funding opportunities can be found via the main webpage [Homepage | NIHR](#)

**Community for Allied Health Professions Research (CAHPR):** [Home Page - CAHPR](#) Lots of free webinars, conversation cafes, and a list of AHP professors which is useful to know! They also have regional hubs - sign up to a hub mailing list to receive updates about research activities and events [Hubs Archive - CAHPR](#) .

# Hints and tips from fellow occupational therapists...

*Network and find people who can support and guide you*

***Give things a go!  
Don't be afraid to not get it right the first time***

*Connect with other Occupational Therapists who are interested in research*

*Take every opportunity and be brave and have courage in your ability*

*Reflect on where you want to be*

Using AI to find  
evidence – helpful or  
harmful???



Using a generative AI tool such as Co-pilot or ChatGPT:  
Type into the search bar “occupational therapy and...” - an area of practice e.g. mental health, paediatrics, stroke etc.

What does it find?

How do you know if this is reliable and credible evidence?