

## Overcoming barriers to starting research

### Time Management

Using to-do lists can help you keep track of everything—[Here's seven of the best according to the Guardian](#).

The [Pomodoro Technique](#) helps you focus and makes sure you're not sitting for long periods of time.

You can use [Refme](#) to help keep track of the literature you're reading, instead of creating a big pile of paper on your desk! It's free and accessible from anywhere.

If you're a bit of a procrastinator then [this series of blog posts](#) from Tim Urban will help you increase your productivity. It's a very entertaining read, but be warned there's some strong language used 😊

Remember, research is not a dirty little secret! You shouldn't feel guilty for spending time on it.

### Access to resources

You have access to a huge number of e-journals as a member of Trust staff, you just need an Athens username and password—[sign up here](#).

Libraries at both RPH and CDH are accessible 24 hrs and all PCs have the full Microsoft Office suite installed.

Things that might appear complicated are often the expertise of someone else—you can contact the [Research and Innovation](#) department for the support of a statistician, and Medical Illustration can help you [produce a poster](#).

The Trust has a subscription to Survey Monkey, which you can use for questionnaires. Contact [tracey.pratchett@lthtr.nhs.uk](mailto:tracey.pratchett@lthtr.nhs.uk) for details.

### Context

Take a look at the Society and College of Radiographers research [strategy](#)—it mirrors many of the trust's own research aims. It's a great framework for you to fit your own developmental aims into and a read through will help gather your thoughts about how you are part of the bigger picture as a practising radiographer interested in research.

Also have a look at the [Society's Research Priorities](#)—great for sparking a bit of idea generation!

If you'd like to see Lynne Goodacre's video in full and find out more about her model for engaging with research, you can view it [here](#).

Facilitating research amongst radiographers through **Information Literacy workshops**

## Support

Through taking part in these sessions you should find other like-minded individuals—support each other! We have a forum on the e-Learning course area where you can share ideas and useful resources.

Mentorship can be invaluable. Consider getting support from people with experience in what you aim to achieve. These might not be from your own profession but those with research, presentation or writing skills. [This guide](#) is aimed at graduate students but gives you pause for thought about why mentorship is important and what to look for.

There is a big community of like-minded people out there—if you haven't used Twitter before, try following [@WeAHPS](#), [@CumbriaLancsAHP](#), [@SCoRMembers](#), [@NWAHP](#) or [@EFRadiographerS](#).

Get support for your ideas through ensuring you have focussed appraisal objectives, and remember the Academic Faculty can help signpost you on your journey: [clinical.academic@lthtr.nhs.uk](mailto:clinical.academic@lthtr.nhs.uk)

### Idea Generation

Chances are, you are already doing something in your day-to-day clinical practice that could be turned into a piece of research. [Here's](#) the case study we talked about the research team that evolved from a quality group.

### Funding

We'll cover funding in more detail in a future session, but for now all you need to know is—it is out there! There are all sorts of pot of money, big and small, for projects, conference attendance or even international travel. Keep your eye out for opportunities on Twitter and in profession specific newsletters.

### Motivation

Three key things - start to think of yourself as a researcher, a little enthusiasm goes a long way, and 'have confidence in your brilliance, not your 'if only'.

[Lynne Goodacre](#) blogs about AHPs and research and her posts are well worth a read.

NHS R&D North West have recently published a new magazine '[The Researcher](#)' which is pretty inspiring 😊

### Next steps

- Your motivational card should land on your doormat in a fortnight—act on it!
- 'What to do with your research idea' is on 27/09/16, 9-10, Seminar room 9, or 30/09/16, 12-1, Seminar room 3.
- Follow our Twitter account, [@FacResRad](#)

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