

Khyber Medical University

Clinical Research Capacity Building Programme

Workshops Schedule August – December 2009

Rationale

While significant effort is on at the global level to institutionalise health research within the health care systems of countries, the developing countries are not benefitting from the endeavour owing to their severe health research capacity constraints. Pakistan too has to date not benefitted from the global initiatives to strengthen health research in developing countries. The country's health system is being overwhelmed by many challenges. Exacerbating poverty and intractable security problems underpin the stalling efforts to address the increasing burden of disease, rising costs of care, effective and timely achievement of national and international health goals and targets and generally keep in step with the exponentially increasing knowledge and technological advancements in the health field. Health has achieved centre stage in the development paradigm of the 21st century and health research has become necessary to achieving health, equity and development (COHRED). More than ever before the country needs to develop informed policies and implement evidence-based interventions to protect and promote the health of its people, curtail wasteful expenditure and thus accelerate its economic development. Through health research the country can.

It is the responsibility of academia to make the evidence available and persuade the policy-makers to use it effectively. Khyber Medical University is in the process of establishing itself as a premier institution of learning in the health field of the country. As a university it is expected to pursue the following major objectives:

1. Develop and oversee the development of quality human resources for health;
2. Establish, promote and undertake high quality health research and promote the use of research in policy and decision-making and practice;
3. Become a technical and information resource in the health field of the country.

KMU is in the process of finalizing a holistic strategy to institutionalize health research within the health care system of the North West Frontier Province (NWFP). The strategy aims to achieve this objective through partnership with key institutions and stakeholders in the province. The three major areas of focus are; Clinical Research, Health Systems Research and Basic Health Sciences Research. The University's Directorate of Research and Development has been established to organize and coordinate the initiative. Key partners are the public sector health academic institutions, the Directorate General of Health Services (DGHS) and the Health Sector Reforms Unit (HSRU) of the NWFP Health Department. Areas of action include health research promotion and facilitation and research capacity building. Initially the strategy is being implemented in the public sector health academic institutions and the institutions linked with DGHS and HSRU. The goal is to ultimately work with all the relevant stakeholders of the province.

The following work plan and schedule of training workshops is aimed at developing clinical research capacity within selected public sector academic institutions of NWFP.

Essential elements of the plan:

- The plan includes training in the three basic essential fields of health research: -research methodology, biostatistics and bioethics.
- A regular 6 months cycle is being proposed during which;

1. Through 3 days orientation workshops essential knowledge of research and its process will be imparted with the primary objectives of improving understanding of research and increasing motivation of participants to get involved in research;
2. Through 5 days research methodology workshops participants will be guided/facilitated to develop research proposals, which can be implemented at their place of work;
3. Three days biostatistics workshop will give the hands-on training on biostatistics and the use of SPSS in data analysis;
4. One day medical writing workshops will help them prepare papers for publication, reports and presentations of their research; and
5. Last but not least, a two day workshop every six months will help them understand the principles of bioethics and the practical application of these in their research.

In addition to this clinical research capacity development programme the university will also endeavor to:

- Mobilise resources for funding of health research;
- Organize regular forums, including an annual symposium, in which university generated/sponsored and other research can be presented and discussed.
- Promote the communication of research to all categories of end-users and advocate the use of research in health practice and policy and decision-making.

List of Workshops and facilitators

| Title of Workshop | Duration | Facilitators |
|---|-------------------------|---|
| 1. Clinical Research Methods: Orientation Workshop | 3 days | Dr. Tasleem Akhtar Director R&D, Khyber Medical University (KMU) |
| 2. Medical Writing | 1 day | Dr. Tasleem Akhtar Director R&D, KMU |
| 3. Clinical Research Methodology and Proposal Development | 5 days: Monday – Friday | Dr. Tasleem Akhtar Dr. Zahid Jadoon- Epidemiologist, PICO, Peshawar |
| 4. Biostatistics and SPSS hands –on training | 3 days | Dr. Zahid Jadoon Dr. Hamid Hussein Epidemiologist/Biostatistician, Khyber Medical College, Peshawar Mr. Iftikhar.ud.din, Biostatistician, Asstt. Prof. Statistics, Government College, Hayatabad |
| 5. Bioethics | 2 days | Prof Farhat Moazzam & Prof. Aamir Jafarey, CEBEC*, SIUT*, Karachi |

CEBEC-Centre for Bioethics and Culture, SIUT- Sindh Institute of Urology and Transplantation

Target Participants:

Junior Faculty, Postgraduate Students, Trainee Medical Officers, Medical Officers, Registrars, Senior Registrars and other interested individuals of the following institutions (Recipient Institutions):

1. Postgraduate Medical Institute (PGMI), Lady Reading Hospital (LRH), Peshawar
2. Hayatabad Medical Complex (HMC)
3. Khyber Medical College (KMC) and Khyber Teaching Hospital (KTH)
4. Khyber College of Dentistry (KCD)
5. Kyber Girls Medical College (KGMC),
6. KMU constituent Institutes
 - a. Institute of Public Health (IPH)
 - b. KMU College of Nursing
7. Pakistan Institute of Community Ophthalmology (PICO)
8. Ayub Medical College (AMC) and Hospital, Abbottabad

Resources and Financing:

1. Responsibility of KMU:

- Faculty costs
- Workshop presentations preparation
- Workshop folders, notes and handouts costs etc
- Logistics and Miscellaneous costs

2. Recipient Institutions Responsibility:

- Nomination of participants
- Provision of venue
- Audiovisual arrangements
- Local hospitality

Supervision and Monitoring

1. Steering Committee

Chairman - VC KMU

Members:

KMU Directors R&D & Academics & Admissions,
Dean PGMI,
Principals KMC, AMC, KCD, KGMC and College of Nursing
Executive Director PICO

ToR:

- a. Finalise and approve the programme;
- b. Supervise and monitor progress and outcome;
- c. Find and implement solutions to the issues and constraints encountered in the implementation of the programme;

d. Review the reports of programme implementation.

2. Technical Committee

Chair: KMU Director R&D

Members:

Director Research PGMI, KMC, KGMC, KCD, AMC
Research Director PMRC Research Centre, Khyber Medical College, Peshawar

ToR:

- a. Oversee quality of training;-
- b. Review training course and materials and training methodology;
- c. Review proposals developed during training workshops and
- d. Recommend quality proposals for funding to KMU

3. **Institutional Review Boards- Already in place in some of the institutions.** Need review and revision. This will be done after the scheduled bioethics workshop in September

Guidelines for Recipient Institutions

The programme is being managed by the Directorate of Research and Development, KMU. The managing team members are listed in the table below along with phone numbers and email address. Queries may be addressed to any one of them.

| Name | Telephone no. | Email Address |
|--------------------|--------------------------|--|
| Dr. Tasleem Akhtar | Office: 9217696 Ext. 118 | Directorrd@kmu.edu.pk |
| Dr. Maria Ali | 9217696 Ext 131 | drmaria@kmu.edu.pk |
| Ms. Maryam Kausar | 9217696 Ext 126 | maryam@kmu.edu.pk |

A schedule for the workshop is attached. Your comments and suggestions are most welcome.

Please send a list of the nominees for the workshops selected by you at least a week before the schedule of the workshop so that materials may be prepared for them.

Kindly inform the nominees regarding the date, time and venue of the workshop well in time.

Taking the willingness of the nominees and ensuring their regular participation and punctuality, is the responsibility of the recipient institution.

Khyber Medical University New Schedule of Clinical Research Methods and Related Workshops

Period: August – December 2009

| Workshop Title | August | | September | | October | | November | | December | | Note |
|---|--------|--|---------------|--|-------------------|---------------------------------|----------|------------------------------|------------------|---|--|
| | Date | Venue | Date | Venue | Date | Venue | Date | Venue | Date | Venue | |
| Clinical Research Methods: Orientation Workshop Wednesdays- Thursdays | 12-13 | KMU IPH, College of Nursing, PICO, KCD | | Ramazan | 26-27 | KMC/ KTH Postponed | 23-24 | PGMI/HMC & KGMC Postponed | 9-11 | PGMI/LRH Postponed | This will be the second round of the workshops. The purpose is to orientate participants to health research and motivate them to participate in the other workshops listed and do applied research |
| Medical Writing- Tuesdays (except Sept.13 Saturday) | | | 8 12 | KMC/KTH KMU IPH, College of Nursing, PICO, KCD | 6 | PGMI/HMC & KGMC | 3 18 | PGMI/LRH AMC | | | The whole range of manuscripts expected to be written by health professionals will be covered. |
| Clinical Research Methodology and Proposal Development Monday - Friday | | | | Proposal dev. for WHO Patient Safety Research call-through mentoring | 19-23 | KMC Postponed | | | 14-18 | KMC | Each recipient institution will nominate 6 candidates each for each of the two workshops. Candidates who have participated in the orientation workshops or other research methods workshops will benefit more from this workshop |
| Biostatistics and SPSS hands –on training Wednesdays - Thursdays | | | | Ramazan | 7- 9 28-30 | KMC/ KTH PGMI/HMC & KGMC | 4-6 | PGMI/LRH | 28-30 7-9 | KMU IPH, College of nursing, PICO, KCD AMC | Recipient institutions are requested to preferably nominate candidates who participated in the orientation workshops. A minimum of 15 and maximum of 30 candidates maybe nominated. |
| Bioethics Monday - Tuesdays | | | 28 - 29 | LRH Auditorium | | | | | | | Each recipient institution will nominate 6 candidates for the workshop, who are preferably members of their ethics committees. Senior faculty is invited to participate also |

Note: This is a 6 monthly training workshops cycle which will be repeated in the same order as given.

*KMC is suggested for these workshops because it has adequate workshop facilities, computer centre and a library

Days of training allotted per institution per six months cycle and KMU days of training per month

| Institution | Days Allotted to Research Workshops | | | | | Total days of training/institution/ 6 months |
|--|-------------------------------------|--------------------------------|--------------------------------|----------------|--------------------------------|--|
| | August | September | October | November | December | |
| KMU IPH, College of Nursing, PICO & KCD | 3 (individual)* | 1 (individual) 2 (combined) | 5 (combined) | 0 | 3 (individual) 5(combined) | 19 |
| KMC/KTH | 0 | 1 (Individual) 2 (combined) | 6 (individual) 5 (combined) | 0 | 5 (combined) | 19 |
| PGMI /LRH | 0 | 2 (combined) | 5 (combined) | 4 (individual) | 3 (individual) 5 (combined) | 19 |
| PGMI/ HMC/ KGMC | 0 | 2 (combined) | 4 (individual) 5 (combined) | 3(individual) | 5(combined) | 19 |
| AMC | 0 | 2(combined) | 5 (combined) | 6 (individual) | 1 (individual) 5 (combined) | 19 |
| KMU Total days of training/ month | 2 | 4 | 15 | 15 | 12 | |

*Individual- workshop organized for individual institutions include Clinical Research Methods Orientation, biostatistics and Medical Writing

+Combined workshops organized for all the institution include Research Methods Proposals Development and Bioethics

