



**SPHeRE** 

Structured Population health, Policy  
and Health-services Research Education

## SPHeRE Workshop Programme

*V2.0 October 2022*

### Contents

Overview of SPHeRE workshop programme.....	2
Aims of the workshop programme .....	2
Facilitators.....	2
Pedagogical approach.....	2
Workshop Feedback .....	3
Workshop Logistics .....	3
Workshop schedule years 1-4.....	4
Yearly workshop calendar.....	5
Detailed Workshop Outline .....	6
Year 1 .....	6
Year 2 .....	9
Years 3 & 4 .....	13
Optional workshops.....	15

## Overview of SPHeRE workshop programme

- The SPHeRE workshop programme aims to provide Scholars with further and advanced training, building on learning from Year 1. We offer a range of workshops with a focus on research methodology, population health and health services research, and researcher development. As SPHeRE seeks to train Scholars for their doctoral studies as well as preparing Scholars for careers as researchers and leaders beyond their doctoral programme, a wide range of workshops form the workshop programme.
- Compulsory workshops form a core element of the curriculum. All Scholars are required to attend those designed for their cohort.
- Optional workshops extend Scholar opportunities for learning in certain areas and Scholars may choose which are most relevant to them.

## Aims of the workshop programme

- Build on the knowledge and skills acquired from the taught programme.
- Offer opportunities for application of theoretical knowledge
- Add value to the resources and training available to them within Scholar host institutions
- Support the training of PHPHSR Scholars, well versed in a range of research methodologies
- Equip Scholars to become leaders in high quality, inclusive and impactful PHPHSR researchers beyond their PhD. For this reason, the workshop programme is diverse and spans a number of areas related to being a researcher in PHPHSR

## Facilitators

- The workshop programme is delivered by a diverse range of facilitators, based on the requirements of the workshops.
- A number of workshops are offered by academics in our partner institutions
- There are also several externally hosted workshops whereby SPHeRE engage workshop providers with specialist topic knowledge

## Pedagogical approach

- **Flipped classroom** including facilitator curated materials such as pre-recorded lecture or instructional videos which Scholars watch in advance of the live workshops

- **Constructivist learning**, whereby Scholars take part in learning experiences such as sharing a research challenge, receiving feedback from peers and expert facilitators and reflecting on this to inform how they address the challenge. This approach also incorporates elements
- **Adult learning theory**, acknowledging that PhD Scholars have significant previous experience to draw on and benefit from direction to help problem-solve rather than explicit teaching of specific solutions
- **Co-facilitation** of workshops where possible by two or more facilitators, which is beneficial for both facilitators and Scholars for a greater range of experiences and approaches to be shared with the Scholars and optimises content

## Workshop Feedback

- As a programme we are very keen to gauge how well the workshop programme is meeting Scholar needs, which we appreciate can change over time
- Following workshops the SPHeRE Administrator will email Scholars an anonymous feedback survey, and we ask that it is completed for each workshop attended
- While we cannot always implement all of the suggestions made, where possible we will always try to do so and do appreciate the time Scholars give to providing feedback

## Workshop Logistics

- Depending on workshop format, facilitator requirements, and public health guidelines, workshops may be offered either in face to face format or online
- The annual workshop calendar which is available via Moodle provides the most up to date information on the workshop schedule
- The workshop page on Moodle provides relevant details in terms of facilitators, timings etc. for each workshop
- Some workshops do require advance preparation, which is indicated by a \* on the calendar and the details on which can be found on the workshop page on Moodle
- Where workshops are offered face to face we are conscious that Scholars may be travelling and will try where possible to ensure that start and end times are facilitative
- To minimise travel and overnight accommodation requirements, on some occasions workshops may run over a longer day

## Workshop schedule years 1-4

PHPHSR Strand	Methodology Strand	Researcher Training Strand	Inclusive Research Strand	PhD Support Strand
<ul style="list-style-type: none"> <li>• What is your contribution?*</li> <li>• Becoming a research leader in PHPHSR</li> <li>• Communicating your research for policy*</li> </ul>	<ul style="list-style-type: none"> <li>• Remote qualitative methods*</li> <li>• NVivo 2-day training</li> </ul>	<ul style="list-style-type: none"> <li>• Ethics applications &amp; data regulation</li> <li>• Code of good practice in research</li> <li>• Publishing in a peer review journal</li> <li>• Writing Skills*</li> <li>• Media training for researchers</li> <li>• Grant preparation and writing</li> <li>• Presentation skills*</li> </ul>	<ul style="list-style-type: none"> <li>• Delivering Inclusive PHPHSR</li> <li>• Public and patient involvement in PHPHSR</li> </ul>	<ul style="list-style-type: none"> <li>• Making the transition to Year 2</li> <li>• The importance of academic feedback*</li> <li>• Year 2 Research troubleshooting*</li> <li>• Year 3 Research troubleshooting*</li> <li>• Research Participant Recruitment</li> </ul>

## Yearly workshop calendar

	PHPHSR Strand	Methodology Strand	Researcher Training Strand	Inclusive Research Strand	PhD Support Strand
<b>Year 1</b>		<ul style="list-style-type: none"> <li>Remote qualitative methods*</li> </ul>	<ul style="list-style-type: none"> <li>Presentation skills*</li> </ul>	<ul style="list-style-type: none"> <li>Delivering Inclusive PHPHSR</li> <li>Public and patient involvement in PHPHSR</li> </ul>	<ul style="list-style-type: none"> <li>The importance of academic feedback*</li> </ul>
<b>Year 2</b>	<ul style="list-style-type: none"> <li>What is your contribution?*</li> </ul>	<ul style="list-style-type: none"> <li>NVivo 2-day training</li> </ul>	<ul style="list-style-type: none"> <li>Ethics applications &amp; data regulation</li> <li>Code of good practice in research</li> <li>Publishing in a peer review journal</li> <li>Writing Skills*</li> </ul>		<ul style="list-style-type: none"> <li>Making the transition to Year 2</li> <li>Year 2 Research troubleshooting*</li> <li>Research Participant Recruitment</li> </ul>
<b>Year 3</b>	<ul style="list-style-type: none"> <li>Becoming a research leader in PHPHSR</li> <li>Communicating your research for policy*</li> </ul>		<ul style="list-style-type: none"> <li>Grant preparation and writing</li> </ul>		<ul style="list-style-type: none"> <li>Year 3 Research troubleshooting*</li> </ul>
<b>Year 4</b>	<ul style="list-style-type: none"> <li>Becoming a research leader in PHPHSR</li> </ul>		<ul style="list-style-type: none"> <li>Grant preparation and writing</li> </ul>		
<b>Optional</b>		<ul style="list-style-type: none"> <li>Mixed methods 2-day training</li> </ul>	<ul style="list-style-type: none"> <li>Media training for researchers</li> </ul>		

## Detailed Workshop Outline

### Year 1

#### Delivering Inclusive PHPHSR

##### Workshop outline

While the range of backgrounds, skills, and areas of research in the cohort is broad and diverse, our perspective and positionality as researchers is shaped by a common factor – our identity. Noticing and examining our own unique and individual frame of reference can confront us with challenges, opportunities, and ultimately choices about how inclusive we want our research practices and impact to be. Through a series of individual and group learning activities, we will explore the benefits of inclusive practice when researching improvements in population health and health service delivery. Through introspection and collaboration, we will practice the cross-discipline cooperation crucial to our research and the vision of SPHeRE. Participants will identify how to build and expand the impact of their research by including diverse audiences and perspectives at every stage.

Identification of opportunities for inclusivity will make projects more impactful and increase the tang

##### Learning outcomes

- Examine how identity shapes how you perceive yourself, others, and the world around you.
- Identify limitations inherent in a research process that lacks inclusivity.
- Assess how diverse and inclusive your research team and project are.
- Plan concrete actions to make your project inclusive and contribute to better health equity and outcomes in society.

##### Programme links

- M1 Perspectives on population health & health services research - linking context & methods; Public and patient involvement in PHPHSR workshop.

#### Public and patient involvement in PHPHSR

##### Workshop outline:

This workshop will:

- Introduce the term Public and Patient involvement (PPI) in research and explain some common PPI terminology.
- Explore researchers' and PPI contributors' motivations for engaging in PPI.
- Discuss some of the barriers and facilitators to PPI in research from the perspective of researchers and PPI contributors.
- Provide an overview of some of the different conceptual models of involvement.

- Identify examples of the different levels of involvement (as presented in PPI literature and knowledge gained through experience).
- Explore some of the ethical considerations of PPI.
- Present students with three separate PPI in PhD research case studies carried out by PhD researchers in Ireland.
- Provide students with an opportunity to discuss some of the practical challenges and solutions to conducting PPI.
- Prompt students to design the PPI component of their research using the 5 W's of involvement framework.

### **Learning outcomes**

- Understand what is meant by patient and public involvement (PPI) in research and recognise common terminology
- Identify some of the motivators of engaging in PPI from researchers' and PPI contributors' perspectives
- Appreciate some of the barriers and facilitators to PPI in research from the perspective of PPI contributors and researchers

### **Programme links**

- Delivering Inclusive PHPHSR workshop

<b>The importance of academic feedback</b>
--

### **Workshop outline**

This workshop is tied in and linked with the thesis development and review process. This workshop provides an informal setting to present early stage thesis proposal ideas in a structured format, to hear feedback from peers, and to consider the importance of - and strategies for managing - feedback during your PhD and related academic activities.

### **Learning outcomes**

- Develop an overview of the future SPHeRE activities and milestones
- Understand the key features and functions of academic feedback
- Practice providing and receiving feedback

### **Programme links**

- Academic milestones - receiving and responding to feedback from academic panels

## **Presentation skills**

### **Workshop outline**

This workshop covers a range of skills for delivering high quality and high impact presentations to different audiences.

### **Learning outcomes**

- Understand key features of effective presentations
- Develop specific presentation skills
- Apply principles to individual presentations

### **Programme links**

- Thesis Presentation Day

## Year 2

### Making the transition to Year 2

#### Workshop outline:

This workshop will focus on managing your PhD, managing your supervision and managing self, to prepare Scholars for the transition from the taught year 1 programme to the more self-directed year 2 programme and beyond

#### Learning outcomes

- Overview of the year 2 programme
- Planning for self-directed learning and self-management

#### Programme links

- Independent learning programme

### Ethics applications & data regulation

#### Workshop outline

This workshop will cover principles and regulations relevant to data management during the research process

#### Learning outcomes

- Knowledge of key principals of ethical research conduct
- Understanding of relevant legislation such as General Data Protection Regulation
- Exploration of ethical principles and data regulation in the context of PHPHSR

#### Programme links

- M2 Practical approaches to population health & health services research- methods & study design
- M5 working with health information – informatics & statistical analysis

### Code of good practice in research

#### Workshop outline

This workshop will address a number of issues related to good practice in research, such as research misconduct, including fraud; financial misconduct; interpersonal conduct; and good research practices ranging from analysis and data storage.

#### Learning outcomes

- Identify examples of research misconduct

- Understand how to engage in acceptable research practices

#### **Programme links**

- M2 Practical approaches to population health & health services research- methods & study design
- M5 working with health information – informatics & statistical analysis

### **Research Participant Recruitment**

#### **Workshop outline**

This workshop will support Scholars to navigate potential challenges of participant recruitment during their doctoral research

#### **Learning outcomes**

- Identify appropriate recruitment and contingency strategies for different types of study
- Understand how to use emerging / novel research recruitment strategies

#### **Programme links**

- Year 2 Progress Report
- Year 3 Thesis Completion Plan
- M2 Practical approaches to population health & health services research- methods & study design

### **Publishing in a peer review journal**

#### **Workshop outline**

This workshop will support Scholars to navigate the process of writing for publication. The content of the day will be broadly structured into three sections,:

#### **Learning outcomes**

- Identify appropriate journal for research area
- Understanding different models of peer review
- Increased skills for writing research papers and using reporting guidelines
- Knowledge of research integrity and publication ethics as they relate to publishing in a peer-reviewed journal

#### **Programme links**

- Thesis-related journal article

## Workshop: Writing Skills

### Workshop outline

This workshop will support Scholars to develop their academic writing skills

### Learning outcomes

- Understand academic writing style required for key sections of academic papers
- Develop individual writing style as required for academic writing and specific purposes

### Programme links

- Thesis-related journal article
- Thesis writing

## Workshop: NVivo training

### Workshop outline

Day 1 offers a rounded introduction to NVivo and focuses on the requisite management decisions one should make at the beginning of one's project. Day 2 involves development of your own database and analysis

### Learning outcomes

- Understand the pros and cons of using software for qualitative analysis
- Create an NVivo project database to support qualitative analysis
- Practice data analysis and reporting using NVivo software

### Programme links

- M2 Practical approaches to population health & health services research- methods & study design

## What is your contribution?

### Workshop outline

The aim of this workshop is to help 2nd year Scholars (and interested Scholars from year 3) to reflect on their research questions and to take some time early on in the PhD process to consider their contribution and the originality of their contribution to knowledge. We hope that these discussions will provide participants with the confidence to incorporate discussions of originality and contribution into their PhDs from as early a stage of the PhD process as possible.

### **Learning outcomes**

- Define the meaning of contribution and impact in the context of PHPHSR
- Map your individual research contribution and impact
- Increased awareness of how to thread original contribution throughout PhD thesis

### **Programme links**

- Thesis and Viva preparation

<b>Workshop: Yr2 Research troubleshooting</b>
---

### **Workshop outline**

This is an opportunity for Scholars to present work to date and gain input from experienced researchers relating to significant challenge(s) in your research (encountered or anticipated)

### **Learning outcomes**

- Synthesise research activity
- Present research synthesis to a group of peers and experienced researchers
- Articulate key research challenges
- Generate potential solutions or next steps to address research challenges

### **Programme links**

- Year 2 Thesis Progress Report

## Years 3 & 4

### Grant preparation and writing

#### Workshop outline

This workshop will provide Scholars with tips and skills required for planning, writing and submitting grant applications.

#### Learning outcomes

- Identify appropriate funding bodies / steam for your research
- Learn how to write comprehensive and persuasive grant proposals
- Generate a draft grant proposal
- Understand grant peer reviewing process

#### Programme links

- M1 perspectives on population health & health services research- linking context & methods

### Becoming a research leader in PHPHSR

#### Workshop outline

The workshop provides an opportunity to explore challenges and opportunities relating to leadership in PHPHSR

#### Learning outcomes

- Understand key challenges of leadership,
- Share experience and ideas with people in similar position and
- Raise your self-awareness of skill level and styles of leadership

#### Programme links

- M3 Health systems, policy and management
- M6 Health economics

### Yr3 Research troubleshooting

#### Workshop outline

This is an opportunity for Scholars to present work to date and gain input from experienced researchers relating to significant challenge(s) in your research (encountered or anticipated)

#### Learning outcomes

- Synthesise research activity
- Present research synthesis to a group of peers and experienced researchers

- Articulate key research challenges
- Generate potential solutions or next steps to address research challenges

#### **Programme links**

- Thesis Completion Plan

### **Communicating your research for policy**

#### **Workshop outline**

This workshop builds on learning from, and connects to, various SPHeRE modules and workshops. It provides dedicated time for Scholars for peer review and to further develop a brief or infographic related to an aspect of PhD research. It is aimed at supporting the completion of the Yr3 Thesis Related Policy Brief milestone included in the structured SPHeRE Programme, and can also provide summarised content for developing into other communication outputs like infographics or blog posts. Scholars who prefer to complete an infographic for this milestone, in place of a policy brief document, are encouraged to do so.

#### **Learning outcomes**

- Identify key features of policy briefs
- Draft a policy brief related to your research
- Receive and incorporate research policy feedback

#### **Programme links**

- Thesis Related Policy Brief

## Optional workshops

### Mixed Methods 2-day training

**Cohort:** Years 2, 3 and 4

**Workshop outline:**

This workshop will focus on mixed methods approaches to health and social science research, covering analytical integration and mixed methods designs

**Learning outcomes**

- Understand the basic principles and basic designs used in mixed methods research. I will discuss some epistemology and philosophy, but this is not our focus.
- Develop practical, pragmatic skills and knowledge surrounding doing mixed methods research.

**Programme links**

- M2 Practical approaches to population health & health services research- methods & study design

### Workshop: Media training

**Cohort:** Years 2-4

**Workshop outline;**

This workshop provides Scholars with focused media communication training

**Learning outcomes**

- Identify the key features of effective medial communication
- Deliver effective research communication

**Programme links**

- Communicating your research for policy