



# Challenges and opportunities in conducting international research study

Family-witnessed resuscitation in two European countries

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# Why conduct international research?

## - Opportunities

- International research collaboration is a characteristic of rapidly changing research systems and an indicator of high-quality research<sup>1</sup>
- Presents health researchers with opportunities to share experiences, data and methods that can provide the basis for new and important perspectives on existing practices<sup>2</sup>

# Why conduct international research?

## - Opportunities

- Helps to address common healthcare problems by using new resources, sharing methods and protocols, previously unique to one region<sup>2</sup>
- Facilitates the acquisition of new research skills and pushes the boundaries of research methods and techniques<sup>2</sup>

# Why conduct international research?

## - Opportunities

- Nature of health and disease is global – however the distribution or resources is uneven<sup>3</sup>
- Variations in nursing and medical values and practices between different countries<sup>4</sup>
- Emphasis on need for unification of nursing and medical practices across different countries to provide modern, evidence-based care to all EU citizens<sup>5</sup>



Need for research including multiple countries

# Examples of international research - Opportunities

## 1. To compare case-mix across countries

**Example:** INEXCA research project which aims to utilize expertise across the globe to improve research, researcher training and care of cancer patients, family caregivers and patient and public involvement through international and intersectoral collaboration and staff exchange<sup>6</sup>

# Examples of international research

## - Opportunities

2. To test intervention in different countries or increase patients' recruitment

**Example:** A multicenter, randomized, double-blind trial to compare the effect of fluid resuscitation with albumin or saline on mortality in a heterogeneous population of patients in the ICU from Australia and New Zealand<sup>7</sup>

# Examples of international research

## - Opportunities

3. To develop international consensus for the management of disease processes

**Example:** An international consensus group of international multidisciplinary critical care specialists convened at the second World Congress on Abdominal Compartment Syndrome aiming to develop practice guidelines for the diagnosis, management, and prevention of intra-abdominal hypertension

# Why conduct international research?

## - Opportunities

International research provides opportunities for increasing dedication, building cross-cultural competences, and advancing health professional practice globally<sup>9</sup>



# Our study

1. Multisite international study using a mixed-method descriptive, explanatory study design
2. Aim: To explore health care professionals and patients' family members experiences and attitudes towards *family-witnessed cardiopulmonary resuscitation*

# Family-witnessed CPR



- Offering the choice to a patient's loved-ones to be present in a location that affords visual contact with the patient during CPR<sup>10</sup>
- Represents family-centered care philosophy – it's patients' and families' right to be present during CPR if they want
- Practice recommended by many organizations, such as: *American Heart Association*<sup>11</sup>, *European Resuscitation Council*<sup>12</sup>, *American Nurses Association*<sup>13</sup>, *European Federation of Critical Care Nurses*<sup>14</sup>

# Why an international study?

1. Because of the recognized need for unification of ethical CPR practices across European countries<sup>15</sup>
2. Two European countries which in theory should fall under the same EU health care policies – to verify that
3. To add more knowledge to the global picture of how family-witnessed CPR accepted and practiced across Europe

# Why an international study?

4. To increase the sample and make it more diverse
5. To use 'country' as a predictor variable for experiences and attitudes
6. To learn 😊

# Study sites

## Finland



- 3 university hospitals
- ICU, ER nurses and physicians, and ICU patients' family members

## Poland



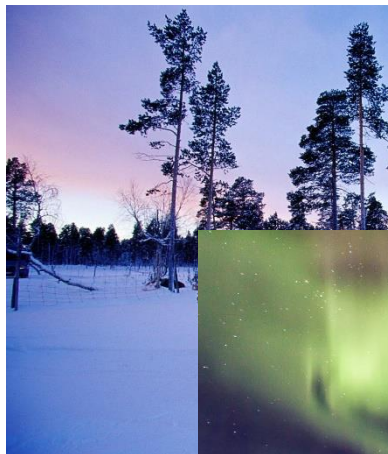
- 3 university hospitals
- ICU, ER nurses and physicians, and ICU patients' family members

# Europe

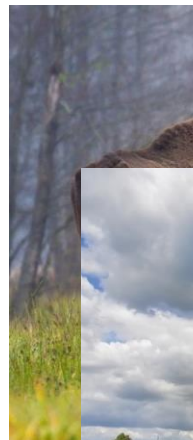


# Study sites

## Finland

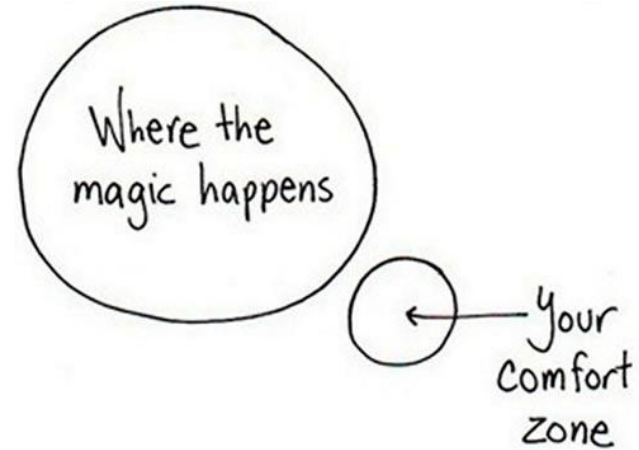


## Poland



# Challenges

1. Planning
2. Data collection
3. Data analysis
4. Communicating the findings





# Planning

- Population identification
- Sample method selection
- Methods specification
- Ethical board approval
- Questionnaire translations
- Pilot testing
- Follow-up
- Type of sample

# Data collection

- Hospital ethical boards permissions
- Recruitment
- Questionnaire distribution
- Interviews
- Time frame
- Travelling

# Data analysis

- Data entry
- Data coding
- Unification of the variables
- Translations of the qualitative data

# Communication of the findings

- Choosing the target audience
- Choosing the journals
- Reporting country-specific results and recommendations



# Lessons learned

- Nothing is perfect: variations, unexpected events, and problems which you have no control over
- Better preparation prior to proposal development
  - Get to know the cultural settings and plan according to it
  - Careful planning could save some time later



# Lessons learned

- Be more flexible – modifications are sometimes needed and are ok
- Be more realistic, not necessarily perfectionistic – it's a learning process, a 'researcher's driving license course' and mistakes are unavoidable and helpful
- Be financially prepared
- Make sure you acknowledge limitations (as there are many)

*Thank you!*

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