

# Outcome of Research Day-Is It Beneficial?

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**Abstract:** The objective of this study was to find out the outcome and benefits of Research Day.

**Data Sources / Data Collection:** Questionnaires were given to participants at the end of the Research Day.

**Study Design:** Cross sectional survey

**Principal Findings:** Participants were satisfied with the objectives of Research Day-they gained knowledge and got new ideas, received good exposure. They were also satisfied with the seating, food and beverages and the audio-visuals. Satisfaction of programme with objectives fulfilled and between assist researchers with objectives fulfilled ( $P < 0.001$ ; rank correlation coefficient  $> 0.7$ ).

**Conclusion:** Research day is beneficial to researchers as they gain new knowledge and get good exposure to Research.

**Keywords:** Research Day Outcome.

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## 1. INTRODUCTION

The objective of this study was to look at the outcome of Research Day conducted in the State of Melaka in Malaysia. Publishing is a way of disseminating information to people of various walks of life. Not everyone has a flair for writing and is time consuming.

Research Day is a platform for the Researcher to provide the research findings as oral or poster presentations which can generate more ideas to improve outcomes of health care. Various disciplines of Healthcare including medical doctors, dentists, allied health personnel and medical students get together on this day. They then present the information that has been analysed and open ideas in research to improve individual healthcare and initiate the setting up of evidence based policies. The theme varies each year and this year the theme was "Transforming Ideas into Research".

Research Day is conducted by most of the Clinical Research Centres in Malaysia. However, a literature search did not show any publication on the event. We, therefore, decided to study the impact and benefits of Research Day, to see if it should be continued and recommended, or to halt it in future.

### OBJECTIVE:

The objective of the study was to analyse the benefit of attending Research Day.

### STUDY DESIGN:

Cross sectional survey

## 2. METHODOLOGY

A questionnaire about exposure and knowledge gained, the program book, conduciveness of the environment, food and audio visuals was handed over to the participants. Knowledge of the topic and presentation of new ideas by the presenters were studied. General comments were also asked for in the column provided.

## 3. RESULTS

A total of 162 delegates attended Melaka Research Day but only 65 returned the questionnaire.

Table I provides descriptive statistics of selected perception score among the respondents. The median score were noted at 5.0 (Likert scale range from one to seven) for the following perception – Objectives of research day fulfilled, assist researchers, gain new knowledge, coordination of programme, increase of research knowledge, acquire new ideas.

Table II illustrates perceptions on resources utilized during Melaka Research Day with Melaka Research Day book content having a median score of 6.0 followed by satisfaction on hall used for event, comfortable seating, utilization of audio-visual aids, satisfactory of Food / Beverages with each having a median score of 5.0.

Table III shows Spearman's rank correlation coefficient of selected independent variables (perception score in Likert scale) against Objectives Fulfilled at the Melaka Research Day. There is strong rank correlation coefficient between satisfactory of programme with objectives fulfilled and between assist researchers with objectives fulfilled ( $P < 0.001$ ; rank correlation coefficient  $> 0.7$ ).

Other independent variables show moderate rank correlation with Objectives Fulfilled - Gain new knowledge, Coordination of programme, Increase research knowledge, Acquire new ideas, Melaka Research Day book content, Satisfaction on hall used for event, Comfortable seating, Utilization of audio-visual aids ( $P < 0.001$ ; rank correlation coefficient of 0.40 to 0.69).

Most (91.53%) found that the program helped them as researchers while 93.85% found that the program gave them good exposure to research (Bar Chart 1). As many as 89.23% of participants gained knowledge and majority (92.19%) found the program excellent overall (Bar Chart 2).

#### 4. DISCUSSION

Research presents ideas that are empirical rather than idealising or imagining phantom theories or hypothesis. The Researcher must first have an idea and must then have the inquisitiveness and desire to study a topic to come up with the answers. Results for the study have to be analysed and finally the conclusion deduced. The new idea which has been borne from a lot of toil and hard work has then got to be presented to impart new knowledge to improve patients' outcomes.

Research Day is conducted for this purpose. It is a method where data at various stages (preliminary stage, ongoing stage, or at the stage that it is waiting to be published) can be presented. Questions can help the Researcher to improve on the research paper to get a better chance of acceptance for publication. Student participants are provided with training in the proper preparation and presentation of a scientific poster for general public audiences(1).

Research Day is also a day of fun and activity. Interesting Prizes are given such as book and High tea vouchers-so people come for Research while having something to look forward to. Lucky draw prizes like external drives and thumb drives are given to promote research.

Speakers of International Calibre are invited to motivate doing research.

Majority of the participants found that they received good exposure to presenting Research (93.85%) and that it helped them as Researchers (91.53%). The participants were trained in presenting the research during a mock research day by a panel of experts in the field. They were taught technical and presentation skills. Participants gain confidence in presentation and vocal skills and will then be ready to present in the International arena. Majority (89.23%) found that they gained new knowledge and this could be a platform to generate more research in the particular field. The idea of this new knowledge gained is also to implement it in improving the outcome in patients. Research day can help bridge disciplines and approaches by exposing students to the wide variety of research occurring at the university(2). Students and even fellow faculty are generally not aware of the range, variety and nature of all research going on, and it's fascinating and useful for them to learn what is going on in the campus(3). Developing and promoting undergraduate research can generate relationships between undergraduates and their mentors or research advisors that can have many benefits(4).

This can initiate interdisciplinary team effort in doing research together.

A curriculum vita of someone who has done presentations and publications usually favours the candidate applying for a postgraduate or job vacancy post. Continuous Medical education points are given to participants and presenters and these contribute to promotions. "Presenting at Research Day is an opportunity to practice and improve presenting skills that will be utilized not only at scientific conferences worldwide, but also in applying for jobs and discussing future opportunities with collaborators," quoted Kristamarie Pratt(5).

The quality of the program book was found to be good. The program book contains the abstracts that can be used to generate more research. A quiz was conducted during the poster competition so that the participants would not be bored while the judges went round. Answers for the quiz were found in the program book and that ensured that all participants

read the book. The presenters had good knowledge about their presentation and majority were found to have presented new ideas, which made it interesting for the audience.

Although there were financial constraints, it was gratifying to know that the venue (auditorium free of charge) and seats which were ordinary chairs were acceptable comfort standards. It was also nice to know that the audience were happy with the food that had to be served with the limited budget available. There were suggestions to have it in a Hotel or Resort for a more conducive environment. Participants also found that the remarks and questions posed by the panel of judges, gave them ideas on how to formulate and proceed with their research papers. Others remarked about extending it to 2 days. Spelman College also had a 1 day program (6) The keynote speaker gave an interesting talk which motivated the researches on how to “Transform Ideas into Research”. The presence of special guests and keynote speakers contributed to the success of Research Day, similar to the success in Research Day 2014 of Women and Childrens’ Health Research Institute(7).

Overall outcome of Research Day was extremely good. Feedback received will aid us in rectifying the weak areas to have a more successful one in future.

### 5. CONCLUSION

The outcome of Research Day was excellent from all aspects. When a Researcher has found the answers (EUREKA)- what should be done next? It can be presented at Research Day prior to being published as a way of getting feedback from the judges and participants. New Researches can get ideas from such a program. We therefore recommend that Research Day be conducted at all levels to promote and encourage research as an interesting and exciting interactive session.

**Table I Median (Inter Quartile Range) of selected perceptions on Melaka Research Day, 2014**

Perception	Median (Inter Quartile Range)
Objective of Research Day fulfilled	5.0 (5.0 – 6.0)
Assist researchers	5.0 (5.0 – 6.0)
Gain new knowledge	5.0 (5.0 – 6.0)
Coordination of programme	5.0 (5.0 – 6.0)
Increase research knowledge	5.0 (5.0 – 6.0)
Acquire new ideas	5.0 (5.0 – 6.0)
Satisfactory of programme	5.0 (5.0 – 6.0)

**Table II. Median (Inter Quartile Range) of selected perceptions on resources utilized during Melaka Research Day, 2014**

Perception	Median (Inter Quartile Range)
Melaka Research Day book content	6.0 (5.0 – 6.0)
Satisfaction on hall used for event	5.0 (5.0 – 6.0)
Comfortable seating	5.0 (5.0 – 6.0)
Utilization of audio-visual aids	5.0 (5.0 – 6.0)
Satisfactory of Food / Beverages	5.0 (5.0 – 6.0)

**Table III Spearman’s rank correlation coefficient of independent continuous variables against Objectives Fulfilled, Melaka Research Day, 2015**

Independent Variables	Rank Correlation Coefficient	P value
Assist researchers	0.701	P<0.001***
Gain new knowledge	0.532	P<0.001***
Coordination of programme	0.556	P<0.001***
Increase research knowledge	0.618	P<0.001***
Acquire new ideas	0.621	P<0.001***
Satisfactory of programme	0.717	P<0.001***
Melaka Research Day book content	0.492	P<0.001***
Satisfaction on hall used for event	0.428	P<0.001***
Comfortable seating	0.482	P<0.001***
Utilization of audio-visual aids	0.527	P<0.001***
Satisfactory of Food / Beverages	0.191	0.127

\*\*\* P value significant with Significance level set at 0.05.

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### APPENDIX - A



