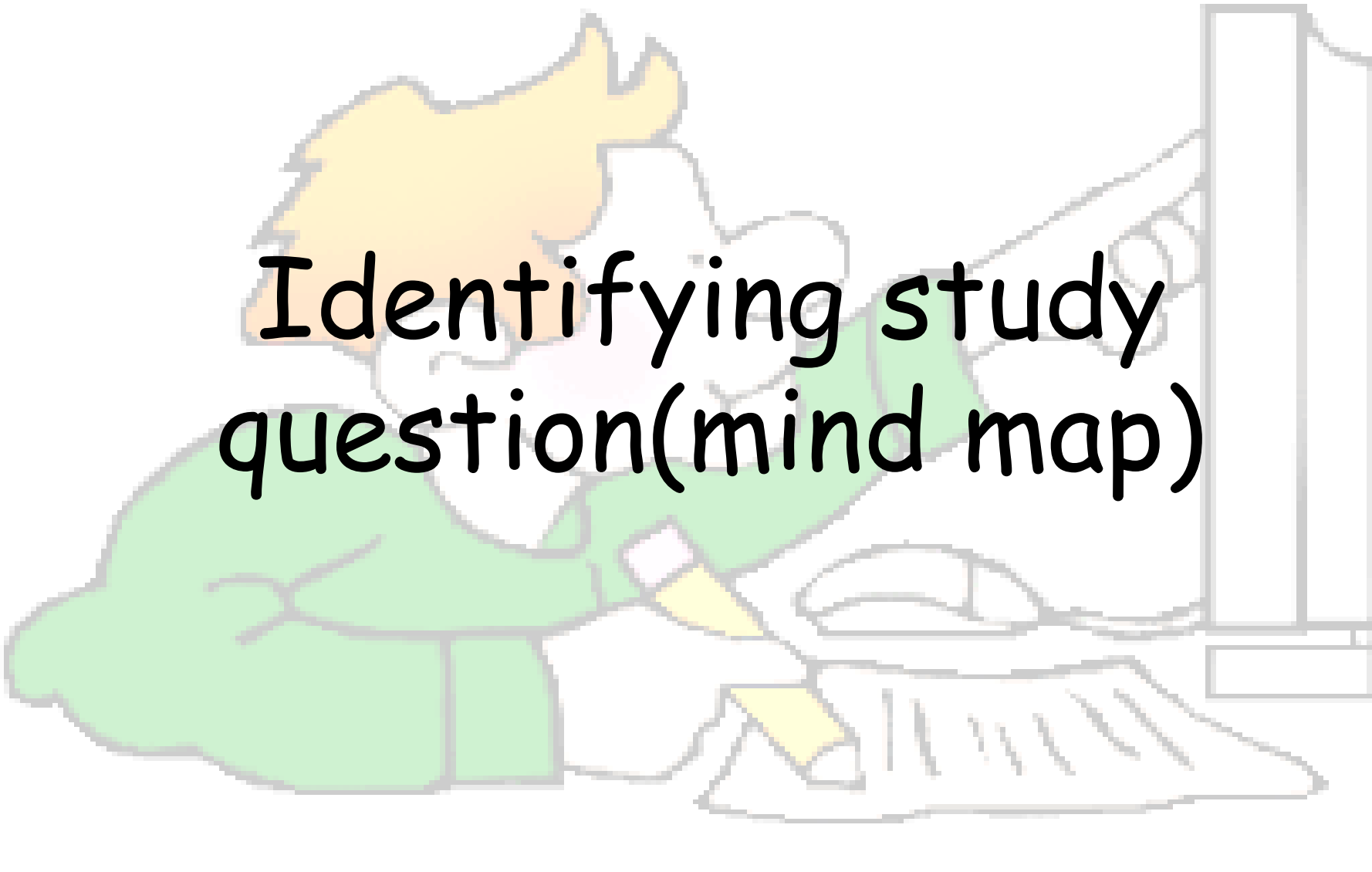


Identifying study question(mind map)

Dr Fatima Zulfiqar
Department Of Public Health
3rd year MBBS

OBJECTIVES

- Explain mind map.
- Discuss how to select a general topic
- Explain where to look for background information and literature
- Name different databases for scholarly work.

What Is Mind Map

Mind map

- It is a graphical way to represent ideas and concepts.
- It is a visual thinking tool that helps structuring information,
- Helping you to better analyze,
- comprehend, synthesize, recall and generate new ideas.

reading
talking to yourself kindly
stroking a pet
bubble bathing
writing/journalling
sharing affection
seeking therapy
cooking a healthy meal
walking
singing
being outside
dancing
running
completing a daily routine
cycling
Your self-care is extremely important
listening to music
ideas for focusing on yourself and your wellbeing today
opening up
yoga
going to an exercise class
drawing/painting
having a good cry
meditating
making something
seeing a friend

TOPIC SELECTION

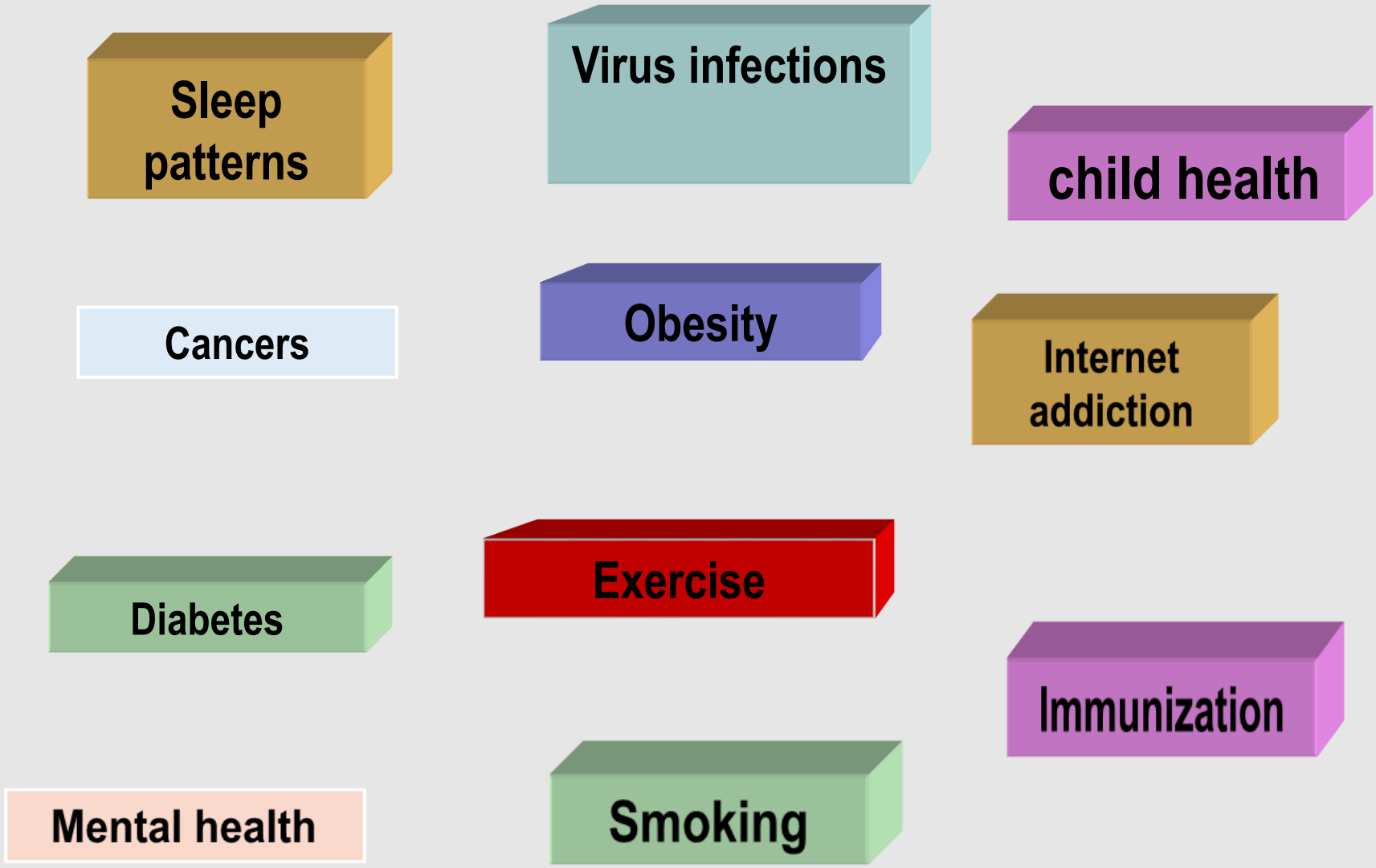
Choosing your topic is the first step in the research process. Be aware that selecting a good topic may not be easy.

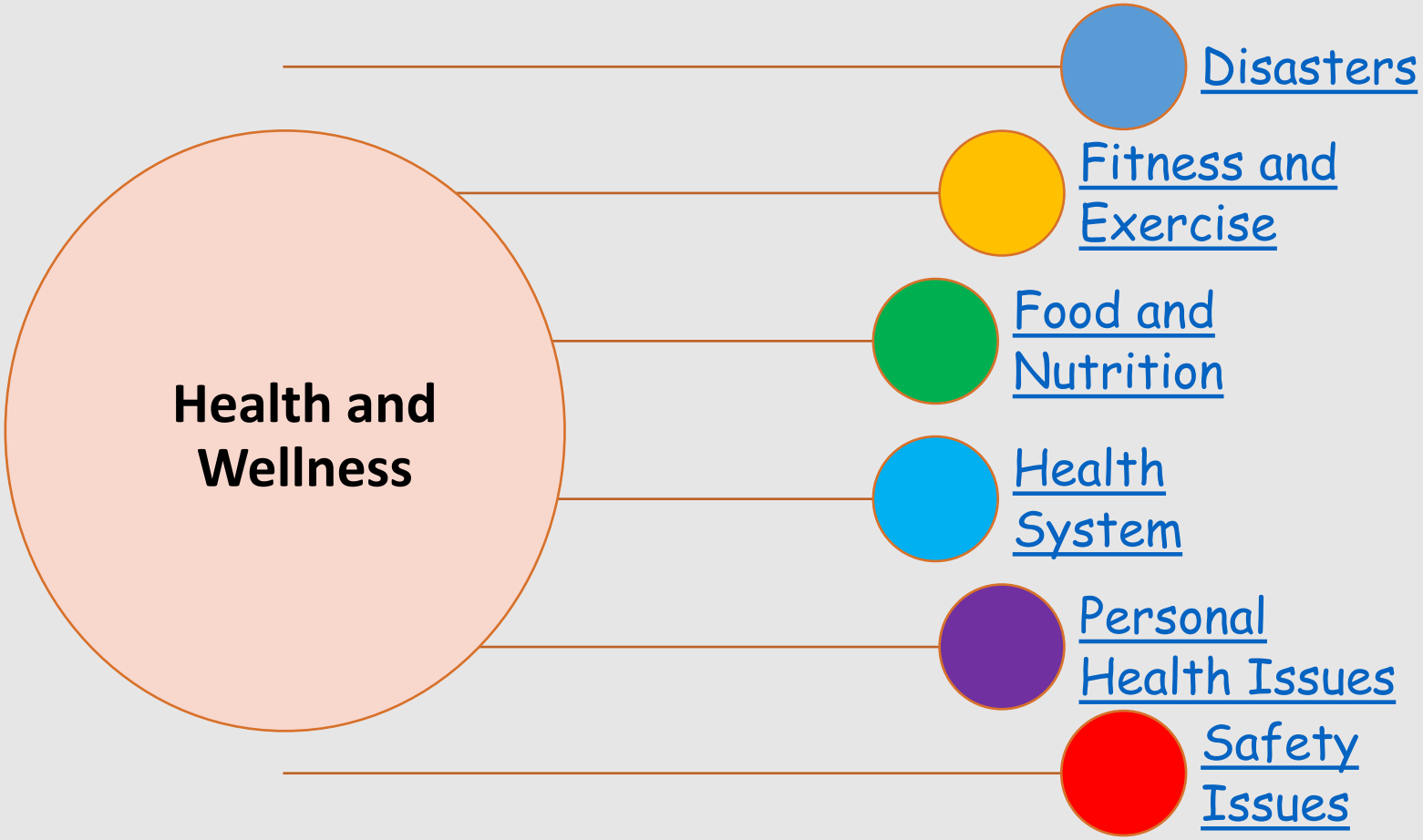
#1 Research tip: Pick a topic that interests you. You are going to live with this topic for weeks while you research, read, and write your assignment.

It must be narrow and focused enough to be interesting, yet broad enough to find adequate information.

Brainstorming is a technique you can use to help you generate ideas.

LOST


Sleep patterns
Virus infections
child health
Cancers
Obesity
Internet addiction
Diabetes
Exercise
Immunization
Mental health
Smoking


Health and Wellness
Disasters
Fitness and Exercise
Food and Nutrition
Health System
Personal Health Issues
Safety Issues

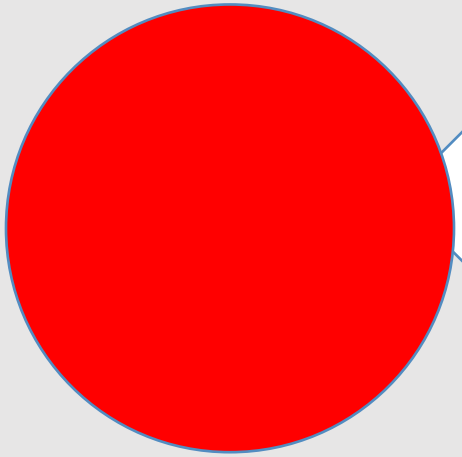
ADVICE# 2

Write down any key words or concepts that may be of interest to you. Could these terms help be used to form a more focused research topic?

Be aware of overused ideas when deciding a topic. You may wish to avoid topics such as drug addiction ,teen pregnancy, or suicide unless you feel you have a unique approach to the topic.

ADVICE# 2

Ask the instructor for ideas if you feel you are stuck or need additional guidance.



look for background information

looking for background information

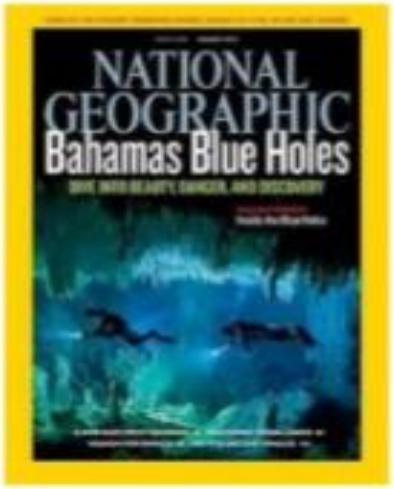
Where do you find literature ?

RESOURCES

LIBRARY RESOURCES

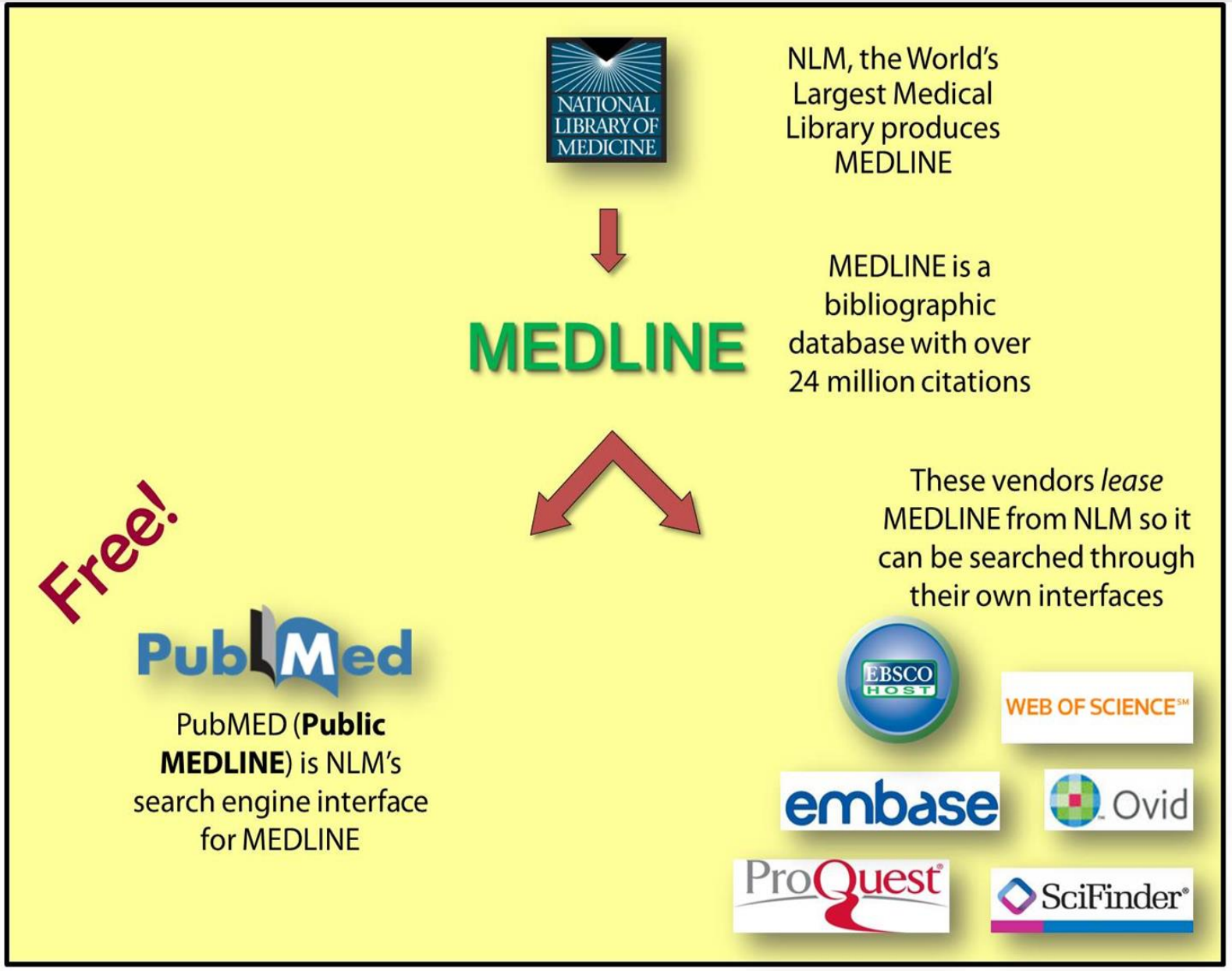
Reference books

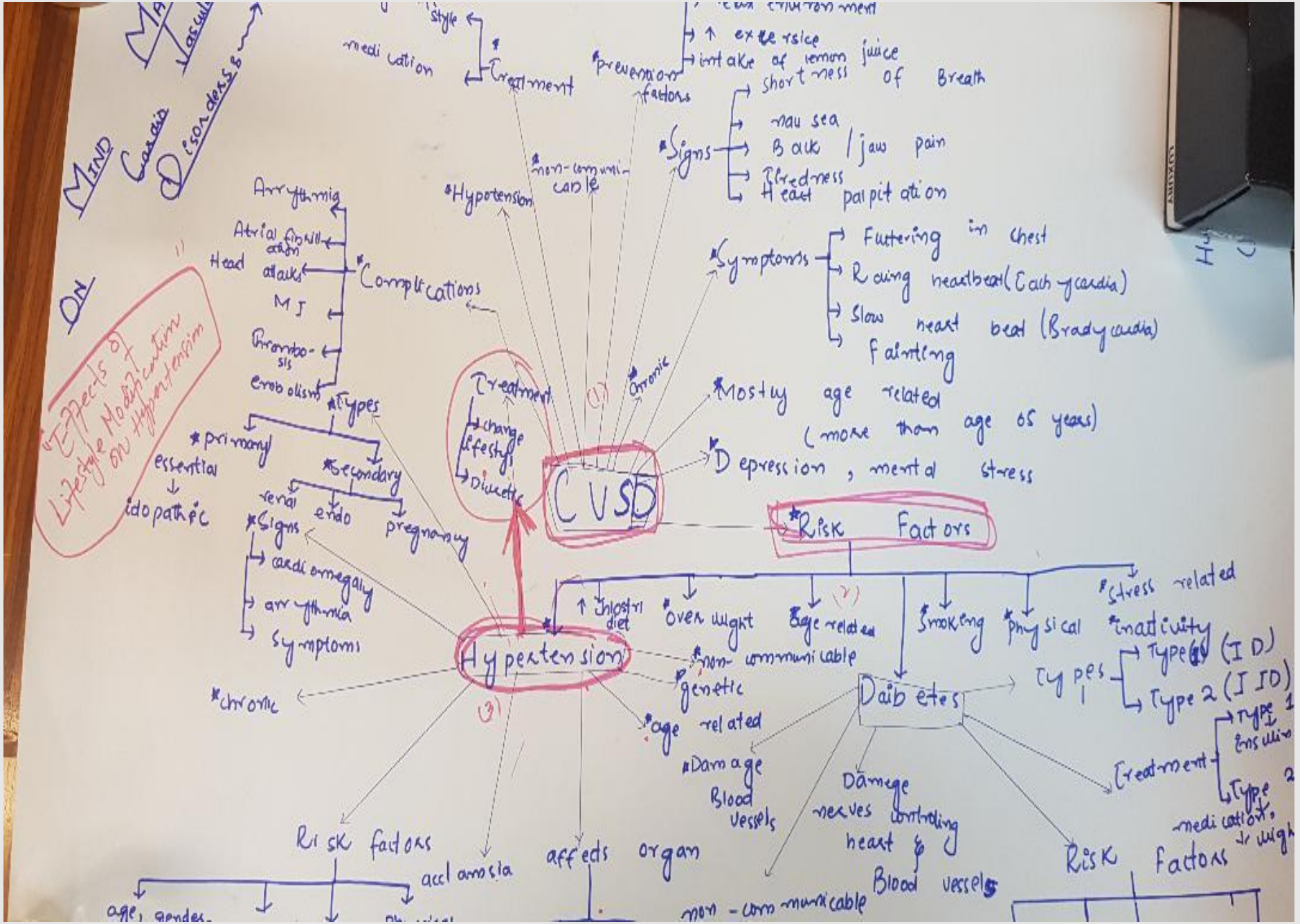
Magazines



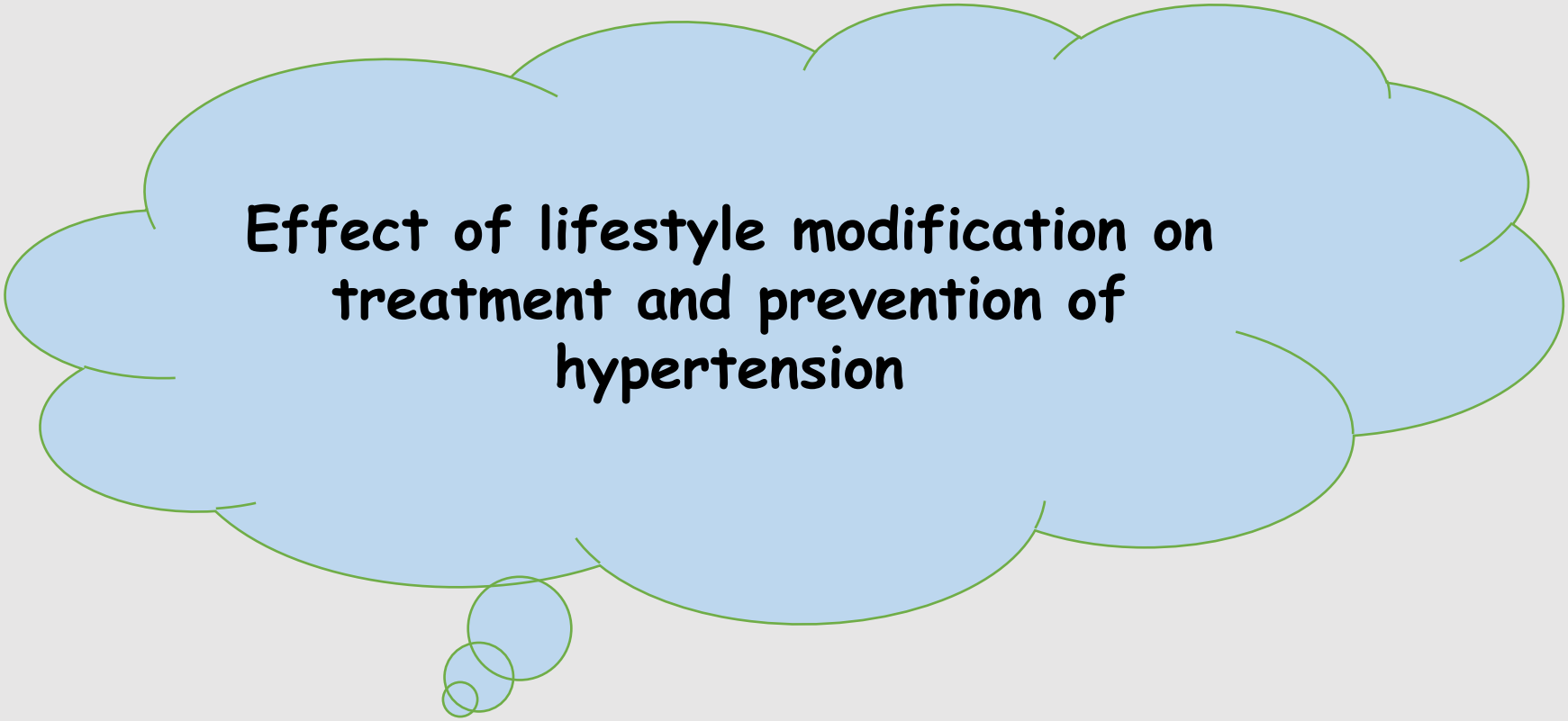
Databases

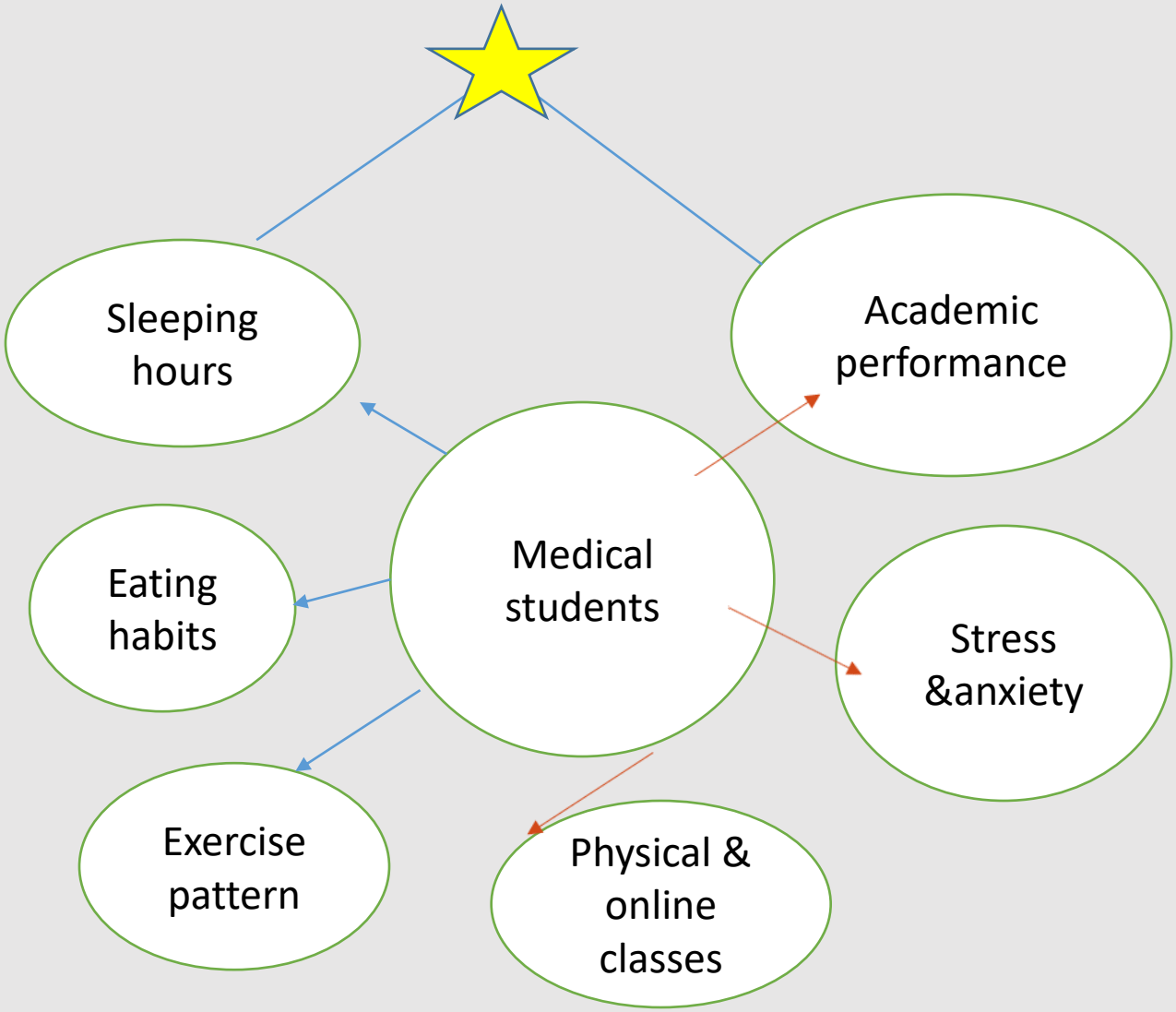
Search Engines And Data Bases

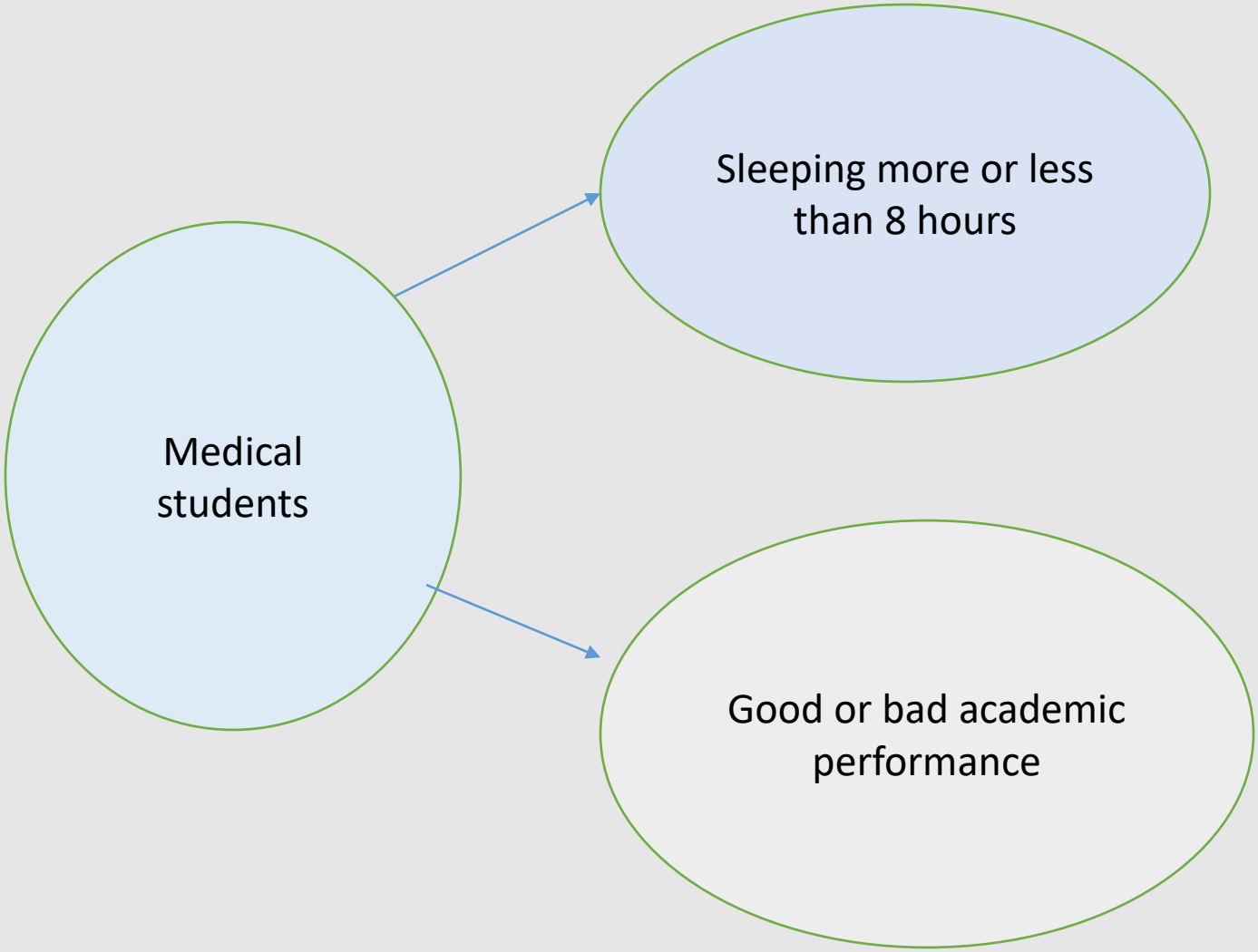

NATIONAL LIBRARY OF MEDICINE
NLM, the World's Largest Medical Library produces MEDLINE
MEDLINE
MEDLINE is a bibliographic database with over 24 million citations
Free!
PubMed
PubMED (**Public MEDLINE**) is NLM's search engine interface for MEDLINE
These vendors *lease* MEDLINE from NLM so it can be searched through their own interfaces
EBSCO HOST
WEB OF SCIENCE℠
embase
Ovid
ProQuest
SciFinder®


MIND
Cardio
Disorders
ON
Effects of Lifestyle Modification on Hypertension
style
medication
Treatment
prevention factors
↑ exercise
intake of lemon juice
Shortness of Breath
Signs
nausea
Back / jaw pain
Tiredness
Heart palpitation
non-communicable
Hypertension
Arrythmia
Atrial fibrillation
Head attacks
MI
Thrombosis
Embolism
Complications
Symptoms
Fluttering in chest
Racing heartbeat (Tachycardia)
Slow heart beat (Bradycardia)
fainting
Types
primary
essential
idopathic
secondary
renal
endo
pregnancy
Signs
cardiomegaly
arrythmia
Symptoms
Treatment
change lifestyle
Diuretic
chronic
CVSD
Mostly age related
(more than age 65 years)
Depression, mental stress
Risk Factors
↑ Cholesterol diet
Over weight
Age related
Smoking
physical inactivity
stress related
Hypertension
chronic
non-communicable
genetic
age related
Damage Blood vessels
Diabetes
Types
Type 1 (IDD)
Type 2 (IIDD)
Treatment
Type 1 insulin
Type 2 medication & weight
Damage nerves controlling heart & Blood vessels
Risk factors
age
gender
acclamsia
affects organ
non-communicable
Risk factors

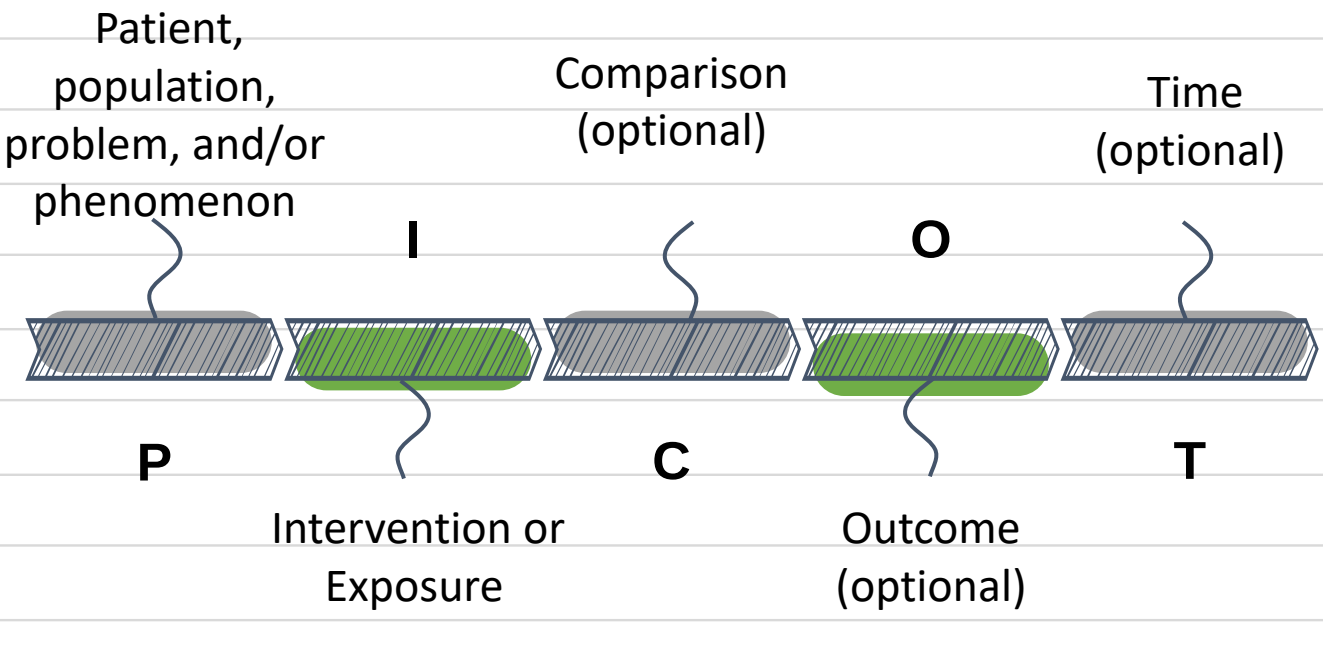
Focused question




Sleeping hours
Academic performance
Medical students
Eating habits
Stress &anxiety
Exercise pattern
Physical & online classes

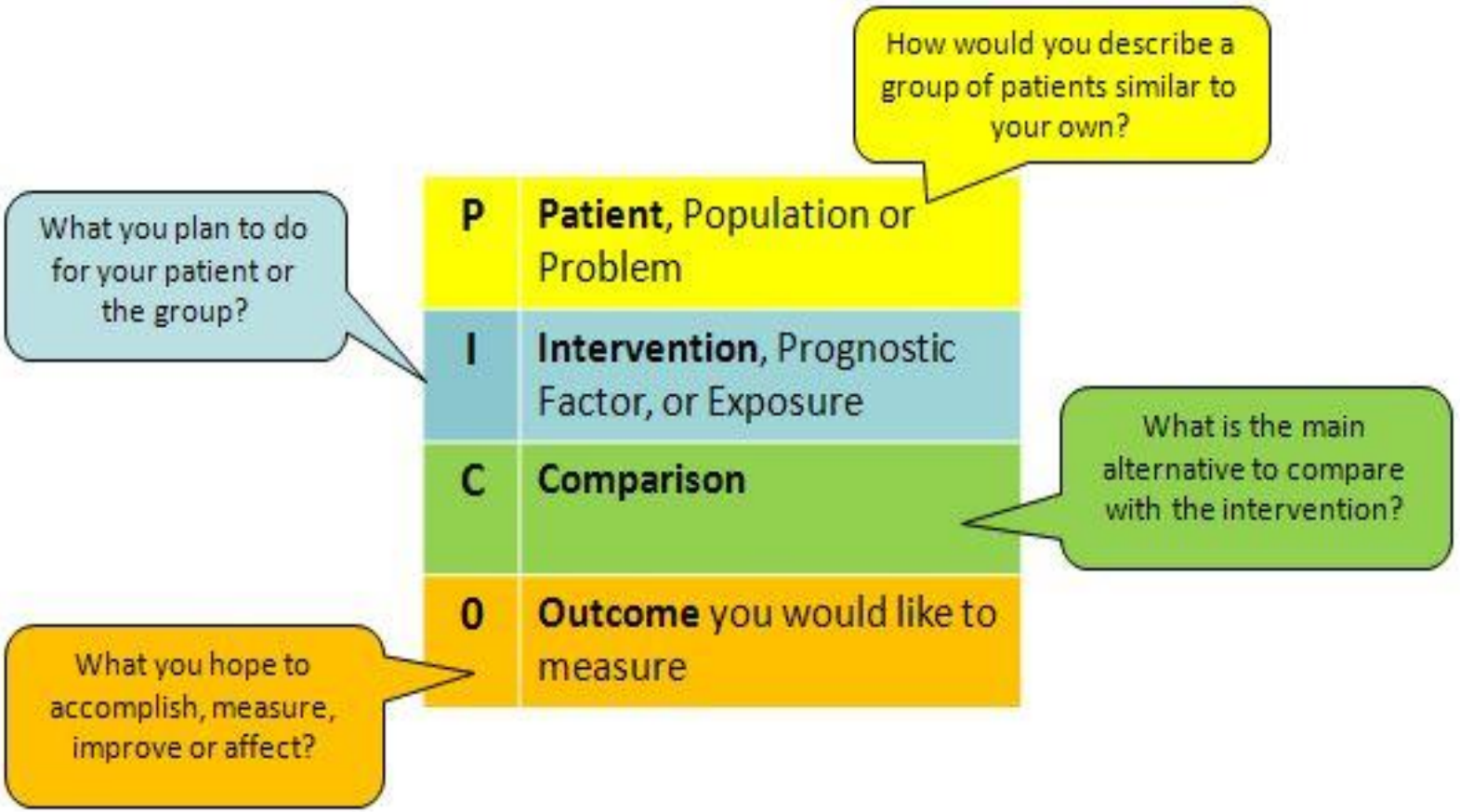

Sleeping more or less than 8 hours
Medical students
Good or bad academic performance

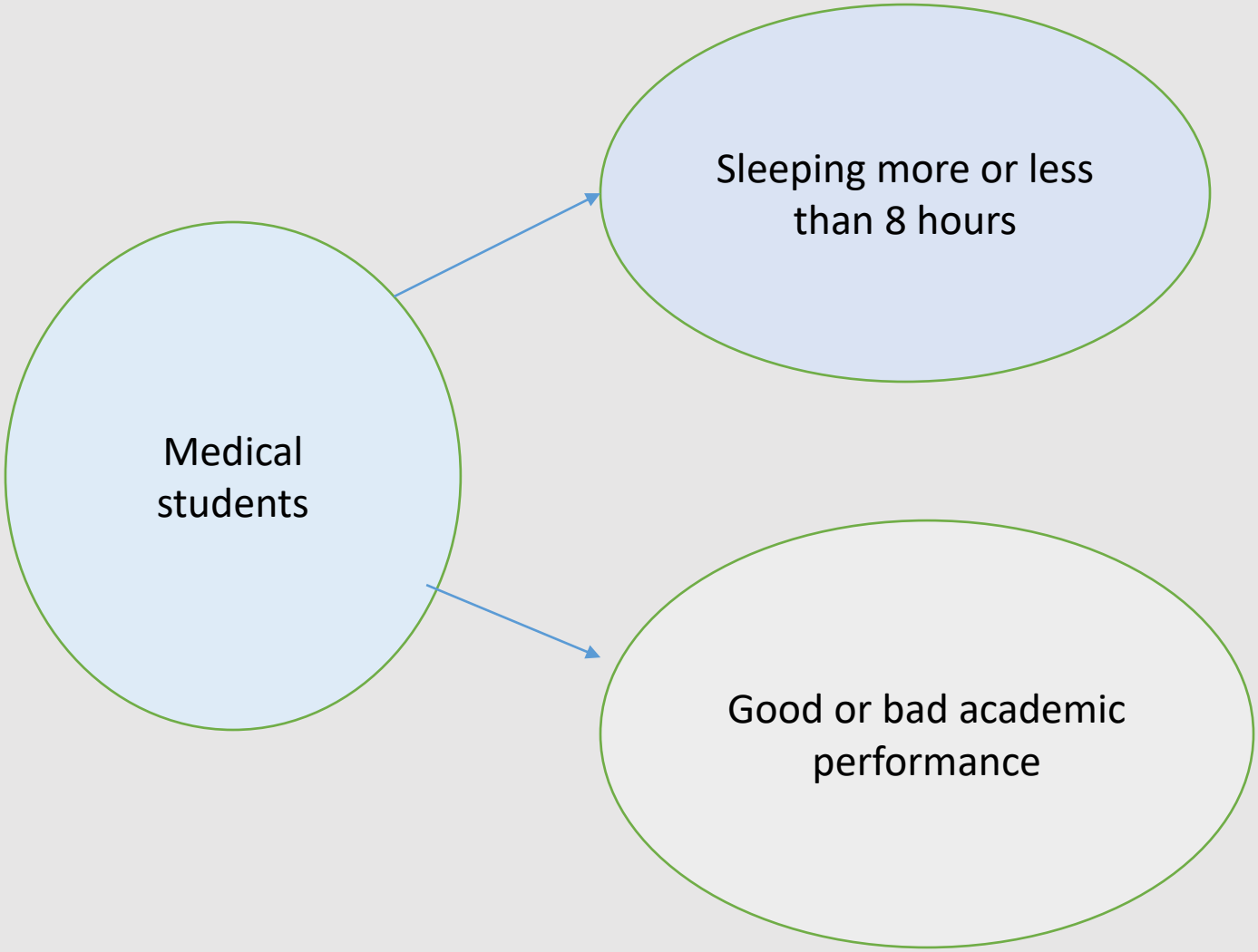
PICO


Patient, population, problem, and/or phenomenon
Intervention or Exposure
Comparison (optional)
Outcome (optional)
Time (optional)
P
I
C
O
T

Characteristics of a good research question "FINER *Criteria*".

FEASIBLE	**Adequate number of subjects.** **Adequate technical expertise** **Affordable in time and money** **Manageable in scope**
INTERESTING	**To the investigator**
NOVEL	**Confirms or refuses previous findings** **Extends previous findings** **Provides new findings**
ETHICAL	
RELEVANT	**To scientific knowledge** **To clinical and health policy** **To future research directions**


How would you describe a group of patients similar to your own?
What you plan to do for your patient or the group?
P
Patient, Population or Problem
I
Intervention, Prognostic Factor, or Exposure
C
Comparison
What is the main alternative to compare with the intervention?
0
Outcome you would like to measure
What you hope to accomplish, measure, improve or affect?


Sleeping more or less than 8 hours
Medical students
Good or bad academic performance

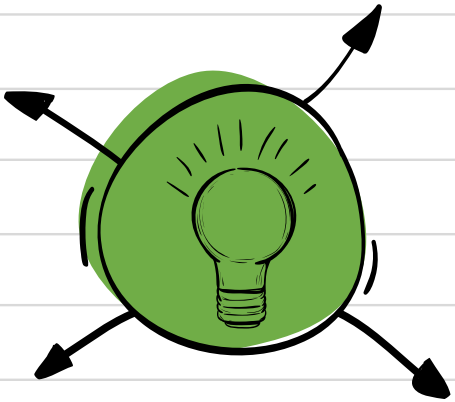
PICO

P

Medical students

C

Sleeping less than 8 hours



I

Sleeping more than 8 hours

O

Examination scores

Question ?

Is Good Quality Sleep associated with better Academic Performance among University Students ?

Your female patient is concerned about her risk of developing breast cancer. Her friend was recently diagnosed, and mentioned that she has a positive family history of breast cancer ,your friend does not have a family history of breast cancer.

pico FRAME

P: female with family history/ female with no Hx

I: X

C:female with no family history

O: breast cancer

Are females with positive family history of breast cancer more likely to develop breast cancer when compared with females with no family history of breast cancer?

In school-age children (P), what is the effect of a school-based physical activity program (I) on a reduction in the incidence of childhood obesity (O) compared with no intervention (C) within a 1 year period (T)?

12Teams .

- Team leaders with team members names and roll numbers
- 2 teams merged together .
- Topic selected .

Your assignment

- Evidence of brainstorming(mind map) on topic of your interest
- With a question/questions

Thank
YOU