



STaRRlite – developing research translation capacity in rural and regional health settings using a tiered approach

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I acknowledge the traditional custodians of the lands on which we meet today, the Gadubanud People, and I pay my respects to their elders past and present

Background:



- STaRR program - develop research capacity and translation in regional health settings
 - STaRRlite – ½ day online research workshop for practitioners with minimal or no research training or experience
 - Covers:
 - 1) different forms of evidence to inform practice
 - 2) steps to developing a QI or research project
 - 3) developing a research question
 - 4) common research designs
 - 5) resources available to support research and QI
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Study aim:

To investigate impact of the STaRRlite workshop on participants' research and quality improvement (QI) knowledge



Methods



Design: An integrated pre- and post-workshop survey was administered immediately after the workshop. The survey was re-administered six months after the workshop.

Setting: Health practitioners from rural and regional health settings in western Victoria who participated in STaRRlite (2024)

Recruitment:


- Shared link / QR code at end of workshop
 - Email invitation to participants for 6-month post STaRRlite workshop survey
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Results / findings





- 63 of 96 (66%) participants completed pre / post-workshop survey
 - 15 of 96 (16%) participants completed 6-month survey
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Results / findings

 Level of knowledge of:	Pre-workshop (Score 1 – 7)	Post-workshop (Score 1 – 7)	6-month post workshop (Score 1 – 7)
<ul style="list-style-type: none"> • Different forms of evidence to inform practice 	3.9	5.6	4.7
<ul style="list-style-type: none"> • Key steps to developing a quality improvement or research project 	3.6	5.4	4.7
<ul style="list-style-type: none"> • How to develop a research, quality improvement, or evidence review question 	3.9	5.3	4.3
<ul style="list-style-type: none"> • Common health services research designs 	3.7	5.1	4.2
<ul style="list-style-type: none"> • Resources available to support research & evidence-informed practice improvement 	3.2	5.4	4.5

Results / findings

 Quality improvement	Post workshop (Score 1 – 7)	6-month post workshop (Score 1 – 7)
<ul style="list-style-type: none"> • How confident do you feel to engage in a quality improvement project? 	5.0	4.6
<ul style="list-style-type: none"> • How many opportunities do you currently have to participate in quality improvement projects? 	4.2	3.8
<ul style="list-style-type: none"> • How important is it that quality improvement is conducted as part of your health practice? 	6.1	5.7
 Research	Post workshop (Score 1 – 7)	6-month post workshop (Score 1 – 7)
<ul style="list-style-type: none"> • How confident do you feel to engage in a research project? 	4.4	4.2
<ul style="list-style-type: none"> • How many opportunities do you currently have to participate in research projects? 	3.2	2.8
<ul style="list-style-type: none"> • How important is it that research is conducted as part of your health practice? 	5.6	5.3

Implications for practice

Research knowledge

- An introductory-level research training workshop, requiring comparatively low resources and commitment from participants, can improve research and QI knowledge in rural and regional practitioners.

Research pathways

- STaRRlite complements the more intensive and involved STaRR mentored training program

Accessibility

- Provides an accessible pathway to research training for novice practitioner-researchers.

STaRRlite 2025



Workshops scheduled for 2025:

- Tue 25 Feb (9am-12:30pm)
- Wed 12 March (9am-12:30pm)

Cost: Free

Info: starrsupport@deakin.edu.au

Eligibility: Staff from Barwon Health, Colac Area Health, East Grampians Health Service, Grampians Health, Maryborough District Health Service, Portland District Health, South West Healthcare, Western District Health Service, Western Victoria Primary Health Network

