

3. The Nitty-Gritty: Finding and Using Research

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Finding a Problem

- Reflecting on your clinical work, what questions intrigue you the most?
- What have you noticed and wondered why?
- What are the spiritual issues you have heard your patients raise?
- Are there common themes from patient to patient?

What questions might you ask?

Let the patients teach you.

- *What parts of your life do you think your illness will impact the most?
- *What has helped you cope with your illness?
- *What has been the hardest part of adjusting to our illness?
- *What do you worry about the most?

Then and Now

- It used to be that the issue was identifying an article, then getting a hold of it and making a copy.

But now....

- The issue is having to sieve through too many articles.

Research as Resource for your Pastoral Care with Patients

Once you have a problem clearly stated:

Search the data bases by

- identifying key words.
- your key words might not be the databases'.

Look for review articles first

- identify articles mentioned in them that you think would be most helpful
- identify “classical” or most quoted articles
- identify persistent problems you need to address

Evolutionary Trend

- Article on a new or new slant on an old topic
- Several articles on a given topic
- Review of literature on a given topic
- A whole edition of a journal devoted to the topic
- A book devoted to all the studies on that topic

Theory Building

- A concept is identified (spirituality)
- Its parts are identified (relation to God, relation to others) (positive and negative)
- Tests are developed
- A theory begins to form
- A theory is tested with further research

Starting to Look

- Free : PubMed
- Subscription: institution pays: OVID, Cinahl
- Subscription: you pay
 - Usually related to journal publisher:
 - Journal of Health Care Chaplaincy-til 1/13
 - Chaplaincy Today – if member of APC
 - Journal of Pastoral Care and Counseling: -if member of APC, ACPE
 - Find review to see if it is worth it

Databases

- OVID
- PubMed – public
- Cinahl

Journals

- *Journal of Pastoral Care and Counseling*- available through APC's or ACPE's website if a member.
- *Chaplaincy Today* -2012, available on line at professionalchaplains.org
- *Journal of HealthCare Chaplaincy* - will be available to APC members January 2013
- *Journal of Scientific Study of Religion*

Journals-future trends

- As research on religion/spirituality has increased, articles are showing up in a wider variety of journals.
- Research in *peer reviewed* journals in the area of medicine on which you are focusing tends to be very good.

Websites

- Websites:
 - ACPE Research Network – articles of the month
http://www.acperesearch.net/AOM_index.html
 - W. Noel Brown The Ocere-Source-a bimonthly summary of articles and studies that might be helpful to chaplains. Contact at oreresource@rocketmail.com also published in Chaplaincy Today. W. Noel Brown
- **In the Literature**
 - Annotated bibliographies – like David Larson’s
 - Templeton Foundation
 - <http://www.researchgate.net/publication/51090238> Making our case(s)

Websites for diseases

- webMD.com
- Medline: www.nlm.nih.gov/medlineplus/
- Websites associated with NPOs tied to particular diseases

Books

- [Handbook of Religion and Health 1st Edition\(Hardcover \) by Koenig, Harold G.; McCullough, Michael E.; Larson, David B. published by Oxford University Press, USA](#)
- [Medicine, Religion, and Health: Where Science and Spirituality Meet \(Templeton Science and Religion Series\) by Harold G. Koenig .](#)
- [Handbook of Religion and Mental Health](#) by Harold G. Koenig
- [Handbook of the Psychology of Religion and Spirituality](#) by Raymond F. Paloutzian PhD and Crystal L. Park PhD
- Templeton Press
- [Handbook of Positive Psychology \(Oxford Library of Psychology\)](#) by Shane J. Lopez and C. R. Snyder
- [Positive Psychology: The Scientific and Practical Explorations of Human Strengths](#) by C. (Charles) R. (Richard) Snyder, Shane J. Lopez and Jennifer T. (Teramoto) Pedrotti
- [Psychology of Religious Coping](#) by Pargament

books

- [Spirituality and Health Research: Methods, Measurements, Statistics, and Resources](#) by [Harold G. Koenig](#)
- [Realized Religion \(PB\): Research on the Relationship between Religion and Health](#) by [Theodore J. Chamberlain](#) and **Christopher A. Hall**
- [The Psychology of Religion and Coping: Theory, Research, Practice](#) by [Kenneth I. Pargament](#)

More Books

- David Larson's annotated bibliography
- Benson The Biology of Hope
- Larry Dossey
- Harold Koenig
- Kenneth Pargament
- Around a concept you will find a major author

Collecting and Reading

- When you read an article: start with abstract, the conclusion, then findings or discussion.
- If that material was on target for you – read the literature search. It may help you identify the classic articles or more resources on which to follow up.
- See what method was used.

Critiquing what you read

- George Fitchett's article: Making our Cases, Journal of HealthCare Chaplaincy, vol 17, issue 1-2, 2011, pg 3-18

<http://www.professionalchaplains.org/uploadedFiles/pdf/M1.04%20Handout%20Fitchett,%20George.pdf>

Summarize what was key for you

- Summarize what you found in the article that after your critique you want to keep in mind.
- Think of ways you might incorporate it into your pastoral work.
 - What new questions might it prompt me to ask?
 - What new themes (or old themes sharpened) might I need to pay attention to?
 - What other types of interventions might I consider?

Consider double dipping

- If none in field writing a review article
- If new book – consider writing a review of it

Activity-1

- Find an article
- Read it
- Critique it
- Describe ways in which it might be helpful to your pastoral work

Activity 2

- All Residents read the same article
- All share your understanding of it and level of credence you would give to it.
- Share your critiques
- Share the ways you might use this knowledge/understanding in your pastoral work.
- Grossoehme and Judy Ragsdale, et al, Parents' Religious Coping Styles in First Year after Their Child's Cystic Fibrosis Diagnosis, *Journal of Health Care Chaplaincy* 16:109-122, 2010.