

Qualitative research in health care

Using qualitative methods in health related action research

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This is the last in a series of three articles

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The barriers to the uptake of the findings of traditional quantitative biomedical research in clinical practice are increasingly being recognised.¹⁻³ Action research is particularly suited to identifying problems in clinical practice and helping develop potential solutions in order to improve practice.⁴ For this reason, action research is increasingly being used in health related settings. Although not synonymous with qualitative research, action research typically draws on qualitative methods such as interviews and observations.

What is action research?

Action research is not easily defined. It is a style of research rather than a specific method. First used in 1946 by Kurt Lewin, a social scientist concerned with intergroup relations and minority problems in the United States, the term is more identified with research in which the researchers work explicitly with and for people rather than undertake research on them.⁵ Its strength lies in its focus on generating solutions to practical problems and its ability to empower practitioners—getting them to engage with research and subsequent “development” or implementation activities. Practitioners can choose to research their own practice, or an outside researcher can be engaged to help them identify problems, seek and implement practical solutions, and systematically monitor and reflect on the process and outcomes of change.

Most definitions of action research incorporate three important elements: its participatory character; its democratic impulse; and its simultaneous contribution to social science and social change.⁶



Summary points

Action research is increasingly being used in healthcare settings

It is a style of research rather than a specific method

Three elements are important: the participatory character of action research; its democratic impulse; and its simultaneous contribution to social science and social change

Participation in action research

Participation is fundamental to action research: it is an approach which demands that participants perceive the need to change and are willing to play an active part in the research and the change process. All research requires willing subjects, but the level of commitment required in an action research study goes beyond simply agreeing to answer questions or be observed. The clear cut demarcation between “researcher” and “researched” that is found in other types of research may not be so apparent in action research. The research design must be continually negotiated with participants, and researchers need to agree an ethical code of practice with the participants.⁷ This is especially important as participation in the research, and in the process of change, can be threatening.⁸⁻¹⁰ Conflicts may arise in the course of the research: outside researchers working with practitioners must obtain their trust and agree rules on the control of data and their use and on how potential conflict will be resolved within the project. The way in which such rules are agreed demonstrates a second important feature of action research—namely, its democratic impulse.

Democracy in action research

“Democracy” in action research usually requires participants to be seen as equals. The researcher works as a facilitator of change, consulting with participants not only on the action process but also on how it will be evaluated. One benefit of this is that it can make the research process and outcomes more meaningful to practitioners, by rooting them in the reality of day to day practice.

Throughout the study, findings are fed back to participants for validation and to inform decisions about the next stage of the study. This formative style of research is thus responsive to events as they naturally occur in the field and frequently entails collaborative spirals of planning, acting, observing, reflecting, and replanning. However, care needs to be taken in this process as it can be threatening: democratic practice is

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