A importância da Investigação Clínica nos CSP

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Why is it important?

- To improve patient care
- To constantly question our practice
- To make us better understand and translate evidence
- To translate basic science discoveries into medical practice
- …

Why do Research?

III. TRABALHOS CIENTÌFICOS	30
3.1. Os trabalhos publicados em revistas indexadas: A) Web of Science, Scopus, Pubmed, Scielo 15 pontos. B) Index RMP: 3 pontos por trabalho até ao máximo de 12 pontos; Outros até ao máximo de 8 pontos.	15
3.2. Trabalhos de investigação, relato de caso, revisão, qualidade e projecto de intervenção, apresentados em congressos e jornadas	15

2	Tipo de trabalhos (minimo 1)
2.1.	Artigo de opinião - 50% co-autor
2.2.	Trabalhos de revisão clássica - 50% co-autor
2.3.	Relatos de caso - 50% co-autor
2.4.	Trabalhos revisão sistemática/RBE - 50% co-autor
2.5.	Garantia da qualidade
2.6.	Investigação
2.7.	Projeto de intervenção

574 new residents in MGF in 2023

What Research?

Oral communication, Resident of FGM, data from PC - in one or two units (~ 101 and 500 participants).

Quantitative, observational,

Problem-specific resolution skills solution of health problems.

Abreu, J., Reis, P., Cardoso, S., & Reis, S. (2020). Investigação em medicina geral e familiar: tendências e vazios. *Revista Portuguesa De Medicina Geral E Familiar*, *36*(5), 408–14. https://doi.org/10.32385/rpmgf.v36i5.12686

What Research?

50,8% of the published work in RPMGF without Specialist Family Doctor[1]

The response rate in surveys done to Portuguese GPs was 56% (95CI 47-64%)[2]

1 - Santiago LM. A investigação em medicina geral e familiar em Portugal [Clinical investigation in general and family medicine in Portugal]. Rev Port Med Geral Fam. 2017;33(6):383-4. Portuguese

2 - Basílio N, Cardoso S, Nunes JM, Laranjo L, Antunes MDL, Heleno B. Portuguese Primary Care physicians response rate in surveys: A systematic review. Rev Assoc Med Bras (1992). 2018 Mar;64(3):272-280. doi: 10.1590/1806-9282.64.03.272. PMID: 29641772.

Why do Research?

What about the Specialists?

~40 h week –

> 30 h direct assistance

~3 h meeting

4-6 h indirect contacts

>100 consultations per week

~50-100 indirect contacts a week

6.702 medical contacts

to

1.470 different patients

What do we do?

- my experience

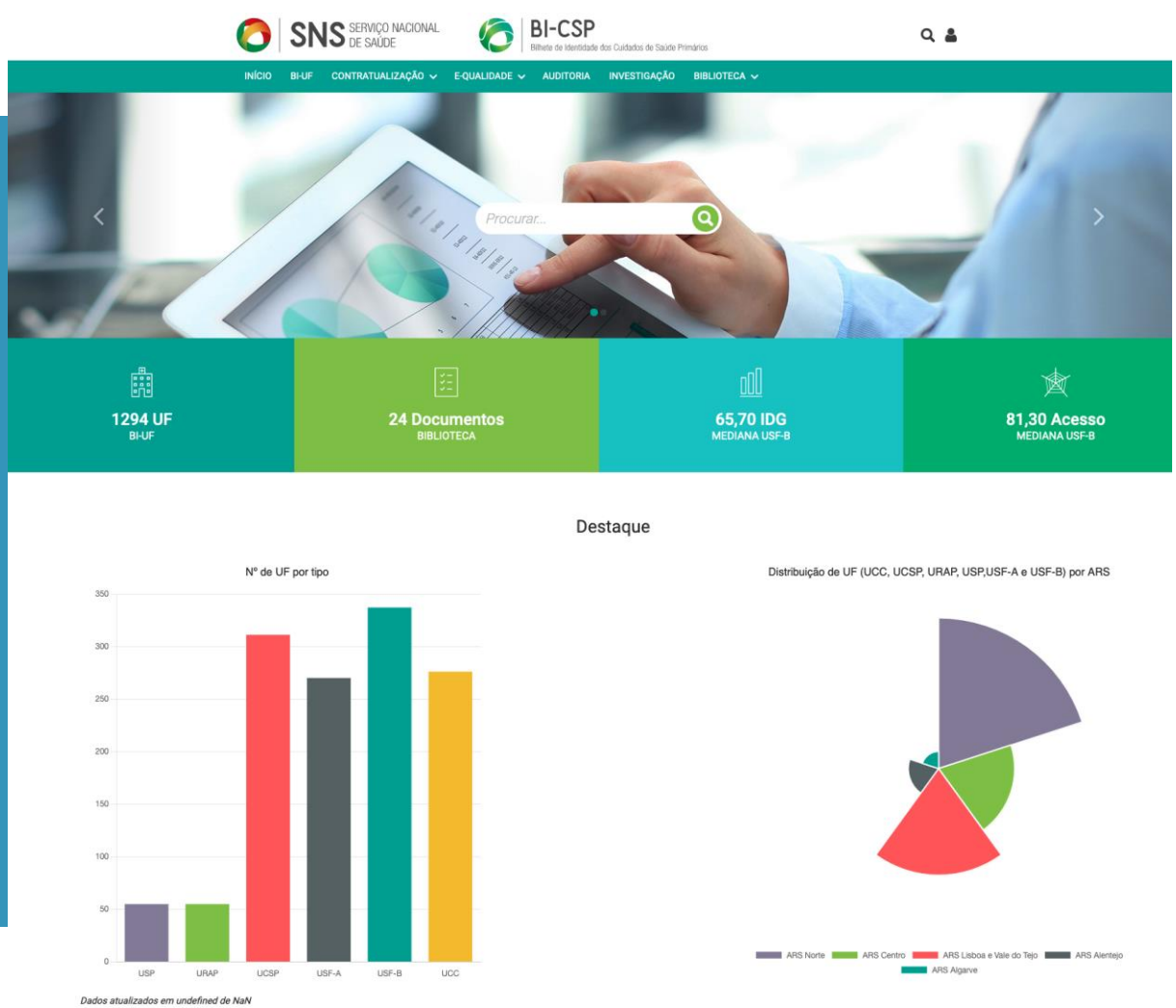
What patients do we have?

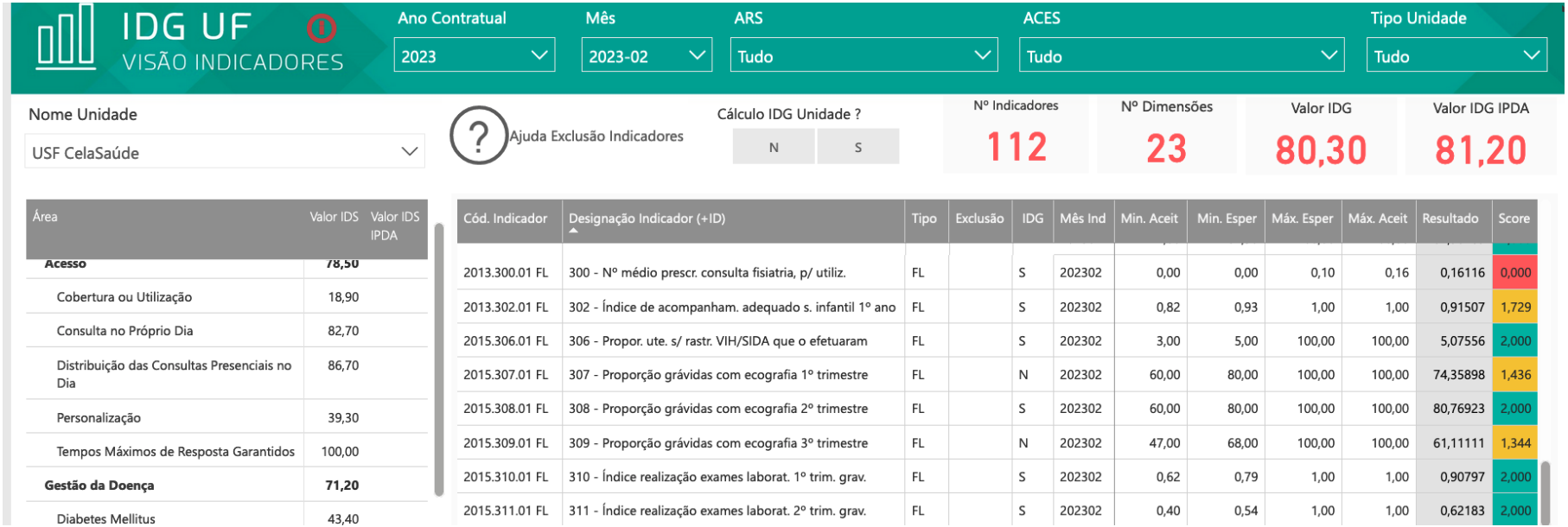
T93	ALTERAÇÕES DO METABOLISMO DOS LÍPIDOS	647
T83	EXCESSO DE PESO	481
K86	HIPERTENSÃO SEM COMPLICAÇÕES	376
T82	OBESIDADE	339
P76	PERTURBAÇÕES DEPRESSIVAS	322
P74	DISTÚRBIO ANSIOSO / ESTADO DE ANSIEDADE	290
L87	BURSITE / TENDINITE / SINOVITE, NE	276
L86	SÍNDROME VERTEBRAL COM IRRADIAÇÃO DE DORES	254
R97	RINITE ALÉRGICA	236
W11	CONTRACEPÇÃO ORAL	233
P06	PERTURBAÇÃO DO SONO	226
T90	DIABETES NÃO INSULINO-DEPENDENTE	133
K87	HIPERTENSÂO COM COMPLICAÇÕES	105
Y85	HIPERTROFIA PROSTÁTICA BENIGNA	91
R96	ASMA	81
K78	FIBRILHAÇÃO / FLUTTER AURICULAR	62
	TOTAL	14.699

What data do we have?

Propor. RN cuja mãe tem registo de gravidez				
Proporção utentes [50; 75[A, c/ rastreio cancro CR		317		54
Proporção utentes >= 14 A, c/ reg. hábit. tabágic.	1.062,00		1.530	
Proporção utentes >=14A, c/ registo consumo álcool	1.075,00		1.530	
Proporção utentes >= 25 A, c/ vacina tétano	1.208,00		1.296	
Proporção utentes com avaliação risco DM2 (3A)		532	1.158	
Taxa domicílios enferm. p/ 1000 inscritos idosos		182		43
Prop. idosos s/ presc. prol. ansiol/sedat/hipnót		341		41
Proporção idosos ou doença crónica, c/ vac. gripe		298		53
Proporção DM c/ 1 HbA1c por semestre		83		13
Proporção DM com exame pés último ano		103		14
Proporção DM c/ microalbum. último ano		111		14
Proporção DM c/ última HbA1c <= 8,0%		91		14
Proporção DM < 65 A, c/ HbA1c <= 6,5 %		12		5
Proporção DM c/ cons. enf. vigil. DM último ano		107		14
Proporção utentes DM c/ aval. risco úlcera pé		103		14
Propor. DM2 c/ indic. insul., em terap. adequada		5		
Proporção novos DM2 em terap. c/ metform. monot.		4		
Custo c/ terapêut. do doente c/ Diabetes Mellitus	46.265,75			14
Custo c/ terap. doente c/ Diab. Mell. controlado	27.562,97			9
Prop. adultos com DM, com diagn.				
Proporção de hipertensos com PA em cada semestre		263		47
Proporção de hipertensos com IMC (12 meses)		359		48

Where is the information about Primary Care Units?





Where is the information about Primary Care Units?

- Culture?
- Work structure?
- Interest?
- What others?

Is it more difficult to implement in Primary Care ?

How to do research in Primary Care

- Involve people
- Focus on the important
- Understand what are their problems/interests
- Give back

Research in Primary Care- Current Infraestruture

Bruno Heleno

Research in Primary Care- Current Infraestruture

- Bruno Heleno

Research teams: 32 PhDs, 35 PhD students, 162 collaborators in 11 teams + 8 PhDs, 8 PhD students

Research Centre: belonging to 7 research and development units funded by FCT

Research in Primary Care- Current Infraestruture

Bruno Heleno

Landscape and Strategic Vision for Research in Primary Health Care

Margarida Gil Conde
ARSLVT / FMUL / APMGF

Need to invest in Primary Care Research and shift towards Patient-Centered approaches

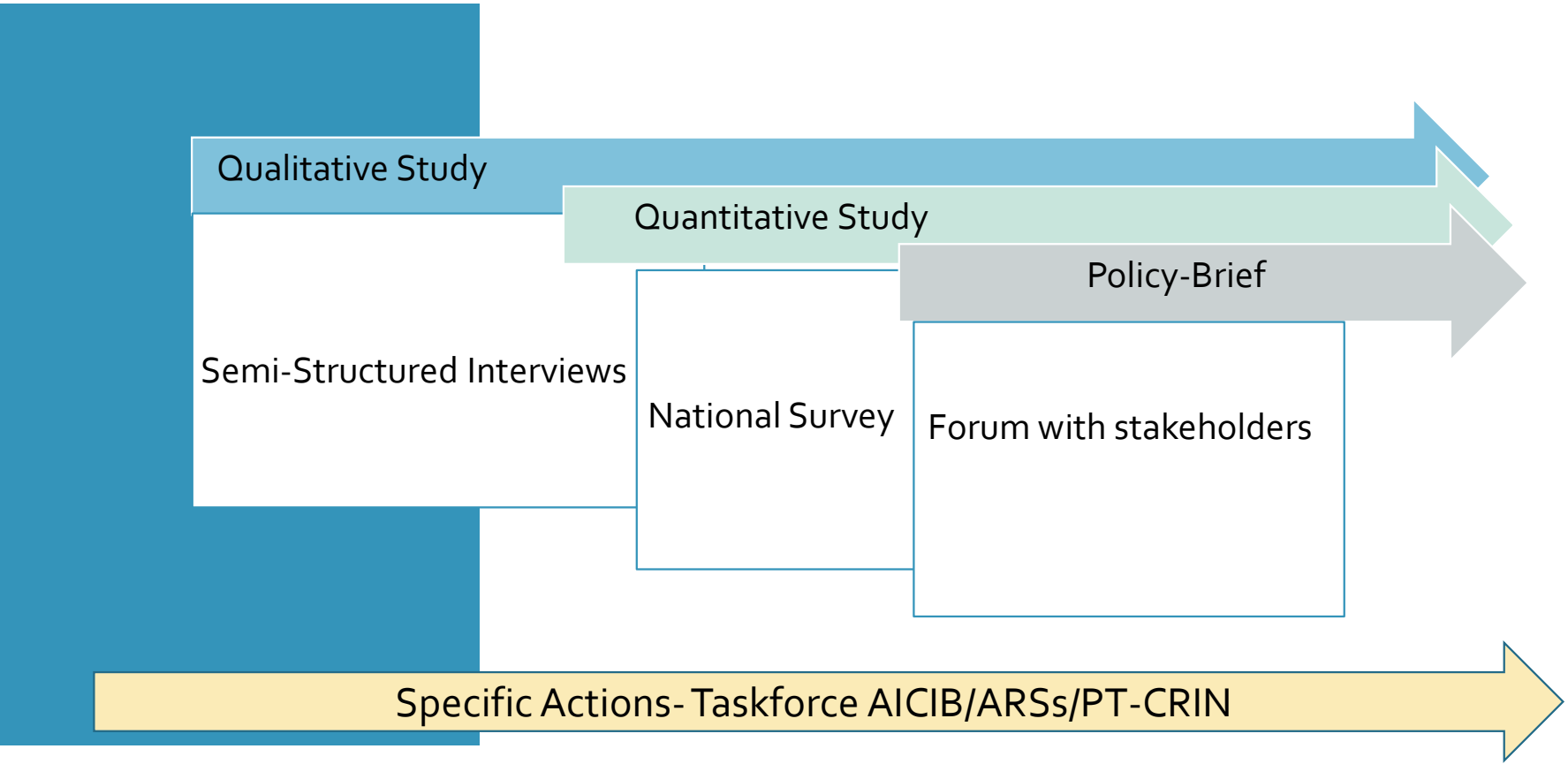
Need to create solid Primary Care Community-Based Research Structures

Need to develop research infrastructure in Primary Care

Need to bring together Clinical Practice and Research

What do we know & what is missing in Primary Care in Portugal?

i.CSP – Research in Primary Care



i.CSP Qualitative Study

October 2019

March 2022

1 **Sampling**

2 **Interviews**

3 **Transcription and Coding**

Results:
- Study of the phenomenon
- Conceptualization

i.CSP Quantitative Study

Online survey about research interests, practices, motivations, and training needs to Primary Care Professionals in Portugal

i.CSP Quantitative Study -Results

1020 answers

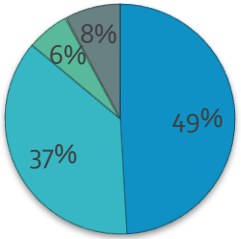
78,8% female

24-72 years

78,8% female

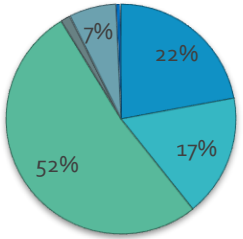
i.CSP Quantitative Study - Results

Profession



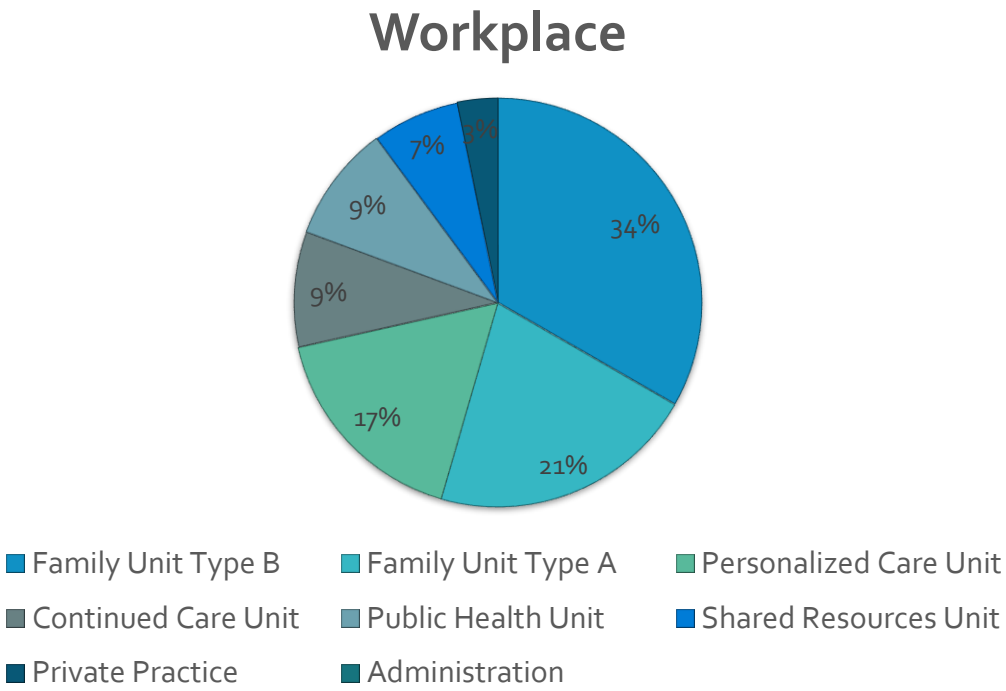
- Physician
- Nurse
- Technical Assistant
- Diagnostics and Therapeutic Technician

Region



- North
- Centre
- Lisbon and Tagus Valley
- Alentejo
- Algarve
- Azores
- Madeira

i.CSP Quantitative Study- Results

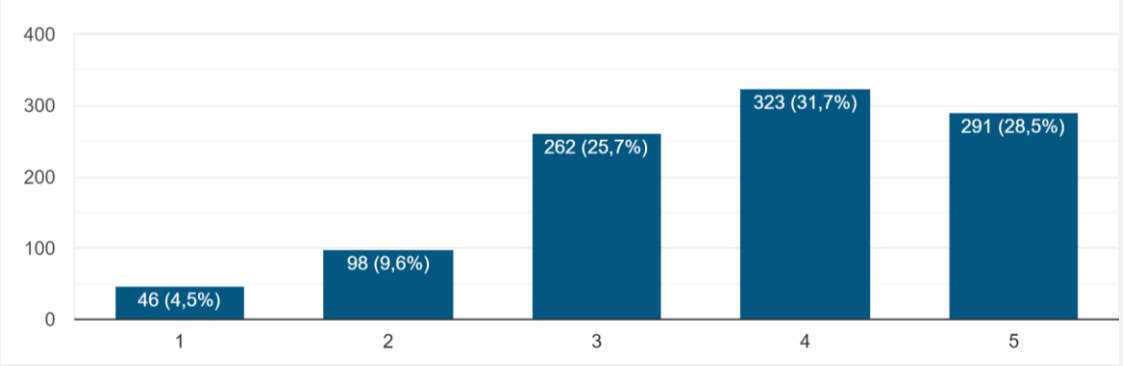


i.CSP Quantitative Study- Results

55% have training in research methods

32% never conducted research

Interest in Research



i.CSP Quantitative Study- Results

Motives to do research work:

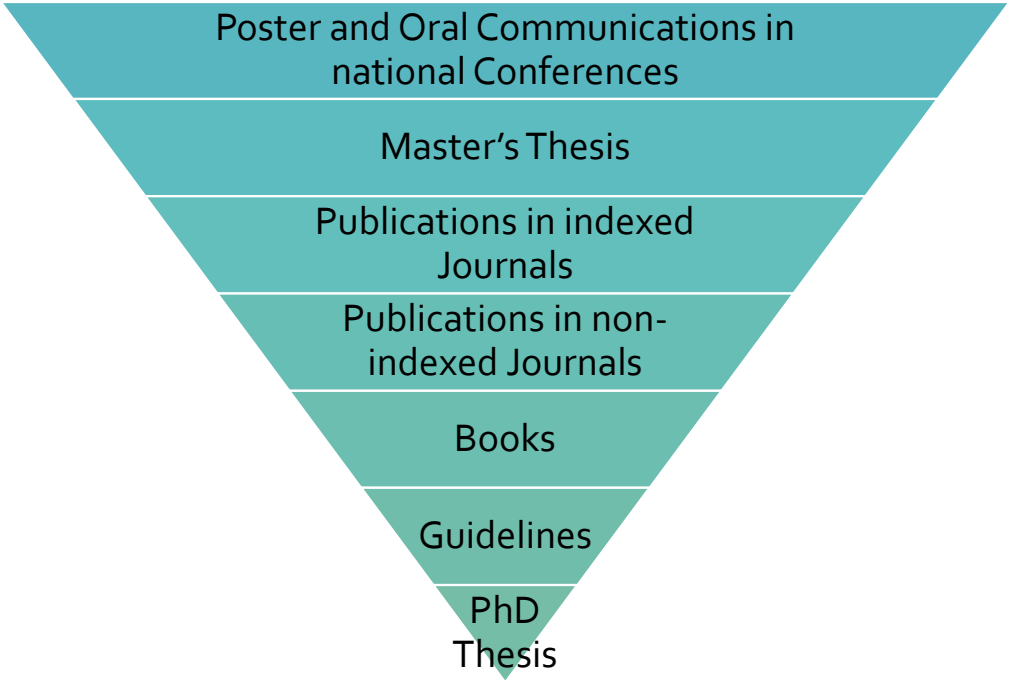
- Interest (49,1%)
- Personal Valorization (37,9%)
- Residency Curriculum (38,9%)
- Academic Curriculum (14,7%)
- For other curricular reasons (17%)
- To obtain a Master's Degree (40,9%)
- To obtain a Post-Graduate Degree (13,9%)
- To obtain a PhD (8,1%)
- Curiosity (20,5%)
- Career Progression (8,1%)

i.CSP Quantitative Study- Results

Motives not to do research work:

- Lack of training (55%)
- Lack of time (57%)
- Lack of information (28%)
- Lack of funding/conditions (39%)
- Lack of Interest (18%)

i.CSP Quantitative Study- Results



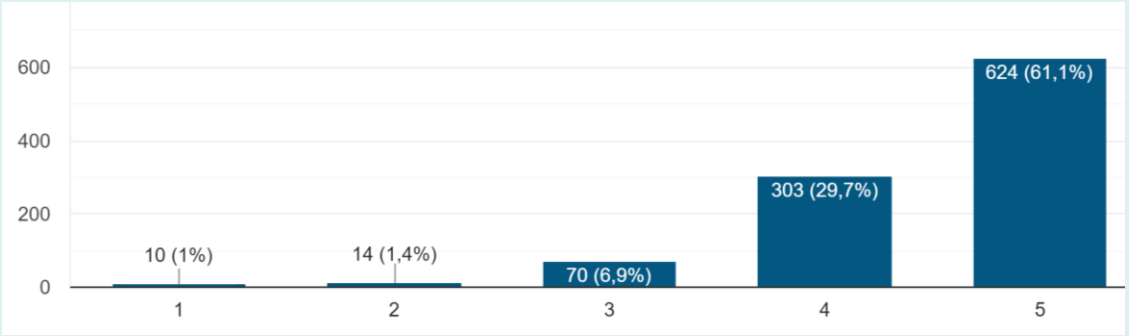
i.CSP Quantitative Study- Results

Only 184 (18%) Participated in a Clinical Trial

83% consider protected time for research as the most relevant strategy for the promotion of research at this level

i.CSP Quantitative Study- Results

Do you consider research in Primary Care essential to Improve Clinical Practice?



i.CSP Quantitative Study- Results

1. Portrait of Research in Primary Healthcare in Portugal - an Observational, Cross-sectional Study.

2. Experience and Motivation in Primary Care Research in Portugal: a cross-sectional Study

3. Barriers to research in Primary Care in Portugal- a quantitative analysis

4. Characterization of Scientific Production in Primary Care in Portugal.

5. Strategies for the promotion of research in Primary Health Care in Portugal - a Quantitative Study

6. Research Agenda for Primary Care - Portugal

i. CSP Policy-Brief

Who will attend?	Researchers, Experts, Policy Makers, Academics, Family Medicine Training Program Faculty, Family Medicine Leadership
Main Objective	To define strategies for the development and promotion of research from Family Doctors in Portugal

Taskforce – Research in Primary Care

National Survey

Data analysis phase

Local Research Departments

Different Stages Nationally

National Actions

RECs

Access to data for research

Training in Research

Pilot in ARS North

Funding

Dissemination of funding opportunities

Future Perspectives

- Report with specific recommendations
- Activities at a National Level
- PBRNs in Portugal
- Clinical Trials in PC in PT

THANK YOU FOR YOUR ATTENTION

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