



Starting a research or quality improvement project: Key Tips and Tricks.

Key takeaways for getting started

1



Start with a real-world problem you see in practice.

A good project does not have to begin with a huge unanswered scientific question. It can start with something that is not working well for patients, families, or clinicians.

2



Use guidelines to find gaps.

Clinical guidelines and review articles can help identify what should be happening in practice and where improvement is needed.

3



Keep the first project focused and manageable.

A quality improvement project can be as simple as measuring current practice, introducing an intervention, and measuring again to see whether things improved.

4



Choose a clear, practical metric.

For example: 'How often are we making the correct recommendation?' or 'How often is this step being completed?'

5



You do not need complex statistics to begin.

Many QI projects use descriptive data or simple before-and-after comparisons to show whether an intervention made a difference.

6



Ask for help early.

Grants offices, senior faculty, research coordinators, QI teams, IT/EHR teams, and administrative staff can all help you figure out feasibility, data access, staffing, and budgeting.

7



Start small.

Even a small grant or small project can be valuable practice in learning the research process, budgeting, working with institutional systems, and building confidence.

Based on the CGA-IGC webinar with Timothy Yen, MD:
"How to Build a Quality Improvement Research Project from the Ground Up"