



## Research (article no 3)

**Finding research in your own language** Now you have information on what research is (see last two newsletters) – it's time for you to try to locate good research in each of your countries. There is space on the website for you to upload this under your specific countries. It may be the case that there is no scientific research at all – or you may have lots. Remember we are very lucky in England that we have both America and Australia to add to our list and also other countries do make the decision to publish in English. But there are others that we have found – like the German paper you were provided with last year and a couple of Spanish ones too. If I can locate those from England, then you too can locate information from inside your own country. If you can't find good scientifically published work upload the best of what you have.

**So how do you start?** Do you have a library of all publications from your country? We are lucky and have the British Library. This collection is provided with a copy of everything published and can provide (for a fee of course) a copy for personal use to anyone that requests it. We in the UK can access these through our local libraries for about £5, it does take time though – up to three weeks. The key to this is that it is for personal use only – so we at the AoR cannot provide copies for our members.

If you do have this – can you search for reflexology? The search engines are often semi specific and may not recognise reflexology on its own – so it might search for it – but you get a mix of massage and all other complementary therapies publications returned. Or it might not recognise it as a word at all, in which case, try searching for CAM or complementary therapies. You may need to search through a long list discarding other therapies until you find a very small number of references to reflexology related publications. But these are worth gold in terms of supporting your members. If you do find references it is worth trying to contact the authors of the papers – they will often be able to provide you with a copy of the paper and it is worth having contact with these scientists. You never know – you could be the reflexologist they use on their next research study!

If you don't have a national library – the next step is to research where medical people get their information from. An example of this is Pubmed, this is a medical search engine and this is one of those search engines that does not recognise reflexology specifically but lists other CAM therapies too. You might have something similar?

When you have located your research – the next job is to get a copy – which might cost money and then see if you can find someone to translate it. It doesn't have to be translated but this would help all the members of RiEN. Then you can upload onto the website.

**So how do you upload?** Louise (chairman of RiEN) SUGGEST INSTRUCTIONS OF HOW TO DO THIS IS INCLUDED HERE. How do you start research? This is a very large area for discussion but if you want to start doing research I would strongly recommend repeating research that has already produced a positive result – whether that be in your country or another. Repetition and reproduction are very important in research.

**Research Surgery** Also don't forget that you do have the chance to ask your RiEN research specialist questions, either by email or at the AGMs. You do however need to request a meeting and provide documentation (even if it is just a beginning of an idea) in advance.