



RESEARCH SPOTLIGHT...



Anita Lo CSHP Foundation Research Grant Recipient



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Dr. Anita Lo, with colleagues Dr. Nicola MacPherson and Rae Spiwak, embarked on a research study in 2000 using funds awarded by the CSHP Research and Education Foundation (CSHP Foundation). Anita's project was entitled "A Prospective Randomized Trial of Using Ketamine plus Morphine PCA versus Morphine PCA Alone in Hysterectomy Patients." Her team received \$2,500 to conduct research to examine whether low-dose ketamine with morphine reduces pain to a greater extent than morphine alone with fewer adverse effects. Dr. Lo published her findings in the *Canadian Journal of Hospital Pharmacy* in 2008.

Q: What impact did the research have in your hospital?

A: The research had a number of impacts. It highlighted the possible roles of a clinical pharmacist at a community hospital, encouraged collaboration among pharmacists and physicians, brought pharmacists into the Operation Room setting, and promoted pharmacists in research that relates to direct patient care.

Q: How would you estimate your research impacted patient care?

A: Our study did not support adding ketamine to a morphine regimen to control pain for patients undergoing abdominal hysterectomy in our hospital. Therefore patients were not exposed to a combination drug therapy that would not provide any benefit. Unfortunately, our sample size was smaller than expected which made it difficult to draw firm conclusions.

Q: What can other pharmacists learn from your research?

A: Working on a project and publishing in a peer recognized journal builds rapport with other health professionals, improves collaboration within the team, and highlights the possibilities of doing research in a small hospital.

Q: What role did the research grant play in your research career?

A: The research grant provided a good start and gave me the incentive to be involved in future research projects. I have referred and encouraged other pharmacists to work towards obtaining a research grant.

Q: Why should healthcare professionals, key decision makers and the general public pay attention to the research done by pharmacists?

A: Pharmacists have the knowledge to optimize medication use and understand how each medication interacts with patients. Research by pharmacists adds new dimensions to clinical trials because they can contribute to critical assessment of research methods, thus limiting potential for bias and improving validity of results. Pharmacists are able to evaluate the design, monitor the conduct of the study, and analyze the results.

Q: Why is an organization like the CSHP Foundation important to you, and to the profession?

A: The CSHP Foundation provided recognition of the work we performed, and provided support and encouragement from peers and fellow pharmacists.