

Making research central to good paediatric practice

“Care not informed by good quality evidence can be dangerous; though good quality evidence that is not implemented into practice is wasteful and can be just as dangerous.”

Key steps to research with children and young people



Involving children, young people and families in the design of research

Principles on how to work together

Five principles from the model of democratic deliberation:

Evidence-informed

Arguments should be supported by appropriate and reasonably accurate factual claims.

Balanced

Arguments should be met by contrary arguments.

Conscientious

The participants should be willing to talk and listen, with civility and respect.



Substantive

Arguments should be considered on their merits, not on how they are made or by who is making them.

Comprehensive

All points of view held by significant portions of the population should receive attention.

Two further principles from the model of accountability for reasonableness:

Transparency about the groups for decisions.

Procedures for revising decisions in light of challenges.

Research with children and young people can happen. It takes planning, enthusiasm, resources, thinking, meaningful discussions, people skills, cake, a sprinkle of good luck and lots of effort. **It is unethical for it not to be an integral offering of modern, effective healthcare in the 21st century.**

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