



# 2024 NMS Scientific Conference & AGM

*“Intersecting Frontiers: Advancing Global Healthcare through Research, Economics & Technology”*

5 - 7 SEPTEMBER | SWAKOPMUND

## FROM CONCEPT TO IMPACT: EMPOWERING HEALTHCARE PROFESSIONALS TO LEAD RESEARCH IN NAMIBIA

**FACILITATOR: DR TAIME SYLVESTER • DATE: 5 SEPTEMBER 2024 • TIME 1:00 PM - 6:00PM**

### Workshop Description:

In the dynamic field of healthcare, research is essential for advancing patient care, shaping policies, and addressing the unique challenges in Namibia. However, the demands of healthcare work often make it difficult to engage in research. This hands-on workshop is designed for all healthcare professionals—whether clinicians, researchers, policymakers, or support staff—who are eager to contribute to the advancement of healthcare through research.

Participants will learn how to integrate research into their professional lives by identifying researchable topics and designing impactful studies. The workshop will offer practical guidance on research topic selection, time management, collaboration, and overcoming barriers specific to the Namibian context. The hands-on experience will center on drafting a concept note, thus providing participants with a concrete output that they can develop into a full research proposal in a defined framework to assist them aligning their research interests with national health priorities.

This workshop is ideal for healthcare professionals at any stage of their research journey, offering the tools and confidence needed to transform ideas into actionable research projects. Join us to explore how research can enhance your professional practice and drive positive change in Namibia’s healthcare landscape.

### WORKSHOP OBJECTIVES:

- 1. Debunk Myths:** Dispel common misconceptions about research in Namibia (and globally), emphasizing that meaningful research can be conducted despite limited time and resources.
- 2. Practical Research Design:** Guide participants in developing realistic research proposals that can be executed alongside clinical duties.
- 3. Time Management Strategies:** Share tips for managing research alongside a busy clinical schedule.
- 4. Mentorship and Collaboration:** Highlight the importance of mentorship and collaboration in research, providing tips on how to build effective research networks.
- 5. Hands-on Experience:** Enable participants to draft a concept note or specific-aims page for their own research projects by the end of the session.

**Course Fee : N\$150**

**The course fee must be paid in advance to confirm your registration.**

**For more information and to register, visit: <https://www.nms.com.na>**

• [Namibiamedicalsocietynms@gmail.com](mailto:Namibiamedicalsocietynms@gmail.com) • [nms@iway.na](mailto:nms@iway.na)

**Register Here : <https://forms.gle/sAnFaTonEiTv1REQ7>**





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### **OFFERING OPTIONS:**

#### **A) Workshop Outline- Half day**

##### **1. Introduction (10 minutes)**

o Overview: Brief welcome and overview of the workshop objectives and agenda.

##### **2. Myths About Research in Namibia (20 minutes)**

o Overview: Debunking common misconceptions about research in resourcelimited settings, particularly in Namibia.

##### **3. Approach to Operational Research (50 minutes)**

o Overview: Focus on operational research, covering the basics of research design, formulating research questions, and aligning research with practical goals in healthcare.

##### **4. Conducting a Literature Review and Identifying Gaps (60 minutes)**

o Overview: A condensed guide to performing a literature review and identifying research gaps. Familiarization with standard citation in healthcare.

o Activity: Participants practice searching for relevant literature on a chosen topic and identify key gaps that their research could address. Facilitators provide quick feedback.

##### **5. Understanding Study Types and Designing Operational Research (30 minutes)**

o Overview: Overview of study types and research designs relevant to operational research, with a focus on practical and feasible methods.

o Activity: Brief discussion on selecting the appropriate study design for operational research questions, considering participants' real-world constraints.

##### **6. Hands-On Session: Drafting a Concept Note (60 minutes)**

o Activity: Participants use the information from previous sessions to start drafting a concise concept note for an operational research project. Facilitators provide targeted feedback during the drafting process.

##### **7. Managing Research and Life: Strategies for Success (25 minutes)**

o Overview: Key strategies for balancing research with daily responsibilities, focusing on time management and overcoming initial inertia, and maintaining momentum in a healthy work-life balance.

o Activity: Group discussion where participants share their own time management tips or challenges, followed by practical suggestions from the facilitator.

##### **8. Conclusion and Next Steps (15 minutes)**

o Recap: Summary of key takeaways and encouragement to continue developing their research projects.

o Final Thoughts: Open floor for questions, final reflections, and advice on next steps.



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## **WORKSHOP FACILITATOR**

Dr. Taime Sylvester is an accomplished researcher and educator with a career spanning over 12 years in the fields of infectious disease immunology, molecular biology, and science communication. Currently affiliated with the Group for Research in Infectious Diseases at the University of Namibia, she also serves as a Lecturer in Research Methods at the Namibia University of Science and Technology and as a Scientific Consultant with Solal Scientific Solutions.

A highly skilled and meticulous molecular biologist, Dr. Sylvester brings a wealth of expertise in cellular, bacterial and molecular biology techniques. In addition to her research expertise, she has extensive experience in lecturing and student mentorship. As a Lecturer in Research Methods, Dr. Sylvester plays a pivotal role in shaping the next generation of scientists. She currently supervises 18 students, ranging from Honors to PhD levels, on various aspects related to Health Sciences research projects that span multiple disciplines.

Her mentorship has been instrumental in developing the students' critical thinking, research skills, and scientific acumen, thereby fostering a robust learning environment that emphasizes both academic excellence and practical application, as well as work-balance in their lives.

With a background rooted in laboratory science and immunology, combined with an intrinsic understanding of the healthcare needs in resource-limited settings like Namibia, Dr. Sylvester is dedicated to pushing the boundaries of human capital development and innovation in healthcare.

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