Types of research

- Basic (experimental) research involves testing or attempting to prove a hypothesis through experimentation.
- Clinical research addresses how diseases in individuals can present and be diagnosed and how a condition can be managed.
- Epidemiological research studies the distribution of disease and other health-related conditions in populations and applies it to control health problems.

Rapid Assessment of Avoidable Blindness (RAAB)

- It is a population-based eye health survey which assesses the prevalence and causes of vision impairment and blindness among people aged 50 years and above.
- A certified RAAB trainer supports the RAAB survey and requires a local team and time commitment.
- The changes in the RAAB survey protocol are reflected by version number, from RAAB4.0, RAAB4.03, RAAB5, RAAB6, to the most recent RAAB7 (2021).

Benefits of developing research skills

- Helps to answer clinical question and to deliver good quality eye care by making evidence-based decisions.
- Provides knowledge to build on to engage with complex topics in a specialised field.
- Expands knowledge about specific problems and is a great chance to expand the network.