

NICaN AHP Brief Research Proposal Template

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The proposal (max 2 x A4 pages)

The clinical question – hypothesis: Does regular autogenic relaxation have a positive impact on reducing breathlessness and anxiety in patients with palliative lung cancer

The study background: Limited existing research on the benefits of relaxation with this client group

The rationale for the new research: Strong evidence will support the use of providing relaxation on a more regular basis

**A basic study plan: Use a study and control group
Control group will not receive relaxation, while study group will receive relaxation. Both groups will contain patients with a diagnosis of lung cancer and be in the palliative stages with similar age and functional ability.
Outcome measures will involve use of anxiety screening tool such as visual analogue scales, subjective accounts and daily journals.
Quantitative data such as measuring patient's sats and airflow rate of oxygen.**