

A very warm welcome to the Autumn 2024 Physiotherapy Research Society newsletter. We trust that you have had a good summer, and hope that you have had the opportunity to enjoy some family time, and been successful in any endeavours that you undertook.

In this quarter's edition, we take a closer look at the importance of Patient and Public Involvement in research and the part it plays.

*"No decision about me without me."* (2010, Department of Health)

In 2010 the UK Government produced a white paper designed to set out the long-term vision for the future of the NHS (2010, Department of Health).

This paper; Equity, and Excellence: Liberating the NHS, idealised the importance of ensuring that patients are placed at the heart of all we do. It focused on the important topic of patient care, empowering individuals to play an integral part of their own healthcare. It also supported clinicians to enable patients and their families to play an active part in decisions made about their healthcare. It acted to make shared decision making the norm.

**Leigh Clare- Associate Editor**

### Chair's Report

Welcome to our second quarterly newsletter from the PRS. In this article, we are focusing on the topic of [Public and Community Involvement and Engagement \(PCIE\)](#). We plan to have a different research theme for each of our newsletters. If you have any topics that you would like us to focus on in future issues, or if you would like to contribute to a future issue, please let our [publicity team know](#).

It's been a busy Summer for the PRS as we've continued to work on our PRESS project (to find out more, read our PRESS article later in this newsletter). We are also preparing for our #PRS2025 Conference, with Dr Alex Benham leading on the hosting of this conference, with Keele University as our host university. Please see Alex's conference article for more information and details of how to [submit your abstract!](#)

We have also been busy preparing for our CSP Conference Symposium entitled 'Developing research pillars to meet HCPC standards: opportunities for all', which is taking place on Friday 11<sup>th</sup> October in the 15.45-17.00 timeslot. This will be an interactive session designed to empower physiotherapists to develop their research activity and confidence, informed by the Research ABC project, and our recent PRESS project. Please join us to [connect](#) and hear more on the day. We will make summary slides of this event available to our members on the website after the event.

### Caroline Coulthard- Chair of the PRS



### Committee Updates

[We are sad to announce the departure of Mary Davies](#) from the PRS Executive Committee, who has been our General Secretary for the past year and been working behind the scenes on her own PhD programme. We are grateful for the support Mary has provided to the PRS committee, and I'm pleased to share that Mary has agreed to continue to support us in future projects as a Subcommittee member. Dr Jenni Naisby is rejoining our Executive Committee (after formally being a Publicity Officer, and then a subcommittee officer) as our new General Secretary, replacing Mary in the role.

### Committee Opportunities

We are currently recruiting two PRS Executive Committee roles, the first is Equality, Diversity and Belonging (EDB) Officer, and the second is Abstract Secretary. These roles each provide opportunities to develop in your research, education and leadership pillars of practice.

If you are interested in joining the PRS committee in either of these roles, please see our web advert for further details about each role, and if you have any questions, please email us on [physiotherapyresearchsociety@gmail.com](mailto:physiotherapyresearchsociety@gmail.com).

*Paul Bailey is the Patient and Public Involvement (PPI) Officer for the PRS. His role on the PRS Executive Committee provides the society with a valuable insight and connection to the patient and public perspective in research. Here he tells us why he believes PPI is vital in research.*

### Tell us a little about yourself.

I am a husband, dad and a prison officer. Eight years ago I had a stroke. The impact of this was life-changing, and that was my first experience of research.

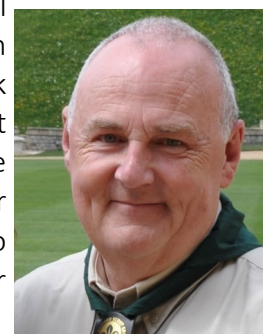
This experience gave me a unique perspective on the importance of patient care. It gave me learnt experience, and that is what gives me important insight and expertise.

### What encouraged you to become involved in research and support the PRS?

I felt that I could give something back after my experience. I was able to give people an important perspective first-hand. I felt that participating in research, and developing peoples' understanding also drove my recovery. At first it was that feeling of being useful but then it was so interesting and a learning experience and it helped others to understand the importance of patient involvement in their own care.

### Why do you feel PPI is important in healthcare and research?

PPI gives a different perspective and allows an alternative view of healthcare and the delivery of services. Most of the time is from a person with non-medical and clinical experience and from people with lived experiences. They ask questions that other people don't and make suggestions that make the research more relevant or accessible. Additionally this also acts as a good sounding board for future studies and research ideas.





## PRESS Project

Our PRESS Project, was made possible through important financial support from the Chartered Society of Physiotherapy (CSP), and has been running over the past year, [has now officially ended](#) . As part of this project, we successfully hosted ten students and newly qualified physiotherapists on a mentored bursary scheme to attend and present their student research projects at our PRS 2024 Conference in Bournemouth. We had a positive response from our successful bursary applicants, and are delighted to hear that many have gone on to submit abstracts at other conferences, sharing their research further and inspiring others.

Over the Summer we received ethical approval and hosted a focus group with a group of students and newly qualified physiotherapists to explore the barriers and facilitators to research engagement and participation. Our focus group aspect of the project has been in collaboration with the University of Hertfordshire, we plan to [host another focus](#) group and then share our findings soon.

We have provided opportunities to engage students with research through various activities over the past year, hosting a webinar to guide students with abstract writing in April, hosted by Dr Ali Aries and Dr Caroline Belchamber in collaboration with the CSP. Additionally, the PRS are leading a research symposium at the CSP's national conference in October, to facilitate both experienced and newly qualified physiotherapists to develop their research pillar of practice.

As a final phase of the PRESS project, we are developing a Community of Practice (CoP), to support students and newly qualified physiotherapists to develop their research pillar of practice. Please see our PRESS webpage [electronic link to webpage: <https://prs.csp.org.uk/content/press-project>] for further information and to find out how to sign-up.



University of  
Hertfordshire

**UH**





**NIHR** | School for Primary Care Research

## Why public involvement in research matters?

*In this article, Halle Johnson (Public Involvement & Engagement Manager, NIHR School for Primary Care Research), and Deborah Antcliff (Honorary Clinical Research Fellow, Keele University and Advanced Physiotherapy Practitioner), share the importance of public involvement through the lens of a Chronic Pain project.*

Public involvement in research refers to the active collaboration between researchers and members of the public across the research cycle. There are several terms which are used interchangeably for this concept, including 'Patient and Public Involvement', 'PPI', and 'User or Service User Involvement'.

In this article we will refer to this concept as public involvement, with the word 'public' used as an umbrella term for patients, potential patients, carers and people who use health and social care services as well as people from organisations that represent people who use services.

Public involvement is encouraged across the [whole research cycle](#) and approaches to involvement can range from [consultation and collaboration](#) to [co-production and public-led research](#).

The reasons for [why we involve the public in research](#) are numerous and with greater evaluation of public involvement activities, we are increasingly understanding how best to involve the public in research and the value involvement can bring, not just on the research itself, but for research teams, and for members of the public involved.

*Globally, there is a growing commitment to partnering with the public.*

Earlier this year the NIHR published its first [Strategic Commitments for Public Partnerships](#), and the [World Health Organisation](#), has recently [unanimously committed to strengthen and sustain public participation in decisions around health and wellbeing](#).

With the above in mind, and involvement now a condition of most research funders, it is vital that we share examples and learning from public involvement in research, alongside promoting best practice tools and resources that support researchers to adequately plan, successfully deliver and carefully evaluate the involvement of the public in their own projects.

We share one example of public Involvement in research, as a means of showcasing the different ways and impacts public involvement can have on research. This research was led by Deborah Antcliff, Honorary Clinical Research Fellow at Keele University and Advanced Physiotherapy Practitioner, as part of her SPCR-funded Post-Doctoral Fellowship.



Inset: Deborah Antcliff,

Her project aimed to develop resources for primary care to support the use of activity pacing as a coping strategy for the management of chronic pain. Specifically, the project sought to translate a previously developed activity pacing questionnaire and activity pacing framework for wider use in primary care.

Throughout the project, Deborah worked in partnership with, and involved, the public as part of the research team, and also through a series of stakeholder engagement and co-design workshops.

Further details about her public involvement activity and reflections on the impact of this are outlined in the following Q&A.

### **How were members of the public across your research project?**

There were multiple ways the public were involved in this project. Across the project, I worked closely with a public advisor who was involved as a core member of our research team. They contributed to monthly team meetings, and informed the methods, patient facing documents and interpretation of the findings. They have also been involved in dissemination, contributing to the development of a research poster, and being named as an author on this poster.

I also undertook a series of stakeholder engagement and co-design workshops. This brought together members of the public and healthcare professionals to translate the activity pacing framework into an intervention for use in primary care. Those involved had varying experiences of living with chronic pain and represented diverse ethnicities (Asian/Asian British, Black/Black British/Caribbean/African, White, Mixed/multiple ethnic groups), genders and ages (30's-70's).



Read the full project details here.

Workshops enabled discussions on current issues around chronic pain management in primary care, the benefits and challenges of developing an activity pacing intervention for primary care, and the adaptations that are needed to the existing activity pacing framework and patient resources to enable their wider use in primary care.

### **What impact has the involvement of the public had as had on your research, yourself and those involved?**

Involvement of the public, and other stakeholders, highlighted adaptations that were needed to enable the activity pacing framework to become a suitable intervention for use in primary care.

Their involvement increased my understanding of the frustrations and challenges of managing chronic pain, and where and how the activity pacing intervention for primary care might best be implemented, for example, in primary care physiotherapy and pain services.

By having a diverse group of people involved, a wider range of experiences and opinions contributed to the suggested adaptations to the activity pacing framework. These experiences and opinions have also led to the refinement of our logic model that underpins the behaviour change processes thought to be involved in activity pacing. We are now planning a future evaluation trial to test the effects of activity pacing on symptoms of chronic pain, which has been developed based on opinions gathered during this project.



*The impact of working closely with the public advisor has helped maintain a focus on developing resources that are relevant and acceptable to patients and the public.*

Further, they also helped to suggest logical solutions to some of the practical hurdles of running research project.

### What are your reflections on involving the public in research?

Consulting public opinions throughout the whole research process is essential to develop patient reported outcome measures and treatment interventions that are relevant and meaningful for patients and the public. This, in turn, can improve the likelihood of the implementation and effectiveness of the intervention. The aim of my research is to improve patient outcomes for those people living with chronic pain. By including the voices of those with chronic pain throughout the research project, I maintained focus on how best to develop effective and acceptable tools for the management of chronic pain.

### Where can I find out more?

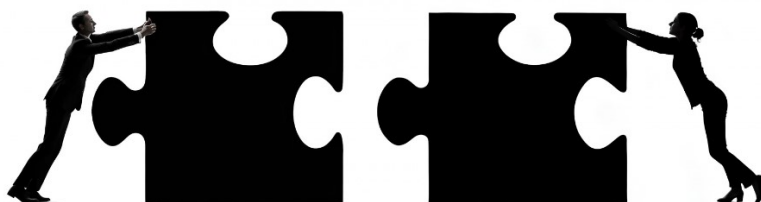
You can find more examples of public involvement on the [SPCR blog](#) and if you are new to public involvement, or want to know more, there is several excellent training modules, toolkits and guidance which I've listed below.

The SPCR also offers training, development and funding opportunities for those interested in primary care research and to stay in the loop about upcoming opportunities do sign-up to the NIHR SPCR newsletter.



Useful Resources:

- [Getting started with Public Involvement](#)
- [How to plan for public involvement in your project](#)
- [Evaluating your public involvement](#)
- [Public Involvement Training \(list of live sessions and online modules\)](#)
- [Patient and public involvement - ARC West \(nih.ac.uk\)](#)



Here are examples of how members of the public become involved and play an integral part in research:

- As joint grant holders or co-applicants on a research project
- Identifying research priorities
- As members of a project advisory or steering group
- Commenting on and developing patient information leaflets or other research materials
- Undertaking interviews with research participants
- Carrying out research as user and/or carer researchers

Our next PRS conference is being held at Keele University,  
on Friday 11<sup>th</sup> April 2025.



## Physiotherapy Research Society Annual Conference 2025

We are thrilled to announce that the **Physiotherapy Research Society's Annual Conference will take place on Friday, April 11th, 2025**, at the picturesque Keele University campus in Staffordshire. This much-anticipated event will bring together leading experts, practitioners, and students from across the field to explore this year's timely theme: ***Allied Health Research: Now and in the Future***. Attendees can look forward to an enriching program featuring cutting-edge research presentations, engaging discussions, and valuable networking opportunities designed to foster collaboration and innovation.

As the landscape of healthcare continues to evolve, the 2025 Annual Conference is a key event for those passionate about the future of physiotherapy and allied health professions research. Whether you are a researcher pushing the boundaries of innovation, a practitioner seeking the latest insights or a student just getting interested in research, this conference will offer you a chance to engage with forward-thinking perspectives that are shaping the future of healthcare.

We are excited to share that **the abstract submission window will open on the 14<sup>th</sup> of October 2024**. This is your chance to present your research to a distinguished audience of professionals and contribute to crucial conversations that will drive the future of the allied health sector. Stay tuned for more details on abstract submission and conference registration which will be shared on our website and social media in the coming weeks.

Don't miss out on the opportunity to be part of the next **Physiotherapy Research Society Annual Conference**. We look forward to welcoming you to **Keele University** in April 2025 for what promises to be another exciting and impactful event.



## IMPORTANT DATES

### PHD opportunity -Liverpool Clinical PhD Programme (LCPP)

The Liverpool clinical PhD scheme is now open. It comes with a full salary (match your NHS ) travel costs, expenses , research costs. It is very flexible with regards to where you live. Fellowships typically span a maximum of three years, with a minimum of 12 months spent in the Global South, focusing on clinical research that addresses local health needs.

For further information please visit:

[www.liverpool.ac.uk/infection-veterinary-and-ecological-sciences/research/liverpool-centre-for-global-health-research/liverpool-clinical-phd-programme/](http://www.liverpool.ac.uk/infection-veterinary-and-ecological-sciences/research/liverpool-centre-for-global-health-research/liverpool-clinical-phd-programme/)

### CSP student conference

10th October 2024. Manchester Central Convention Centre.

### CSP annual conference

11th-12th October 2024. Manchester Central Convention Centre.

We will be running a Research Symposium “*Developing your research pillar to meet HCPC standards: Opportunities for all*” at the CSP conference this year on Friday 11<sup>th</sup> of October 2024.

Dr Ali Aries will also be presenting a networking session with Dr Rachel Stockley titled ‘*Starting out and moving up in research*’ 11<sup>th</sup> October 2024 - 10:45am in the networking zone for 30mins.



(Scan here to get your ticket's now!)