

Supporting participation: Co-production of an occupational therapy research funding application with patients living in a secure mental health setting

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- Dr Karen Morris (University of Cumbria)
- Co-researchers (Cumbria, Northumberland, Tyne & Wear NHS Foundation Trust)



Outline

- Overview of the project
- Explore design of the Recovery College Course
- Supporting co-creation of the research funding application
- Plans for supporting ongoing co-creation

Project overview

Supported by Research Design Service



Initial idea

Rhona and Karen wanted to collaborate on something to do with OT in secure setting

- Asked Confirm & Challenge group for ideas
- Could only meet online

No funding



Recovery College course

Basic research methods

- 25 SU participants across 5 units on 2 sites over 6 weeks
- Face to face sessions
- Leaflet evaluation used as focus for learning

Funding

- Research Internship (Rhona) for SU time/expertise contributions
- University of Cumbria for travel (Karen)



Collaborative Proposal design

One unit

- 3 SUs and 3 OTs working as co-researchers over 10 weeks
- Face to face sessions
- Research question development
- Literature review
- Methods planning
- SU research proposal written

Funding

- Research England – SU time/expertise, materials & resources, proposal development, travel



Bid writing

Translating idea into formal bid to carry out the study:

‘Do service users and occupational therapists share the same goals in the context of secure environments?’

- Inclusive philosophy
- Developing collaboration partners

Report for Research England

NIHR bid submitted

Publications:

- News items for Trust, Uni & RDS
- Write up process we followed
- Offer to share with others

The Recovery College Course

4 sessions with practical focus:

- Introduction to research
- How research makes people feel
- Different ways of doing research
- Creating research together

Our learning:

- Collaborative ground rules
- Being prepared only gets you so far
- Tailored session for each area
- Remember collaborative philosophy
- Trust the process
- Snacks help motivation 😊

Supporting co-creation during proposal development

Our sessions

- Ground rules and principles
- Patient researchers decided question
- Checking out interest with others
- Looking at literature
- Deciding methods
- Writing the plan
- Referring back to the course to support discussion

Our learning

- Being genuine to collaborative principles & equity
- Challenge and support
- Work at patient researcher pace
- Listening to everyone before deciding
- Cannot underestimate those snacks 😊
- Doing research can be more interesting than a football tournament!!

Ensuring ongoing support

- Will be continuing to check out patient interest in the topic during application process
- Funding applications include:
 - Paid patient researchers
 - Ongoing training for patient researchers
 - Payment for patient participants
 - Illustrator to support inclusive reporting

Our co-researchers have to have the last word:

“I really enjoyed the group, this experience allowed me to use my time in an intellectual project that was both stimulating and challenging and made me think in ways I don’t normally think. I learned that no idea is wrong or bad and working in a team can generate more information where ideas bounce from person to person”

Thank you for listening

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