

Getting Involved in Research for Health and Wellbeing

GROUP 1 EXERCISE

This session is for you to think about what service users can contribute to research and how they can do so. Take a look at the scenario below.

Scenario A

A mental health team has noticed that many of their clients often fail to turn up to their appointments. They would like to do some research to see whether a 'drop-in' service whereby clients can drop in at their convenience rather than by appointment would be a better way of making contact with this group.

- What would a service user perspective contribute to developing this research?
- Would anyone be able to help out or should it be someone who is themselves a mental health service user?
- What would be the best way to involve service users in this research?

Getting Involved in Research for Health and Wellbeing

GROUP 2 EXERCISE

This session is for you to think about what service users can contribute to research and how they can do so. Take a look at the scenario below.

Scenario B

A doctor is interested in doing research with people recently discharged from a stroke unit. He wants to see whether a combination of standard medication and rehabilitation programme involving controlled exercise and diet can prevent further strokes occurring.

- What would a service user perspective contribute to developing this research?
- Would anyone be able to help out or should it be someone who has themselves experienced a stroke?
- What would be the best way to involve service users in this research?

Getting Involved in Research for Health and Wellbeing

GROUP 3 EXERCISE

This session is for you to think about what service users can contribute to research and how they can do so. Take a look at the scenario below.

Scenario C

Clinicians from a local hospital would like to invite their patients to take part in the study comparing diagnostic procedures for cancer. This study could lead to better prediction of the outcome of a particular cancer treatment. This study requires use of highly specialist equipment that is only available at a regional centre 80 miles away from the local hospital. It is likely that patients who would be invited already receive cancer treatment, e.g. intravenous chemotherapy.

- What do you think local research team should consider before going ahead with the study?

- How service user perspective could contribute to the assessment of the study's suitability for the local area?

Getting Involved in Research for Health and Wellbeing

- Would anyone be able to help out or should it be someone who has themselves experienced a cancer?

PART-2

GROUP/INDIVIDUAL EXERCISE

This session is for you to talk about how you personally may like to get involved in research. Please use the questions below to guide your discussion but feel free to talk about what you like.

If you wish, please use yellow sticky notes to place your comments on the wall.

- Would you like to get involved in research and if so how?
- Would you be interested in being part of a research team?
- Would you be interested in being part of a local research priority group?
- What do you think you could contribute?

Getting Involved in Research for Health and Wellbeing

- What would stop you from getting involved?