

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

- Rhona MacLeod (Cumbria, Northumberland, Tyne & Wear NHS Foundation Trust)
- 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

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

nitial idea



course

College

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)

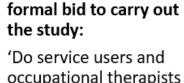


One unit

- 3 SUs and 3 OTs working as coresearchers 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



Translating idea into

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

rhona.macleod@cntw.nhs.uk

karen.morris@cumbria.ac.uk







