

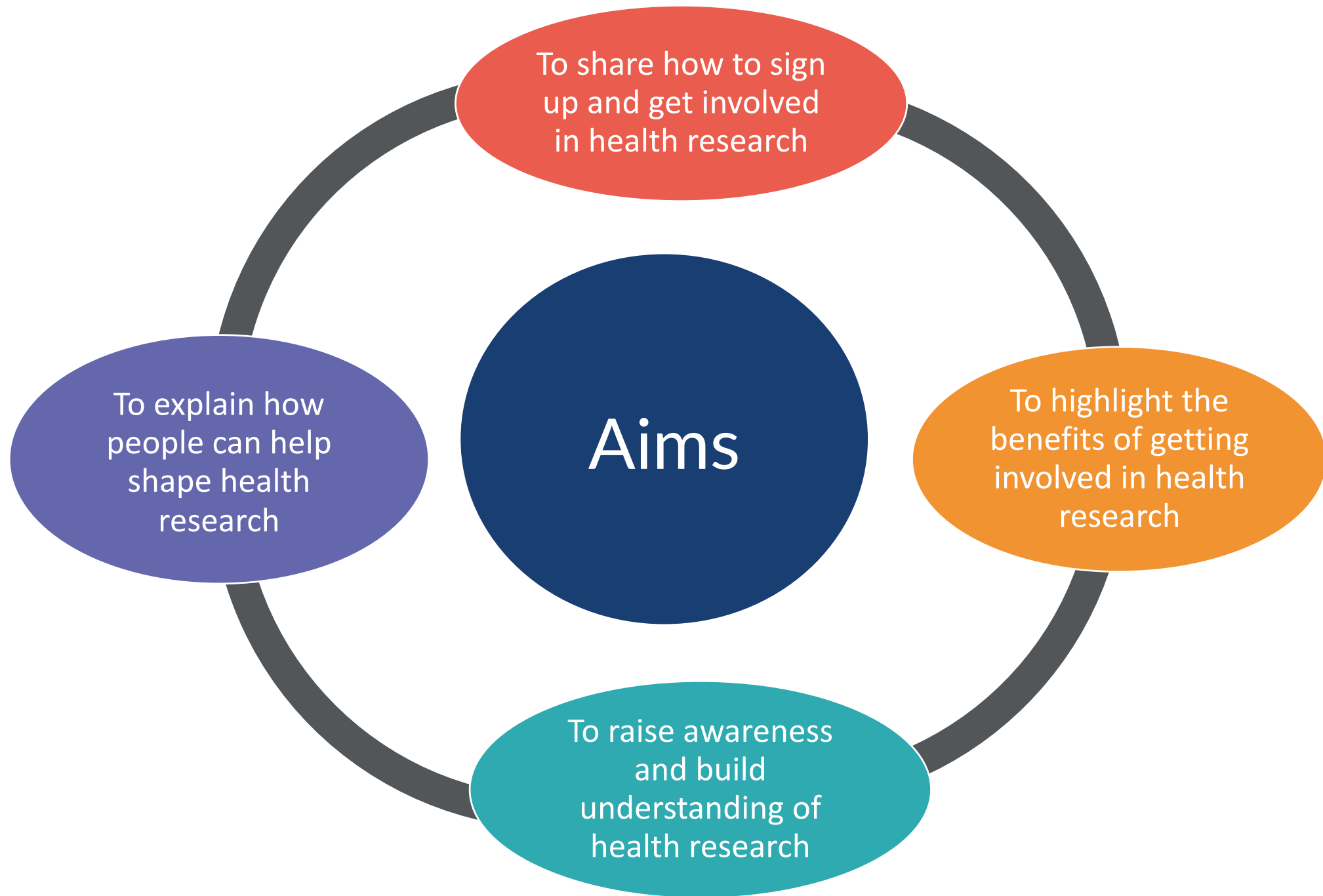
Health Research

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Have you...

Looked around before choosing:

- A nursery, primary, secondary school, college or a course
- Furniture, fridge, washing machine, tv,
- A mobile phone or a phone/mobile contract
- Before renting or buying a house

What always
goes at a
buffet?

Do the schools
with good
grades have a
safe, kind feel?

Which credit
card offers the
best rates?

**Everyone is a
Researcher**

If I choose one
of these
venues, will our
meetings go
better?

Which mobile
phone works
best for me?

What do other
parents think of
these nurseries?

Does a pinch
more spice
make this even
better?

Health Research



- ✓ Understanding and supporting good health
- ✓ Preventing, spotting and tackling diseases, injuries or conditions

To truly make a difference, research must be inclusive, representative, and built on trust with the communities it seeks to serve.

Myth or Fact?

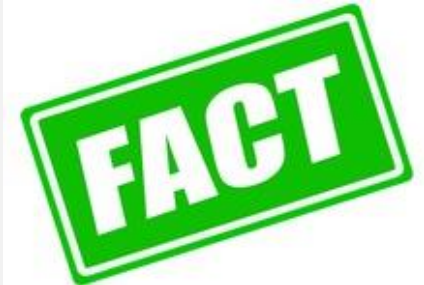
Health research means taking lots of drugs or being injected with something.



Not all health research involves being a participant or taking drugs.

Myth or Fact?

You do not need to have a health condition to take part in health research.



Everyone can make a difference

Myth or Fact?

Health research only takes place in the hospital.

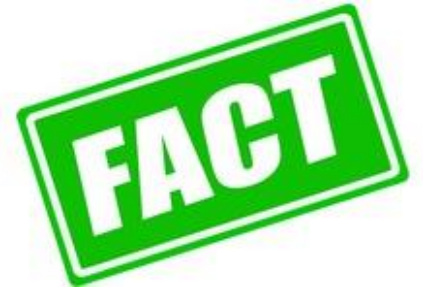


Health research can take place in many different places depending on the type of research.

We want to go where people are.

Myth of Fact?

Taking part in health research is very rewarding.



Be part of something life changing

Your voice can influence people beyond the research team, including the people who take part in the research and the people who use the results.

Why Get Involved?

...be part of something life-changing ...

- doing something positive and making a difference.
- learn more about a condition ... yours, or someone you care about
- access new treatments or to take an active role in your own care
- to help shape research – what research gets done, how, and how it is shared
- meeting new people and share time, interests, and knowledge
- Gain skills - training and other experiences that add to your CV
- offer of payment for your time and cover for reasonable expenses

Why Get Involved?



You bring your views as a member of the public. Your unique viewpoints – your culture, interests and place in society.

Your experiences and what you know of the subject. As a patient, a carer or as someone who might be affected.

Patient & Public Involvement and Engagement (PPIE)



... is when researchers and patients and/or the public work in partnership to plan, design, manage, evaluate and communicate about research.

“Research being carried out **‘with’** or **‘by’** members of the public rather than **‘to’**, **‘about’** or **‘for’** them.”

National Institute of Health and Care Research (NIHR)



Ways to Get Involved

Involvement

research being carried out 'with' or 'by' members of the public and communities rather than 'to', 'about' or 'for' them.

- Identifying research priorities
- As co-applicants, joint grant holder
- Member of Advisory or Steering Group
- Doing the research

Engagement

information and knowledge about research is communicated and disseminated to community members and local population groups.

Raising awareness

Sharing results

Interpreting results

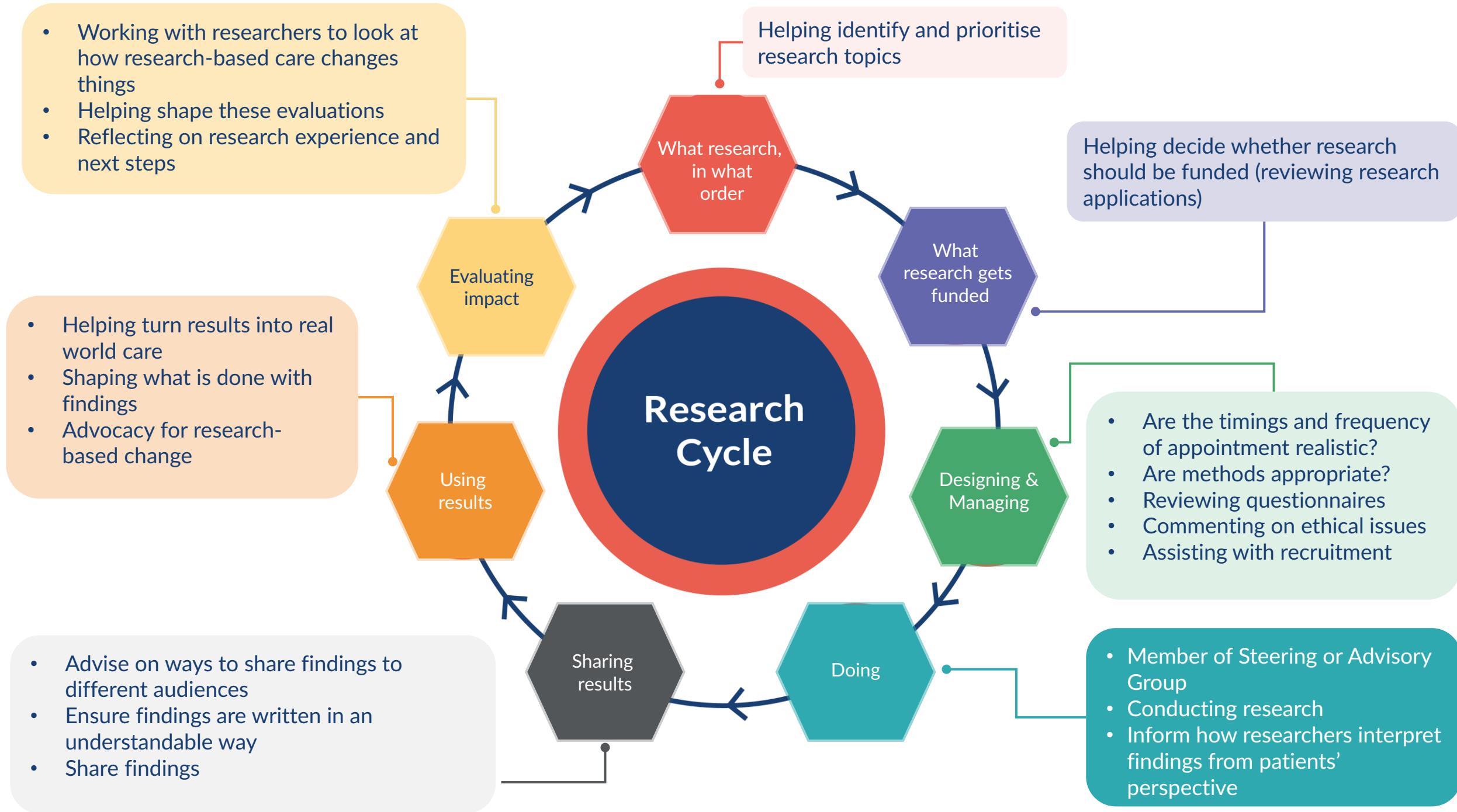
Snowballing

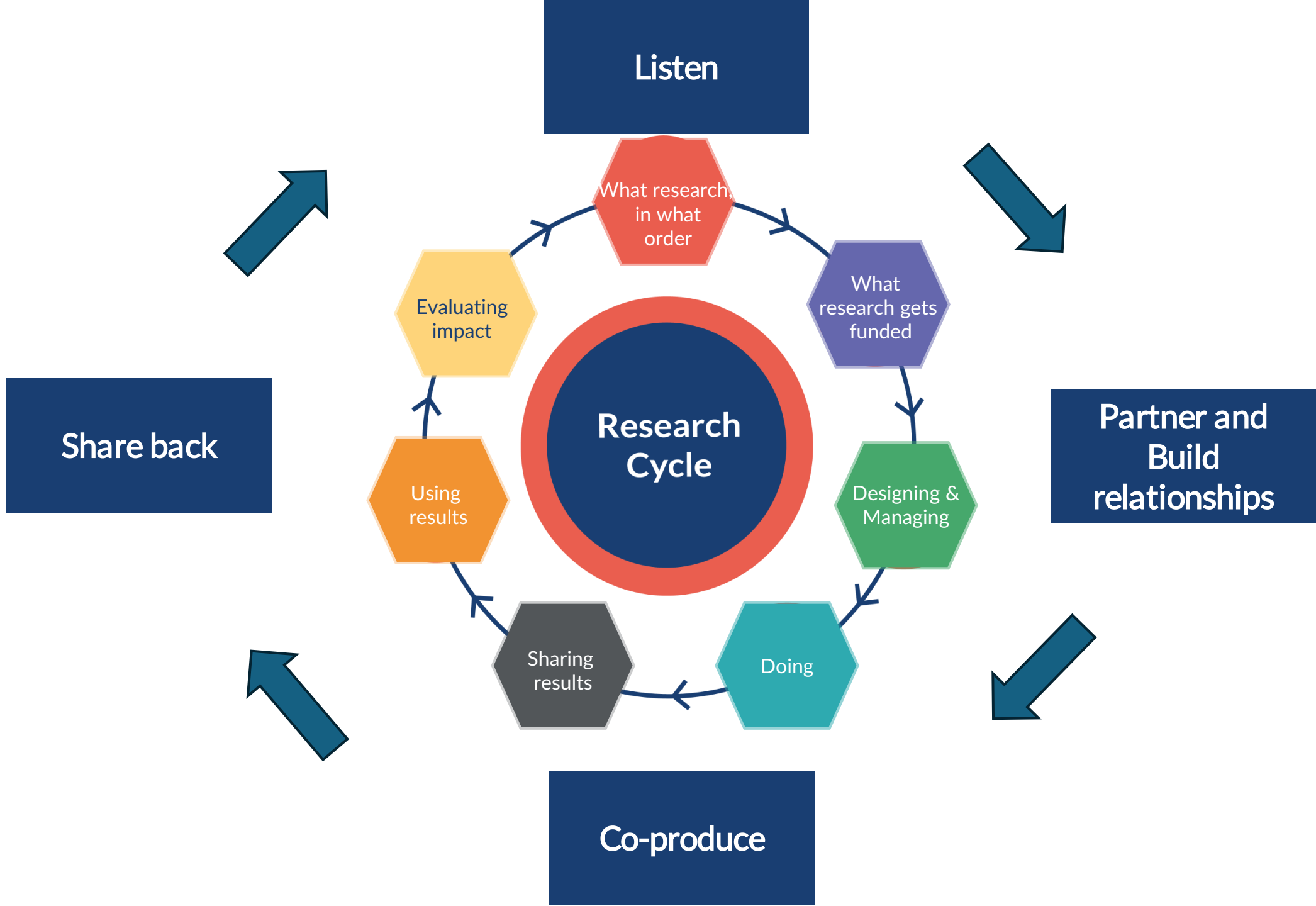
Participation

is about people giving formal consent and taking part in a trial or study.

Taking part in clinical trials or research study

Completing a questionnaire or participating in a focus group as part of a research study





Importance of diverse involvement research



- **Most benefit for the most people** – by involving a diverse mix of people, it's more likely that the results will apply to a broader range of individuals
- **No blind spots** – treatments affect different population groups differently
- **Cultural awareness** – differences in culture and background influence behaviours. This needs insight to make sure the research is sensitive and respectful to these.
- **Challenging bias and stereotypes** – to ensure findings, and how they are interpreted are objective, impartial and benefit from varied viewpoints
- “Nothing about me without me”



Diverse involvement = more meaningful and impactful research, with better outcomes for all

Examples – the importance of diverse inclusion in research



The case of hand dryers and soap dispensers



Pulse oximeter



Get involved!
People like
you play an
important
role



Be part of something life-changing...

RESEARCH

Help co-produce our research



- Receive **fortnightly newsletters** with opportunities to help shape research
- Get **reimbursement** for your time*
- Unsubscribe anytime

*Subject to each activity



@UHSFTresearch

University of
Southampton

UHS
University Hospital of
Southampton
and Hampshire Area



When you sign-up: [UHS Health Research](#)

- You receive an email from the PPIE team every two weeks with current opportunities to help shape research
- Access to the Be Part of Research link



Pledge and call to action



What's one thing you will do differently after this session?

We would love to hear your feedback about this presentation.

Thank you!

Contact:

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