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Engaging older people in research

HSCI seminar series

Yvonne Khoo J-Lyn

31st August 2011
Study title: *The effects of VR-enhanced exercise in improving balance in older people with chronic pain*
Looking for people who were....

- Aged 65 and older with chronic pain
- Able to walk independently
- Not awaiting/receiving rehabilitation
- Not having a medical condition that would prevent them from taking part
What was asked from them...

• Come to the university, sign the Consent Form
• Be randomised into either control/experimental group
• Have their balance measures taken at baseline/upon completion
• Come to the lab twice a week for 6 weeks
• Exercise and fill up questionnaires at every visit
• Study title: *The effects of VR-enhanced exercise in improving balance in older people with chronic pain*

• Ethics application approved – June/July 2010

• Started speaking to people in July/August 2010

• Initial problems (criteria, location)

• Recruitment more *aggressive* in January 2011
People I spoke to

- Physio-nurse (1)
- Exercise instructors (7)
- Podiatrist (1)
- Complementary therapists (2)
- Meditation/workshop facilitator (1)
- Vicars/reverend (4)
- Sisters from St Hilda’s Priory (>2)
People I spoke to

• Community Development Officer (M’bro Council)
• Chair of the Middlesbrough Senior Citizen’s Forum
• Friends from the 1\textsuperscript{st} study
• Abu Bakr Mosque & Community Center representative
Places...

• Middlesbrough Central library
• Network of Tai chi centers
• Community groups: Active dance, Aquafit etc
• Church community: All Saints Parish, St John’s, St. Columba’s, Linthorpe Methodist Church
• University of the Third Age (U3A)
• Community centers (Linthorpe, Newport, Southlands)
• Sheltered housing residents (visit/play day)
• Salvation Army
• AgeUK
• International Community Center (Asian ladies)
• Hindu temple (Ormesby)
Recruited participants came from/through...

- Community groups
- Word of mouth
People...

- 61 enquiries in total
- 4 did not fulfil criteria
- 3 turned up the 1st time and did not come back after that
- 54 started (42 female, 12 male)
- 4 dropped out
The nice bits...

- People became enthusiastic when they heard about the study on chronic pain
- Everybody had some sort of ache & pain
- Almost everybody wanted to speak about it
- Almost everybody knew someone who had chronic pain
Not so nice bits…

• *Few* people were willing to come to the university to take part in the study
• Most only wanted to fill out questionnaires
• A good amount of enquiry came from people younger than 65
Other bits...

- Are you a physiotherapist?
- Is Social Services involved?
- A good amount of interest from post-stroke survivors
- The *no-pain and younger than 65* participant
- The *more than 12 times* participant
- The participant in the grey jumper
Finally....

- Data collection went into full swing from February to June 2011
- Reserved parking space provided by the university was helpful
- Access to the lift was important
Tips for recruitment

• Always keep a printed page of *what to say* next to the telephone
• Put on a happy face
• Go with a *very* thick skin
  • Thank everybody
  • Don’t take things personally
  • Don’t give up
What chronic pain is like in older people in my study
**Musculoskeletal pain reported within the past 30 days (N = 54)**

<table>
<thead>
<tr>
<th>Location of Pain</th>
<th>Baseline</th>
<th>Upon completion</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hands/wrists</td>
<td>27</td>
<td>28</td>
</tr>
<tr>
<td>Foot</td>
<td>24</td>
<td>18</td>
</tr>
<tr>
<td>Back</td>
<td>34</td>
<td>34</td>
</tr>
<tr>
<td>Chest</td>
<td>5</td>
<td>14</td>
</tr>
<tr>
<td>Head</td>
<td>0</td>
<td>1</td>
</tr>
<tr>
<td>Shoulder</td>
<td>6</td>
<td>9</td>
</tr>
<tr>
<td>Leg</td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td>Groin</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>Hips/knees</td>
<td>8</td>
<td>1</td>
</tr>
<tr>
<td>Neck</td>
<td>2</td>
<td>5</td>
</tr>
<tr>
<td>Ankle</td>
<td>1</td>
<td>0</td>
</tr>
</tbody>
</table>
**Musculoskeletal pain reported at present (N = 54)**

<table>
<thead>
<tr>
<th>Body Part</th>
<th>At baseline</th>
<th>Upon completion</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hands/wrists</td>
<td>16</td>
<td>15</td>
</tr>
<tr>
<td>Foot</td>
<td>16</td>
<td>9</td>
</tr>
<tr>
<td>Back</td>
<td>26</td>
<td>26</td>
</tr>
<tr>
<td>Chest</td>
<td>4</td>
<td>3</td>
</tr>
<tr>
<td>Head</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>Shoulder</td>
<td>7</td>
<td>7</td>
</tr>
<tr>
<td>Leg</td>
<td>0</td>
<td>1</td>
</tr>
<tr>
<td>Groin</td>
<td>0</td>
<td>1</td>
</tr>
<tr>
<td>Hips/knees</td>
<td>27</td>
<td>21</td>
</tr>
<tr>
<td>Neck</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>Ankle</td>
<td>1</td>
<td>1</td>
</tr>
</tbody>
</table>
### Pain reported during the following activities (N = 54)

<table>
<thead>
<tr>
<th>Activity</th>
<th>At baseline</th>
<th>Upon completion</th>
</tr>
</thead>
<tbody>
<tr>
<td>Walking on a flat surface</td>
<td>33</td>
<td>31</td>
</tr>
<tr>
<td>Walking on stairs</td>
<td>37</td>
<td>37</td>
</tr>
<tr>
<td>Lying in bed at night</td>
<td>37</td>
<td>30</td>
</tr>
<tr>
<td>Sitting or lying down during the day</td>
<td>30</td>
<td>29</td>
</tr>
<tr>
<td>Standing upright</td>
<td>32</td>
<td>28</td>
</tr>
<tr>
<td>Pain in the foot while walking</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>Prolonged standing</td>
<td>0</td>
<td>1</td>
</tr>
<tr>
<td>Kneeling</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>Getting out of bed in the morning</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>Changing direction of physical movement</td>
<td>1</td>
<td>2</td>
</tr>
</tbody>
</table>
I am grateful for the university’s support with travel expenses (bus or taxi fare) when needed.

Thank you to my colleagues at Middlesbrough Tower main reception who helped me to receive participants.

Thank you to Gillian Barry for sharing our work space.
Thank you