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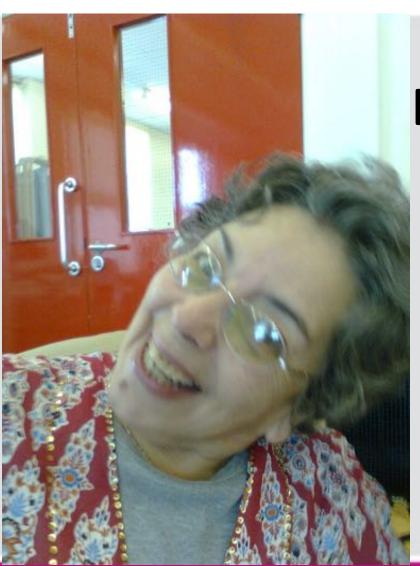
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Engaging older people in research

HSCI seminar series

Yvonne Khoo J-Lyn 31st August 2011





Study title: The effects of VRenhanced 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 1st 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 somebody 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)				
Location of Pain	Frequency			
	Baseline	Upon completion		
Hands/wrists	27	28		
Foot	24	18		

Back

Chest

Head

Shoulder

Leg

Groin

Hips/knees

Neck

Ankle



Musculoskeletal pain reported at present (N = 54)

	· · · · · · · · · · · · · · · · · · ·	,	
	F		
	At baseline	Upon completion	
Hands/wrists	16	15	
Foot	16	9	
Back	26	26	
Chest	4	3	
Head	1	1	
Shoulder	7	7	
Leg	0	1	
Groin	0	1	
Hips/knees	27	21	
Neck	1	2	
Ankle	1	1	

Pain reported during the following activities (N = 54)

	F		
	At baseline	Upon completio	
Valking on a flat surface	33	31	
Valking on stairs	37	37	

37

30

32

1

0

1

1

30

29

28

0

1

2

W

Lying in bed at night

Standing upright

Prolonged standing

Kneeling

Sitting or lying down during the day

Pain in the foot while walking

Getting out of bed in the morning

Changing direction of physical movement

Acknowledgement

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Thank you