

## Patient and Public Involvement (PPI) in Research – Case Study

**Provided by:**

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**How patients and the public were involved**

Local ex-cricket players, some of which are now coaches, were invited for an informal interview to review and discuss a questionnaire assessing the long-term health outcomes of cricket at an elite level. Participants reviewed an existing questionnaire for a parallel sports study. They then provided feedback on the themes addressed, discussing whether those themes were relevant to future player well-being and proposing additional themes that might be relevant to include. The participants also gave feedback on how accessible the wording of questions was to them and might be to other ex-players.

**The impact of involving patients and public in the study**

The involvement of ex-cricketers and current cricket coaches in the design and development of the questionnaire was crucial in determining the relative importance of the research questions and determining the key questions that players would like answered. The feedback resulted in the addition of questions relevant for elite cricketers and in the alteration of some wording to make the questionnaire clearer and more accessible.

**The importance of involving patients and the public in research**

Our research should benefit patients and the public, so it only makes sense to ensure that the outcomes of a research project address the needs that affect and are prioritised by patients and the public most. Especially if patients or the public are to actively participate in the research, whether in a clinical trial or a questionnaire, it is invaluable to ensure the research is performed in a way that participants understand and are comfortable with. The best way to achieve this is by involving patients and the public from the earliest stages and continuing their involvement to maintain the priorities of the research.

**The biggest challenges in PPI and what might help to overcome them**

The biggest challenge is identifying the best people to involve. It is sometimes challenging to gain a diverse mix of age, gender, education level, and experience to accurately capture the population that will best inform your study and its accessibility. A thorough and appropriately accessible repository of willing public members, as well as a clear message to patients and the public that their input is valued in all kinds and stages of research, would greatly help overcome this challenge.