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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 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)

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- 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	34	34
Chest	5	14
Head	0	1
Shoulder	6	9
Leg	2	1
Groin	1	1
Hips/knees	8	1
Neck	2	5
Ankle	1	0



Musculoskeletal pain reported at present (N = 54)

	<i>F</i>	
	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)

	<i>F</i>	
	At baseline	Upon completion
Walking on a flat surface	33	31
Walking on stairs	37	37
Lying in bed at night	37	30
Sitting or lying down during the day	30	29
Standing upright	32	28
Pain in the foot while walking	1	0
Prolonged standing	0	1
Kneeling	1	1
Getting out of bed in the morning	1	2
Changing direction of physical movement	1	2

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Thank you