



**Exploring the role of  
Creative co-design to  
improve knowledge and**

**evidence use in musculoskeletal physiotherapy.**



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## Research information leaflet

### Research taking place within this department

A researcher from the University of Sheffield is undertaking a research study in this physiotherapy outpatient department. They are looking at how evidence and knowledge is used by physiotherapists to help them make decisions about treatment. This leaflet provides more information about the study. Please ask the researcher (details at the end of this sheet) or a member of staff if there is anything that is not clear or if you would like to find out more about taking part. Thank you for reading this.

### What is the purpose of the study?

Physiotherapists should make decisions about how to treat your musculoskeletal (MSK) problem based on the best available evidence (such as research and guidelines). This PhD research study aims to understand what helps and hinders physiotherapists use of evidence in practice. Physiotherapists and patients will then co-design new solutions together to improve the way physiotherapists' use knowledge and evidence to treat MSK problems.

### What will happen to me if I take part?

This study will have 3 parts:

1. Observations and interviews with physiotherapists and people with MSK problems. Your physiotherapist may be observed by the researcher

whilst they are treating you. Interviews will last about an hour and will be audio recorded.

2. Co-design workshops with physiotherapists and people with MSK problems to create a new product(s) to help physiotherapists use evidence in practice. The workshops will last about 4 hours and you will take part in creative activities.
3. Testing of the new co-designed product(s) in the clinical setting and interviews with physiotherapists and patients who have used them to see if the product(s) work and whether the co-design workshops were useful.

We will only use information that we need for the research study. We will let very few people know your name and contact details and only if they really need it for this study.

### Do I have to take part?

No it is up to you if you wish to take part. You do not have to take part in all 3 phases but you can if you want to. Please speak to the researcher or your physiotherapist if you are interested in finding out more.

### What are the possible problems and disadvantages of taking part?

We do not anticipate any problems from you taking part in this study. If you do get upset by this research taking place, please tell the researcher or a member of staff.



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### **What are the possible benefits of taking part?**

The information we get from this study may help us to understand how physiotherapists use evidence in practice. It will co-design a new product(s) to help physiotherapists use evidence in practice better and improve patient care in the future.

### **What if I wish to complain?**

If you have any concerns about this research you should speak to Cheryl Grindell (details below) or to a member of staff in the physiotherapy department. You can also contact your local Patient Advice and Liaison Service. If you wish to complain, or have any concerns about how you have been approached or treated during the course of the study, you can use the normal National Health Service complaints procedures.

### **Will the information collected be kept private?**

Yes. Everyone involved in this study will keep your data safe and secure. We will also follow all privacy rules.

### **What will happen to the results of the study?**

The results of the study will be written up in the form of a report and in health journal articles. We will make sure no-one can work out who you

are from the reports we write. At the end of the study we will save some of the data in case we need to check it or for future research.

More details can be found in the full information pack.

### **Who is funding and organising the research?**

This project is being carried out by Cheryl Grindell, who is a researcher at the Medical Care Research Unit at the University of Sheffield and a physiotherapist at Sheffield Teaching Hospitals NHS Foundation Trust (STH NHSFT). The project is funded by the University of Sheffield and The Chartered Society of Physiotherapy. It is sponsored by STH NHSFT and has the required NHS ethical approval.

### **What do I do now?**

Thank you for considering taking part in this research. If you would like to find out more before making a decision about whether you would like to take part please contact:

**Cheryl Grindell**

[cheryl.grindell@sheffield.ac.uk](mailto:cheryl.grindell@sheffield.ac.uk)

**Telephone: 07783 767817**

**Website:**

<https://www.sheffield.ac.uk/scharr/research/centres/mcru/creative-co-design-knowledge-mobilisation-and-musculoskeletal-physiotherapy>



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