Co-production example

SPRUCE - Stroke Physiotherapy Review
Update of Cochrane Evidence

Alex Pollock, Senior Research Fellow, Glasgow Caledonian University
Pauline Campbell, Research Fellow, Glasgow Caledonian University
SPRUCE: Background

Physiotherapy treatment approaches for the recovery of postural control and lower limb function following stroke (Review)

Pollock A, Baer G, Pomeroy VM, Langhorne P

2003: 12 RCTs.

2007: Updated: 20 RCTs. Several foreign-language trials not included.

2013: Comprehensive update required
SPRUCE: Why have involvement?

**AIM:** to engage key stakeholders in an update of a Cochrane systematic review of physiotherapy treatment approaches for patients with stroke, in order to ensure clinical relevance of the completed review.
SPRUCE: What did we do?

1. Planning & Preparation
   - Protocol
   - Ethics approval

2. Form the user-group
   - Identify potential participants
   - Recruit – purposeful sampling

3. Group meetings
   - Specific focussed aim
   - Nominal Group Technique
SPRUCE: How did we get people involved?

2. Form the user-group

- Identify potential participants
- Recruit – purposeful sampling

- Networks of relevant people
- 2-page information leaflet (including meeting dates)
- Circulated by email
- Interested people contact researchers

- Details of interested people (Fill out a form)
- Purposefully sample (12-14 participants)
- Representative group (50% stroke survivors/carers, 50% physios)
SPRUCE:
What did we do at meetings?

3. Group meetings

- Specific focused aim
  - Parameters which can / cannot be changed
  - Meeting 1: Discuss key issues
  - Meeting 2: Agree review methods
  - Meeting 3: Agree key messages from results

- Nominal Group Technique
  - Meeting ‘rules’
  - Discussion around issue / statement
  - Voting (in silence)
  - Vote counting
**Statement 1.** The current categories are appropriate and clinically relevant.

<table>
<thead>
<tr>
<th>Total no. responses</th>
<th>Strongly agree 1</th>
<th>Agree 2</th>
<th>Neither agree or disagree 3</th>
<th>Disagree 4</th>
<th>Strongly disagree 5</th>
</tr>
</thead>
<tbody>
<tr>
<td>n=13</td>
<td>0</td>
<td>1</td>
<td>1</td>
<td>9</td>
<td>2</td>
</tr>
<tr>
<td>%100</td>
<td>0</td>
<td>8</td>
<td>8</td>
<td>69</td>
<td>15</td>
</tr>
</tbody>
</table>
SPRUCE: What else did we do?

1. Planning & Preparation
   - Protocol
   - Ethics approval

2. Form the user-group
   - Identify potential participants
   - Recruit – purposeful sampling

3. Group meetings
   - Specific focussed aim
   - Nominal Group Technique

4. Other group communication
   - Email
   - Tele-conference
   - Doodle poll

5. Evaluation
   - Group discussion – audio-recorded
   - Questionnaire
“...I have taken part in quite a number of things of this nature over the past 20 years and this is the first time that I have really felt that it has been successful and that I have been listened to..”

(carer of stroke survivor)

“Other Cochrane groups please copy”

(carer of stroke survivor)

“....links clinicians with researchers, allowing research to be more clinically relevant......”

(physiotherapist)
**SPRUCE:**

**Key principles of co-production?**

| Sharing of power | • Pre-planned decisions to be devolved to user-group  
|                  | • Use of nominal group technique |
| Including all perspectives and skills | • Advertised role description  
|                                      | • No previous knowledge of research required |
| Respecting and valuing the knowledge of all those working together on the research | • Group proposed and agreed meeting rules  
|                                      | • Voting meant that everyone had an equal say in final decision making |
| Building and maintaining relationships | • Each meeting started with lunch  
|                                       | • Funding for group members to attend / present at conference |
Co-producing systematic reviews

**SPRUCE reference**

**ACTIVE project references**

https://training.cochrane.org/involving-people
Involving People

A learning resource for systematic review authors

Involving People is an online learning resource for systematic review authors to support you in getting people involved in the production of your reviews (including patients, their families and carers, as well as other members of the public and health care teams). The resource is a ‘one-stop-shop’ for you to find out best practice and practical suggestions for finding and involving people throughout the review process; including useful resources, guidance documents, interviews about first hand experiences, and links to case studies and examples of good practice. Involving People is supported throughout by the evidence base identified through the ACTIVE research project.