

Exploring Approaches to Co-Production

**WORKSHOP 1: APPROACHES TO
CO-PRODUCTION IN RESEARCH**

THURSDAY 24TH SEPTEMBER 2020

10:00 – 13:00

WELCOME

We are delighted to welcome you to the first NIHR ARC West Midlands Co-Production Workshop.

We hope that in coming together as a community we will learn more about co-production and share ideas on how we can incorporate the key principles and features of co-production into our ways of working.

We are honoured to welcome Gary Hickey as a speaker to our workshop. Gary led NIHR INVOLVE’s programme of work on Co-Production, which resulted in the publication, ‘Guidance to Co-Producing a Research Project’. We are privileged to be able to draw on Gary’s rich knowledge and experiences as we shape our own approaches to co-production in ARC WM.

In ARC WM, we are building on our experiences of involving the public in our previous centre, CLAHRC WM. We are committed to continually evolving our approaches to public involvement, learning from experiences and the latest evidence of what works and what doesn’t work in different contexts. This workshop is just the first in a series of workshops we aim to deliver, which will help us continue to develop our ways of working with public contributors and embed meaningful involvement in all ARC WM’s activities.

We hope that you enjoy the event and we look forward to your contributions in the workshop.



Richard Lilford, ARC WM Director

LIST OF ACRONYMS

ARC WM	Applied Research Collaboration West Midlands
CED	Centre for Engagement and Dissemination
CLAHRC	Collaborations for Leadership in Applied Health Research and Care <i>CLAHRCs were the predecessors to ARCs</i>
GEM	Going the Extra Mile <i>This document sets out the NIHR strategic vision for public involvement in research</i>
GRIPP	Guidance for Reporting Involvement of Patients and the Public
IAU	Impact Accelerator Unit <i>This is based at the University of Keele</i>
NICE	National Institute for Health and Care Excellence
NIHR	National Institute for Health Research
PCIEP	Public and Community Involvement, Engagement and Participation
PILAR	Public Involvement and Lay Accountability in Research <i>This is the regional organisation for Public involvement in the West Midlands</i>
PPI	Patient and Public Involvement
RDS	Research Design Service
RUG	Research User Group <i>This is the name for Keele University’s public involvement community</i>

KEY DEFINITIONS

CO-PRODUCTION IN RESEARCH

This definition for co-production is taken from the NIHR INVOLVE 'Guidance for Co-Producing a Research Project' (2018). Co-production is defined as:

Co-producing a research project is an approach in which researchers, practitioners and the public work together, sharing power and responsibility from the start to the end of the project, including the generation of knowledge.
(p.4)

KEY PRINCIPLES AND FEATURES OF CO-PRODUCTION IN RESEARCH

The NIHR INVOLVE 'Guidance for Co-Producing a Research Project' includes the following 'Key Principles' and 'Features' of Co-Production (p.4). We will be referring to these during the event.

KEY PRINCIPLES OF CO-PRODUCTION IN RESEARCH

- **Sharing of power** – *the research is jointly owned and people work together to achieve a joint understanding Including all perspectives and skills – make sure the research team includes all those who can make a contribution*
- **Including all perspectives and skills**- *Make sure the research team includes all those who can make a contribution*
- **Respecting and valuing the knowledge of all those working together on the research** – *everyone is of equal importance*
- **Reciprocity** – *everybody benefits from working together*
- **Building and maintaining relationships** – *an emphasis on relationships is key to sharing power. There needs to be joint understanding and consensus and clarity over roles and responsibilities. It is also important to value people and unlock their potential*

KEY FEATURES OF CO-PRODUCTION IN RESEARCH

- Establishing ground rules
- Ongoing Dialogue
- Joint ownership of key decisions
- A commitment to relationship building
- Opportunities for personal growth and development
- Flexibility
- Continuous reflection
- Valuing and evaluating the impact of co-producing research

WORKSHOP PROGRAMME

Time	Session	Description
10:00 – 10:10	Welcome	Richard Lilford , ARC WM Director <i>Welcome to the first ARC WM Co-Production Workshop.</i>
10:10 – 10:20	Introductions	Magdalena Skrybant <i>Participants introduce themselves.</i>
10:20 – 10:30	What is Co-Production in Research?	Magdalena Skrybant <i>Introducing the Key Principles and Features of Co-Production.</i>
10:30 – 10:45	Co-Production in Context	Sophie Staniszewska <i>The context for Co-Production and key areas of focus.</i>
10:45 – 10:55	BREAK	
10:55 – 11:25	Co-Production in Practice	Gary Hickey <i>Examples of Co-Production in practice.</i>
11:25 – 12:05	BREAK-OUT SESSION	Facilitators: M Skrybant/G Hickey/S Staniszewska <i>Using the key principles of Co-Production as a Framework, and drawing on examples provided by Gary Hickey, participants reflect on approaches that help co-production.</i>
12:05 – 12:15	BREAK	
12:15 – 12:30	Summary of key points	Facilitators <i>Key points from break-out sessions will be shared with all participants.</i>
12:45 – 12:55	Reflections	Krysia Dziedzic <i>Reflections on key points raised during the discussion with a focus on what we can build on in ARC WM.</i>
12:55 – 13:00	Next Steps	Magdalena Skrybant & Sophie Staniszewska <i>Next workshops and building on this first workshop.</i>
13:00	Close	Richard Lilford

INTRODUCING OUR PRESENTERS



Richard Lilford

Richard has pursued a successful career in medicine for over 40 years, specialising in obstetrics and gynaecology and more recently, health service research. He has research methodological expertise in the evaluation of complex interventions and prospective health economic evaluations of service delivery interventions. He has designed a framework for the evaluation of complex interventions that draws a crucial distinction between targeted and generic service interventions and is also interested in Bayesian statistics, medical ethics, clinical trials, step-wedge cluster trials, and multiple-indication reviews.

Richard is motivated to do interesting and impactful research on how health and social care services can be improved, both in this country and around the world. He is the Director for [NIHR Applied Research Collaboration West Midlands](#), a five-year initiative to create lasting and effective partnerships across health and social care organisations and universities. The aim is to improve care services within the West Midlands. Furthermore, Richard directs global health projects on improving access to care for people living in slums through the NIHR Global Health Research Unit on Improving Health in Slums and transforming the treatment and prevention of leprosy and Buruli ulcers in low- and middle-income countries.

He writes a monthly ARC WM News Blog, which you can subscribe to at: <http://eepurl.com/drEb4v>



Magdalena Skrybant

Magdalena is Public Involvement and Engagement Lead for NIHR Applied Research Collaboration West Midlands (ARC WM).

Magdalena’s interest in health and social care research began when she was invited to contribute a ‘patient perspective’ to a rheumatology service pathway re-design. Prior to that experience, Magdalena had struggled to come to terms with suddenly having to live with several auto-immune conditions. The opportunity to ‘give something back’ helped her channel her frustrations with her conditions to something more positive.

In her role as Public Involvement Lead, Magdalena is passionate about empowering patients to be involved in health and social care research. Magdalena wants to empower and enable others to contribute their experiences to ensure health and social care research is done in the right way and for the right reasons.

Magdalena is keen to continually develop ways of working with public contributors. She is keen to learn more about approaches to Co-Production and how these can be incorporated into ARC WM.



Sophie Staniszewska

Sophie leads the Patient and Public Involvement (PPI) and Experiences of Care Programme at Warwick Research in Nursing, Warwick Medical School. Sophie is Co-editor in Chief of a Springer Nature Journal, Research Involvement and Engagement. <http://www.researchinvolvement.com/>

Sophie has carried out a wide range of studies in patient and public involvement and patient experiences, including publishing the first international guidance to enhance the quality of PPI reporting, [GRIPP2](#). Sophie was co-chair of the Health Technology International Patient and Citizen Group where she led work on the development of the concept of patient-based evidence. Sophie was Vice-Chair of the National Institute for Health Research ‘Breaking Boundaries’ Review, which developed the future vision of patient and public involvement in health research in the UK. Sophie is one of the founders of the [Global PPI Network](#), alongside NIHR, Cochrane and COMET. Sophie regularly works with NICE as an expert advisor.

	<p><u>Gary Hickey</u></p> <p>Gary is the Strategic Lead for Patient and Public Involvement and Engagement at the Research Design Service (RDS) South East. In this role he provides advice on guidance on all aspects of patient and public involvement in health and social care research. While at RDS South East he has developed a podcast series 'My Co-production Podcast!' He is also a Senior Public Involvement Manager at the Wessex Institute, University of Southampton.</p> <p>Prior to these roles he worked as a Senior Public Involvement Manager at INVOLVE, which was the National Institute for Health Research's (NIHR) national advisory group for patient and public involvement in research. Gary led on INVOLVE's programme of work on co-production in research which resulted in the NIHR's much cited 'Guidance on co-producing a research project'.</p>
	<p><u>Krysia Dziedzic</u></p> <p>Krysia is the Director of the Impact Accelerator Unit and Professor of Musculoskeletal Therapies Versus Arthritis. Krysia commenced a four-year term as National Institute of Health Research (NIHR) Senior Investigator on 1st April 2019 following a four-year NIHR Knowledge Mobilisation Research Fellowship exploring the implementation of NICE guidelines for the care and management of osteoarthritis in primary care.</p> <p>Krysia is now an Adviser to the National Institute of Health and Care Excellence (NICE) Fellows and Scholars programme. She represents non-medical health professionals on guideline committees for osteoarthritis and implementation, including for NICE and EULAR (European League Against Rheumatism). Krysia is a member of the Osteoarthritis Research Society International (OARSI) Joint Effort Initiative steering committee, where she Chairs the Implementation group. Krysia is also a member of the Steering Group of OARSI Osteoarthritis Trial Bank for individual patient data meta-analyses. A Fellow of the Chartered Society of Physiotherapy, and NIHR Health Research Mentor, Krysia is also a member of the NIHR Knowledge Mobilisation Alliance.</p> <p>Krysia is passionate about all aspects of public involvement. Krysia champions the work of Keele University's Research User Group (RUG) and the LINK Working Party, which was established in early 2016 to enable meaningful Patient and Public Involvement and Engagement (PPIE) in the implementation of research into real life healthcare practice.</p>

SOME REFLECTIONS ON WHAT PEOPLE HOPE TO GET OUT OF THE WORKSHOP

“An overview of co-production, current thinking, development for our ARC”

“Best Practice in co-production in research, knowledge mobilisation and implementation”

“Learnings on best practice for co-producing research, with information on additional information for research co-production with people who access social care”

“Methods to shift co-production workshops from being fun engagements events to publishable research”

“To share ideas and experiences so that we can continue to improve our practice”

“Practical tips as well as a deeper understanding of the theory”

“To discuss how we can make co-production work so that all sides can discover the benefits and limits in order that research can really be a true representation of working in partnership to provide great research”

“I should like to further understand and explore the concepts of sharing and contributing to the design and delivery of services from as wide a range of perspectives as possible”

“To learn about good practice in co-production and think about challenges and opportunities”

“I would like to gain varied perspectives on the challenges encountered during co-production projects and how they were mitigated; in both a national and an international context”

“Practical ideas and examples of true co-production (I feel that we say that something is coproduced but question whether it really is)”

KEY RESOURCES

There is a range of resources available to support co-production of research in health and social care.

The NIHR INVOLVE Guidance on Co-Producing a Research Project is a great introduction to the subject and includes the Key Principles and Features that were discussed in the workshop.

The 'Co-Production in Action' series provides case studies of co-produced research in health and social care.

We highly recommend the map of resources for co-producing a research project, developed by colleagues in ARC West. This document, which is updated regularly, includes a guide to resources available that will support you to co-produce research.

Hickey, G., Brearley, S., Coldham, T., Denegri, S., Green, G., Staniszewska, S., Tembo, D., Torok, K., and Turner, K. (2018) [Guidance on co-producing a research project](#). Southampton: INVOLVE



INVOLVE (2018) [Co-Production in Action 1](#). Southampton. INVOLVE



INVOLVE (2019) [Co-Production in Action 2](#). Southampton. INVOLVE



Farr M, Davies R, Davies P, Bagnall D, Brangan E, Andrews H. (2020). [A map of resources for co-producing research in health and social care](#). National Institute for Health Research (NIHR) ARC West and People in Health West of England; University of Bristol and University of West of England. Version 1.2, May 2020.



FURTHER INFORMATION

If you have any questions, or require any further information about the workshop, please contact Magdalena Skrybant



Magdalena Skrybant

Public Involvement and Engagement Lead
NIHR Applied Research Collaboration West Midlands

✉ m.t.skrybant@bham.ac.uk

☎ 0121 414 6026