

RCBC Wales First Into Research project

2021 - 2022

ARE YOU INTERESTED IN HELPING DEVELOP A PHYSICAL ACTIVITY TOOL FOR OSTEOARTHRITIS?

Study completed in conjunction with Cardiff University with ethics approval from the Cardiff University School of Healthcare Sciences Research Ethics Committee:



WHAT?

Current healthcare guidelines encourage physical activity as one of the main management strategies for osteoarthritis which can be difficult to plan with the patient due to pain, motivation and fear of making symptoms worse.



HOW?

Conversations with healthcare professionals can help people living with osteoarthritis develop individual physical activity plans that can improve health and well-being and manage symptoms. This study aims to develop a tool that can support people with osteoarthritis devise their own physical activity plan.



WHAT IS INVOLVED?

Virtual focus groups with people living with osteoarthritis over the last few months have developed an existing physical activity tool. The next stage is to complete 3-4 individual interviews with healthcare professionals working with people with osteoarthritis to gather your thoughts on the best use of the tool. These will also be completed virtually.

The interview would take approximately 30 minutes arranged at a time convenient for you.

If you are interested in taking part in this study please contact Zoe Silsbury at SilsburyZ@cardiff.ac.uk for further information.