

## Example of public involvement in a research study

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### Public involvement

“For the first project I drew on RDS public involvement expertise for support but less so now because we have our own PPI panel that we set up 8 or 9 years ago across the hospitals involved in specific spinal projects - department wide. The Panel are our 'go to' people and have been invaluable in everything we do. We meet them very regularly and give updates about on-going projects and discuss ideas for new projects.

About 5-6 years ago the panel were the instigators of the doctoral research I'm doing now on the [early intervention for sciatica](#). A couple of ex-patients had different experiences of treatments in other hospitals and asked the question why the treatment differed in this area. That's how it came about. And now well into the project the panel have so far been involved in the qualitative/ mixed methods design and deciding refinements for the recruitment phases based on the findings of the pilot.

The RDS questioned us on what we were trying to measure given the complexity of the intervention, they helped us focus in on what we could achieve, really giving attention to the detail - breaking it down into the steps we needed to think through. Really, really useful.”

**“It was a dream process - a co-designed project - they came up with the idea, I refined it with them, they went to the RDS and did much of the legwork and we are now 2 years into the research”.**