

Clinical Research with Older People



*A training intervention to support early career researchers
interested in ageing and the health of older people*

Ellen Tullo



NIHR Newcastle BRC in ageing and long-term conditions

RESEARCH

The overall aim of the NIHR Newcastle BRC is to build on excellence in experimental medicine in five key research themes. We will apply advances in the diagnosis, treatment and prevention of these individual long-term conditions, to ageing syndromes such as sarcopenia, frailty and multimorbidity.

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TRAINING

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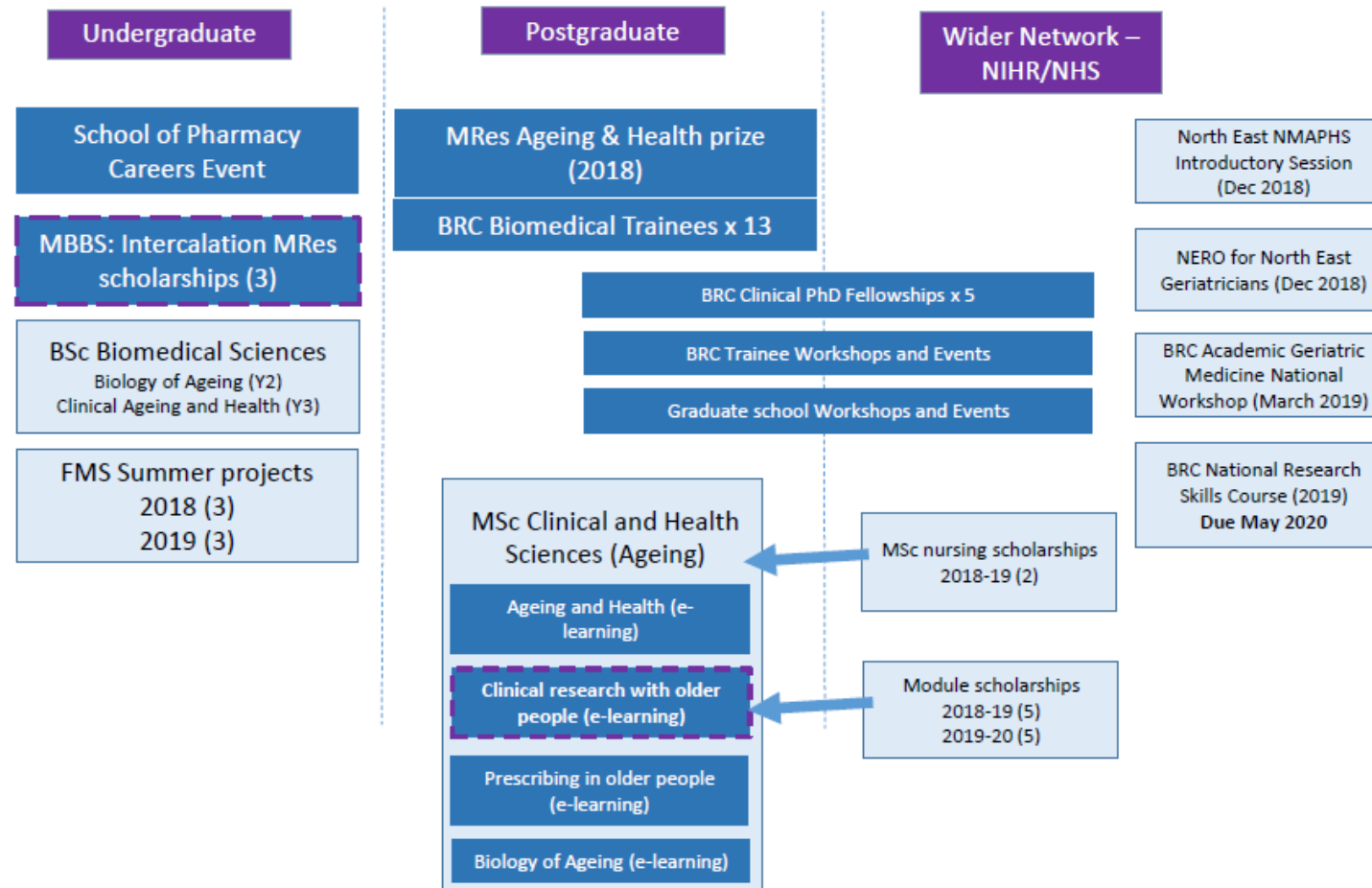
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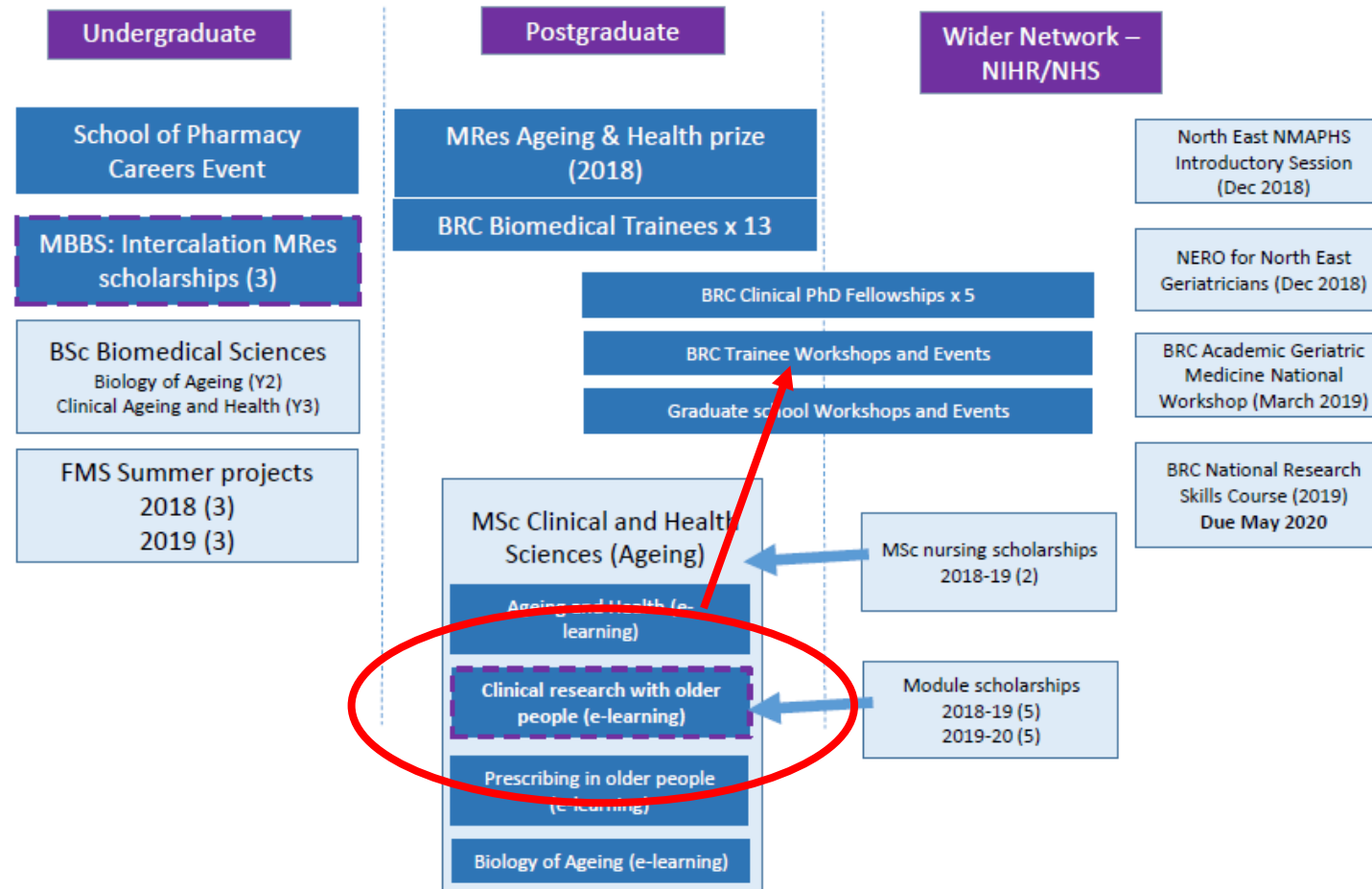
Under-representation

Needs of older people
unmet

Newcastle NIHR BRC education and training



Newcastle NIHR BRC education and training



MSc Clinical and Health Sciences with Ageing

- 3-year part-time MSc for professionals (180 credits)
- Newcastle University e-Learning
- Ageing themed 20 credit modules:
 - Prescribing in older people
 - Ageing and health
 - Clinical research with older people (CROP)
 - Biology of ageing
- CROP curriculum adapted for a 3-hr training seminar open to a wide range of students and professionals

CROP seminar

Clinical research “with” older people?

Older people as research “subjects”

- Health (clinical) research studies

Older people as research partners

- Patient and public involvement (PPI)

Recruitment

Hard to reach groups

Legal and ethical issues



Newcastle Hospitals
NHS Foundation Trust

CROP seminar

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- Evidence-based
- Example studies
- Group activities
- Video and e-learning
- Sharing good practice
- **“Real life” PPI**
- Signposting

CROP seminar evaluation

100+ students since 2016:

- Early stage (pre-doc, PhD, post-doc)
- Multidisciplinary:
 - Medicine
 - Biomedical Sciences
 - NMAHPs
 - Statisticians
 - Trial unit managers
- NIHR and beyond

Consistently positive feedback

I really enjoyed the interactive nature of the session

Great to be given advice and have the opportunity to hear from a PPI representative

It was very useful to discuss different recruitment strategies for these hard to reach groups

If you would like to learn more

- MSc Clinical and Health Sciences with Ageing:
<https://www.ncl.ac.uk/postgraduate/courses/degrees/clinical-health-sciences-ageing-msc-pgdip-pgcert/#profile>
- Clinical research with older people seminar (open externally)
- Wed 11th March 2020

<https://www.newcastlebrc.nihr.ac.uk/training-development/upcoming-training-events/>

