

Public Engagement in Research Programme

April to September 2024



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"It has been such a joy to work with you on this programme. Thank you for generously making time and being willing to learn with us. I'll never forget the openness and connection that came from everyone sharing their stories."

**Charlotte Morgan, Public Engagement Officer,
Academy of Medical Sciences**

"Engaging meaningfully with patients and the public is not just an ethical imperative but a cornerstone of excellence in research and policymaking. Your participation in the PER programme recognises that inclusive collaboration is vital to ensuring healthcare policies and interventions are effective, equitable, and impactful. Thank you for participating in the programme, I look forward to seeing how your experiences help catalyse the change our scientific and healthcare systems need."

**Professor Andrew Morris CBE PMedSci,
President of the Academy of Medical Sciences**



The Public Engagement in Research Programme team (l-r) Mel Bovis, Charlotte Morgan, Rachel Bonnington, Holly Rogers, Vivien Kintu

What you said about the programme

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"Through this programme I have developed a knowledge of the work of PPIE and a confidence to relate that to others"

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"It helped me know I'm enough"

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"I feel more ownership over my medical condition and therefore this has increased my self esteem so I am not suffering or just existing with the condition but I can use my experience to help with research."



Our journey on the Public Engagement in Research Programme

GROW LEARN SHARE

We were brave

when joining a pilot programme and not being sure what to expect

We were committed

when travelling down to London, some of us from as far as Scotland and Northern Ireland, to be together

We stepped forward

with new knowledge and understanding, of health research and of ourselves

We were open

when attending the introductory session, ready to find out more

We were curious

when hearing from speakers and learning about health research in more depth

What we learned



What is health research?

Health research (also known as 'medical research') is the detailed study of a health condition or of the body to learn more about human health and improve healthcare.



Basic or discovery research

Asking questions about why things are as they are e.g. laboratory experiments

Understanding health

Gaining knowledge to prevent, treat and manage real life health problems

Public Health and policy

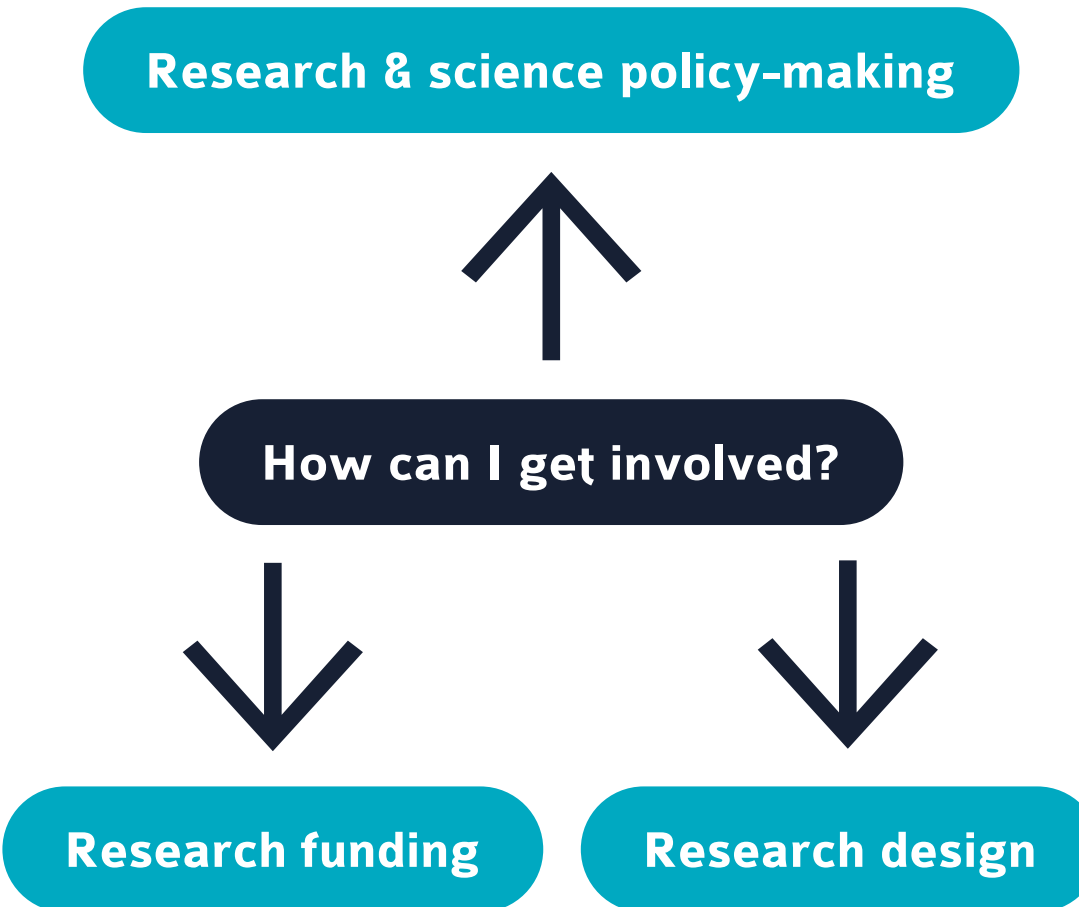
Influencing national laws, campaigns and wider service delivery

Care improvement

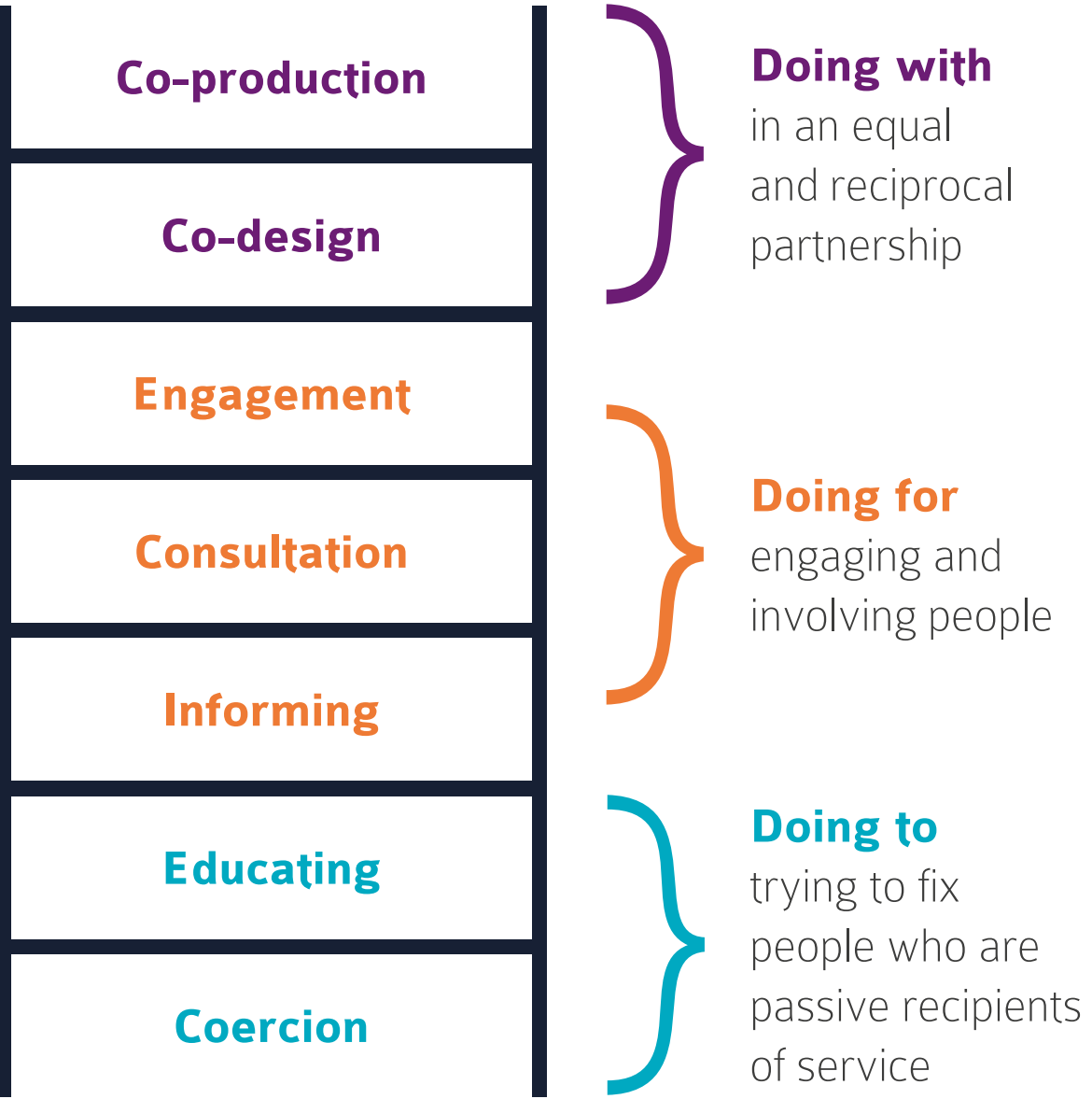
Improving health and care through tested interventions e.g. creating and updating guidelines for the National Institute of Health and Care Research (NIHR)

What we learned

What is patient and public involvement and engagement (PPIE)?



The ladder of involvement



The National Institute for Health Research says PPIE is
"Research being carried out 'with' or 'by' members of the public rather than 'to', 'about' or 'for' them. It is an active partnership between patients, carers and members of the public with researchers that influences and shapes research"



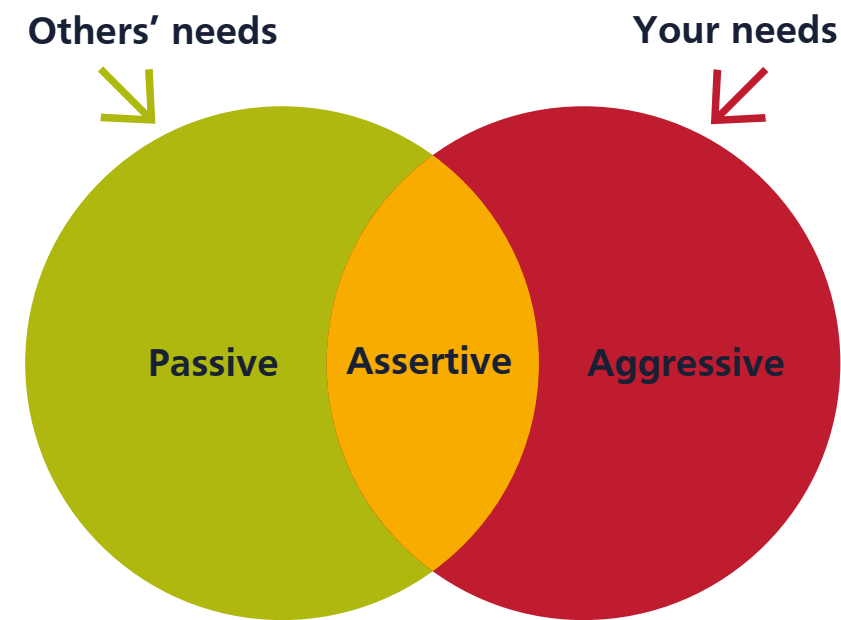
What we learned

All of our stories are important



What we learned

Communicating with our emotional intelligence helps our stories to have impact.



The principles of assertive communication:

- Being direct
- Being honest
- Being appropriate



Space to write down reflections



To continue this journey, my next steps will be...

[illegible]

With thanks to:

All Academy staff, facilitators and partner organisations involved in planning & delivering the programme, including our patient and researcher speakers, as well as those we consulted with at the beginning of the programme.

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About the Academy

The Academy of Medical Sciences is the independent, expert voice of biomedical and health research in the UK.

Our vision is good health for all supported by the best research and evidence.

We are working towards our vision by:

Influencing policy and practice to improve the lives of patients, the public and communities

Supporting UK biomedical and health research, as well as the next generation of researchers

Working with our partners to increase our impact on global health

What next?

Stay in touch – sign up to join our patient collective and hear about future opportunities to work with us.

Contact the Engagement Team by emailing
engagement@acmedsci.ac.uk