

## Annual Open Day - 20 May 2013

Patients, professionals, students, families and friends came together to explore osteoarthritis research in May.

The ROAM group (Research into Osteoarthritis in Manchester) joined forces with the NIHR Manchester Musculoskeletal Biomedical Research Unit (BRU) and Arthritis Research UK Epidemiology Unit to hold its annual open day 11am – 2pm, Monday 20<sup>th</sup> May at the Wellcome Trust Clinical Research Facility in Manchester.

The day included a range of activities and provided a chance for researchers and patients to discuss the latest developments in their research.

50 members of the public attended and many of them stayed for more than two hours, as they wanted to meet the researchers, ask questions and try the different activities.

Many of the visitors who attended the event were already participating in Osteoarthritis studies, but there were also patients (and some students) who attended the event to find out more about research in this area. We were also delighted to welcome representatives from charities, the University and Trust and INVOLVE.



### Activities

Visitors were encouraged to “Meet the Researcher” in order to understand more about OA (with Prof Terry O’Neill) and to “Meet the Scientist” in order to find out more about MRI images of the knee (with Prof Tim Cootes). Other activities included:

#### Balance Machine

Visitors were encouraged to try the stabilometer. This measures the balance the patients with knee osteoarthritis and helps to measure if treatments and interventions such as a knee brace can improve balance.



#### QST Testing

Quantitative Sensory Testing (QST) is a method used to test nerve fibre functioning. It uses non-painful and painful sensations to tell us which nerve fibres have normal or abnormal sensitivity. The tests used on the open day are designed to detect when a sensation is first felt, such as light

touch from a hair or when a pin first feels sharp. Visitors were encouraged to have their knees tested for sensitivity to blunted pins, fine hairs, vibration and pressure.



### **Dissemination - BRACE study results**

The results of the BRACE trial were shared not only with trial participants, but other visitors. The results have now been presented to other world researchers at the major arthritis conference in the USA. The study team have been able to show that compared with not wearing a knee brace, participants improved their muscle strength, muscle inhibition, and most importantly, their pain levels.

### **“Win a Knee Brace” competition**

Visitors were asked to complete a short survey about their experiences in research in order to be entered into the knee brace competition. The knee brace was used in a previous trial and was found to be very comfortable by participants. Mrs Patricia McDonald from Manchester was the lucky winner, which was drawn by Dr Michael Callaghan. The survey showed that 100% of past participants would describe taking part in research as a “positive experience” and would “take part in research again”. The survey also revealed that over 40% of patients would prefer to hear about new studies from their GP.



### **Meeting the team**

The NIHR Manchester Musculoskeletal Biomedical Research Unit has set up an Involvement and Engagement Coordinators’ Group. The Coordinators Nicola Dale, Research Assistant; Suzanne Verstappen, Senior Research Fellow; Fiona Stirling, Study Coordinator; Laura Forsythe, Research Nurse and Peter Ward, JIA Study Coordinator aim to support patient and public involvement and engagement across the seven BRU research areas. They organised and hosted the event alongside 10 researchers.

### **Research User Group**

Patients were encouraged to consider joining the Research User Group. A poster and leaflet introduced its role and importance. Both the facilitator and members of the RUG group were in attendance. 5 people expressed an interest in joining the group.



### **Leaflets**

A range of leaflets and newsletters were made available for visitors to take away. These were documents produced by BRU, ARUK and RUG and they covered many topics, including describing research projects and aspects of arthritis, such as cause, symptoms and treatments.

### **Appendices**

- Open Day Flyer

# Osteoarthritis Open Day



11am – 2pm,  
20<sup>th</sup> May 2013

*Come and meet members of the NIHR Manchester Musculoskeletal Biomedical Research Unit to find out more about our work on Osteoarthritis, as part of International Clinical Trials Day 2013...*

- **Hear about our latest results**
- **Win a knee brace!**
- **Meet the Scientist/Researcher sessions**
- **Try the balance machine**
- **Meet our PhD students**
- **Poster presentations**
- **How you can get involved in research**
- **Refreshments**

## Free public event: Showcasing world-leading medical research

2pm – 4pm,  
20<sup>th</sup> May 2013

For further information and to register, see:  
<http://www.nowgen.org.uk/facilities/events.php> or contact  
[bookings@nowgen.org.uk](mailto:bookings@nowgen.org.uk) or 0161 276 5956

**VENUE:**

Ground Floor  
NIHR / Wellcome Trust Clinical Research Facility  
At Central Manchester University Hospitals NHS Foundation Trust  
Grafton Street, Manchester, M13 9WU