COReC Research Involvement Newsletter

COReC
Care and Outcomes Research Centre

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Welcome to the October Newsletter

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The weather may be starting to turn from Summer to Autumn now (it has taken a while this year), but the campus is still full of buzz and activity now that the students are into their first term (and first assignments!). We are still busy in COReC with our research programmes and settling into our new London and South East (LASE) University group structure. To help clarify, we are still the University of Kent, but now part of the LASE University group.

In this newsletter, I have showcased the story from Jacquie Kiltie, one member of our patient advisory group for the NIHR QSO PRU Martha's Rule project. I particularly wanted to highlight this story, as it shows the real positive and rewarding impact that involvement in research can have on someone's life. I felt it was a heartwarming read.

We have filmed a short video about PPIE at the University of Kent and look forward to sharing this with you in the coming weeks.

The video highlights the work of the Policy Research Unit (PRU) and why PPIE is so important within research – hearing from different perspectives of a research team.

This newsletter also features further information about the Unit Costs of Health and Social Care programme and an upcoming 'lunch & learn' webinar planned for January – register your interest now!

As ever, if you wish to contribute an article, poem, reflective piece or a Q&A spotlight session in this newsletter or our QSO PRU newsletter, please let me know and we can support you with this if needed.

Kind Regards,
Sarah

NIHR Policy Research Unit in Quality, Safety & Outcomes of Health & Social Care

The NIHR QSO PRU team have launched their second Newsletter, which is available here. If you would like to be involved in the next edition, please get in contact.

The Bridge Between Two Worlds: My Journey with the Martha's Rule Patient Advisory Group

'For many years, my identity was inextricably tied to my work in medicine. However, following a severe head injury, years of illness and finally a period of critical illness that left me in the ICU and then that identity vanished.

I found myself in a landscape of marginalisation and disability, struggling to reconcile the clinician I had been with the patient I had become. After years of trying to "get my life back," I reached a crossroads where I realised that "the old me" was gone, and I had to learn to live before it was too late.

At this vulnerable juncture, I was invited to apply for the Patient Advisory Group (PAG) under the NIHR. At the time, it felt like a lifeline; in retrospect, it was the catalyst for my rebirth as an advocate.

The PAG provided a space where my illness was no longer a deficit, but a qualification. It helped me realise that my "before and after" insights—the dual perspective of a medical professional and a survivor of life-threatening illness were unique and compelling.

For the first time since my injury, I wasn't being "managed"; I was being consulted. In the PAG, I was treated as an equal.

My voice was not just heard but was considered fundamental in crafting the first draft of a major new NHS initiative.

The structured support provided by the PAG was instrumental in my recovery. Through access to high-level training and mentorship with NIHR, I began to bridge the gap between my past expertise and my new reality.

Over the eighteen-month period of my involvement, the "tiredness" of marginalisation began to lift. My confidence soared as I realised that my lived experience could influence the systemic future of healthcare.

I am no longer trying to reclaim a lost identity. Instead, the PAG allowed me to forge a new one: a sovereign voice that uses the grit of survival to inform the grace of service. It reminded me that I matter, not in spite of what I went through, but because of it. This unique perspective of mine is a quality that was earned.

Being part of this group didn't just contribute to my life- it gave me a new one. One that still has lots of work to do.'

Jacquie Kiltie: Member of the Formative Evaluation of Martha's Rule Patient Advisory Group (PAG)

How Public voices have shaped the Unit Costs of Health and Social Care Research

The Unit Costs of Health and Social Care is a collaborative research programme at the University of Kent and University of York.

Find out more about the Unit Costs PPIE webinar here!

Knowing the cost of health and social care services plays an important role in informing what support is provided. The cost of services affects choices about health and social care provision and about how best to spend limited budgets. Using consistent and reliable cost information is important for decision makers in health and social care and for research. Unit Costs 2022-2027 - Care and Outcomes Research Centre

This research programme uses numbers and data, which can sometimes be challenging when it comes to involving the public. However for the first time, we're including members of the public in different parts of the programme. We have delivered an initial webinar to research advisors to explore how to involve the public more in this kind of research and share ideas on how to keep members of the public engaged.

We would like to invite research advisors to our Unit Costs 'Lunch & Learn' webinar in January 2027.

To find out more about Unit Costs of Health and Social Care, please register your early interest with Sarah (email: s.j.birch@kent.ac.uk)

News, Blogs & Bulletins

- SCIE Annual Insight Improvement Survey – 10 minute survey to help shape SCIE services
- NCCPE – Public and Community Engagement: The State of the Sector Report
- HRA Blog – 'Make it Public: what we've learned and what comes next'

Acronyms & Links

CORec
Care and Outcomes Research Centre

HRA
Health Research Authority

NCCPE
National Co-ordinating Centre for Public Engagement

NIHR
National Institute for Health and Care Research

NIHR QSO PRU
Policy Research Unit in Quality, Safety & Outcomes of Health and Social Care

PPIE
Patient and Public Involvement and Engagement

SCIE
Social Care Institute for Excellence