

Physiotherapy
Research
Foundation

**The Impact
of the
Physiotherapy
Research
Foundation
Awards**

**Ten years of funding
physiotherapy research
2007–2017**



CHARTERED
SOCIETY
OF
PHYSIOTHERAPY







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Introduction

The Chartered Society of Physiotherapy Charitable Trust (CSPCT) was established in 1980 as an independent charitable organisation whose core aim is to support the advancement of education and research in subjects relevant to the practice of physiotherapy.

In support of its aim, each year it provides research grants to experienced and novice researchers through its Physiotherapy Research Foundation (PRF) awards.

These are split into two categories: Scheme A awards and Scheme B awards.

Scheme A awards are targeted at experienced researchers who can apply for a grant of up to £150k. Scheme B awards are targeted at novice researchers who can apply for a grant of up to £25k.

In the last 10 years **over £1 million** has been awarded to **over 50 research projects** carried out by CSP members.

Between 2007 and 2017, 35 completed research projects have been funded through the PRF awards.

This report looks at the impact that funding these awards has had on both patient care and physiotherapy practice.

Further information about the awards can be found here:

<https://www.csp.org.uk/professional-clinical/research-and-evaluation/research-funding>

Contact : PRFaward@csp.org.uk.

Forewords

Chair trustees

Professor Jo Jackson,
EdD, FHEA



The Chartered Society of Physiotherapy Charitable Trust supports research projects to fund the advancement of excellence in physiotherapy practice, the foundations of which are research, evidence-based practice and continuing professional development. In its 2015-2019 Research Strategy, the Chartered Society of Physiotherapy Charitable Trust (CSPCT) committed to funding and supporting high-quality, relevant research to improve the quality of life of people who receive physiotherapy interventions and services. To a great extent, the CSPCT fulfils this commitment by providing funding to support research. This is the first occasion on which the impact of this funding on patient care and physiotherapy practice has been examined. It is pleasing to note the impact of the awards on developing the personal knowledge, skills and experience of physiotherapists in receipt of funding. However, possibly of more significance is the impact the awards have had on patients and the public, ensuring that they benefit from improvements to physiotherapy practice and service delivery. We look forward to continuing to provide funding to support research in physiotherapy for both novice and experienced researchers supporting the evolution and growth of the profession.

Chair of the scientific panel

Professor Helen Dawes



Physiotherapy interventions and services have never been more critical in supporting people to live well and live long healthy lives, prepare for and recover from surgical interventions and illness, and manage long-term conditions. The CSPCT is committed to funding research to determine the most efficient and effective services, develop physiotherapists skilled and confident to carry out this research and to generate future research leaders. The CSPCT awards provide a unique opportunity for physiotherapists, from the beginning of their careers through to senior researchers, to develop high quality, relevant research with the aim of improving the quality of life of people who receive physiotherapy interventions and services. The CSPCT is the only bespoke opportunity for physiotherapists to focus on physiotherapy interventions and services and is essential for the development of the physiotherapy profession. For the first time the CSPCT is able to show the size, context and focus of the impact of its various funding schemes and awards. We look forward to using this information to make the most of our resources for the benefit of the public, patients and the profession.

Scheme A Recipient

Professor Doreen McClurg,
Professor of Pelvic Floor
Physiotherapy, Glasgow
Caledonian University



As the grateful recipient of two PRF Scheme A awards, I am very aware of the continued need for such support to physiotherapists with an interest in research. The awards have made a huge impact both on my career and facilitating the evidence base of interventions relevant to physiotherapy, thus improving patient outcomes and quality of life. The first was awarded just post PhD, when I was relatively new to research, and was a great boost to my self-esteem as well as a steep learning curve. This has led to successful grant applications to NIHR in related topic areas and the further development of a specific stream within my unit. The Cochrane Overview has led to a succinct summary of a hierarchy approach for the management of urinary incontinence in women, based on the views of clinicians and women themselves. In addition, this overview has led to significant advancements within the team and wider Cochrane circle in the methods of undertaking of such complex reviews. I would strongly recommend applying for a Physiotherapy Research Foundation grant from the Chartered Society of Physiotherapy Charitable Trust.

Scheme B Recipient

Dr Debbie Thackray,
Principal Teaching Fellow,
Lecturer in Physiotherapy,
School of Health Sciences,
University of Southampton.



I was a PRF award scheme B winner in 2008, and I firmly believe that this award has had a positive impact on my career over the past 10 years.

Originally, the award enabled me to conduct and complete my Educational Doctorate: “exploring the clinical reasoning of cardiorespiratory physiotherapist using simulation, video recording and think aloud”. The outcome of this was a conceptual model of clinical reasoning in cardiorespiratory physiotherapy and I have been able to present this at the Chartered Society of Physiotherapy (CSP) conference and the World Congress of Physical Therapy (WCPT) Conference in 2014. This work, became my platform for successfully obtaining educational research grants, leading to further presentations at the CSP in 2016, and the WCPT Conference in 2017. As a consequence of this educational research, I am now working on developing an eLearning module for Health Education England HEE. Furthermore, I have been able to expand my work internationally through obtaining a Global Initiator Award, to work with the University of Sydney, Work Integrated Learning (WIL) team to develop clinical reasoning in simulation based education across the health professions.

I believe that without PRF funding, none of these things could have been achieved. I thoroughly recommend anyone to apply.

Overview

From 2007 to 2017, 35 completed research projects were funded through the PRF awards.

Of the completed projects, 27 were funded via the Scheme B award and 8 via the Scheme A award.

A list of the 35 projects funded can be found in appendix 1.

The total spend on the completed awards was:

Amount of funding per scheme

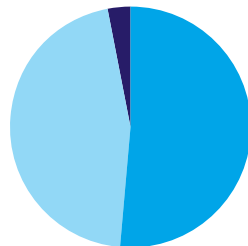
Scheme A: £487,330.82

Scheme B: £478,935.48

Project spread (based on location of principle investigator):

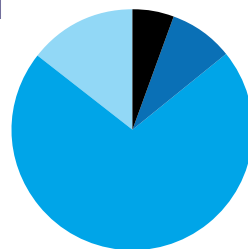
Across institutions/organisations

- ▶ 1 based in **private practice**
- ▶ 18 based in **higher education institutions**
- ▶ 16 based in **NHS**



Across the UK

- ▶ 2 based in **Northern Ireland**
- ▶ 3 based in **Wales**
- ▶ 25 based in **England**
- ▶ 5 based in **Scotland**



Impact on Awardees

One of the aims of the PRF awards, and in particular Scheme B awards, is to help individual physiotherapists, develop new skills, provide an opportunity to further a career path in research and enable them to gain a better understanding of their work.

It is evident from the impact data, that these awards do have a positive impact on developing physiotherapists' knowledge, skills and experience in the ways described above. Below are examples of the types of impact these awards have had and how they have impacted upon individual awardees.

The funding provides a useful stepping stone for novice researchers to pursue a career into research, supporting completion of academic qualifications and opening up opportunities to pursue other qualifications and awards:

"As a novice researcher at the time of this award, this research was a key component of my PhD studies and developed my topic specific knowledge in the area of somatosensory assessment. In essence, it helped inform the direction of my thesis."

- Scheme B awardee

"Since the PRF award, I have gone on to undertake an internship with the NIHR and this has led to my successful application for the clinical academic doctoral fellowship award which commenced in June 2018. This award laid the foundation for me to step into a new part of my career which I am very excited about."

- Scheme B awardee

The awards provide opportunities for the development of professional skills as well as an understanding of research governances and processes:

“It has improved my confidence with public speaking. My literature searching technique is now much more efficient”.

- Scheme B awardee

“I am proud that I have been successful in undertaking ‘real life’ clinical research, as this is not an easy task. Much of my learning has been through ‘doing’. I have learnt about the process of obtaining ethical approval, gaining informed consent, organising the day-to-day running of a research study (and the challenges that go along with this), time management, analysing data, presentation skills, writing for publication and speaking to parents of preterm infants as part of Patient, Public Involvement (PPI) work. Additionally, it has enabled me to gain experience of working as a clinical academic and learning about the benefits and challenges of this role”.

- Scheme B awardee

These awards enable individuals to gain a better understanding of their own clinical fields and patient conditions:

“Deepened and clarified my understanding and management of people with chronic MSK Pain, and how I support other physiotherapists and

colleagues with the management of people in this situation.”

- Scheme B awardee

“I also gained a greater understanding of patient experience, which informs me as a clinician to improve patient care.”

- Scheme B awardee

The awards provide opportunities for individuals to develop in their clinical roles, improving confidence and empowering them to engage and influence:

“From a personal point of view I also feel experience of research has helped with development as an advanced practitioner physiotherapist. As a specialist centre I firmly believe we should be providing the best treatment and care for our patients. I also believe we have a responsibility to participate in research and add to the evidence base regarding rehabilitation treatments. In addition as part of my senior role, I lead an audit and service development group with junior therapy staff. This allows junior staff members, both static and rotational, the opportunity to lead a project with guidance/mentorship from me. I have directly transferred the skills I gained from completing a MSc and research study to help and develop others. Without the grant or funding I would not have been able to complete the study or gain the skills I have described, so it has had a huge impact

on me professionally and personally, and shaped my work as a clinician.”

- Scheme B awardee

“... the credibility of having actually done some research, been through ethics, collected data, etc allowed me to have more meaningful and helpful conversations with other researchers, managers and medics, who I think take my research work as a real indicator that I am someone to be taken seriously.”

- Scheme B awardee

The awards provide opportunities for applicants to be recognised within their fields of specialism and share their knowledge:

“Personal invitation as keynote or other named speaker to a conference”

- Scheme A awardee

“I teach annually on an Advanced Physiotherapy, Neurophysiotherapy MSc, in which I integrate findings from my research into teaching sessions.”

- Scheme B awardee



Impact on patients and the public

The awards aim to help develop and build the evidence for physiotherapy interventions and, as part of this, they have a particular focus on ensuring patient engagement through all levels of the research from developing the research question right through to disseminating the findings. This involvement, as well as the outcomes of the research itself, has a number of positive impacts on patients and the public which are reported below.

The awards can contribute to improved clinical care for patients by enabling research that helps educate patients, encourages self-management and evidences the efficacy of the treatments they are receiving:

“This research has contributed to the development of an evidence-based pathway of care for developmental monitoring of preterm infants born at less than 30 weeks gestation within our service. The funding enabled us to offer a Clinical Specialist Neonatal Physiotherapy Clinic to offer Precht/ General Movements Assessment to all infants at approximately three months corrected age as part of the study. This has recently been recommended as best practice in the new NICE Guidelines: Cerebral Palsy in Under 25s: Assessment and Management and also the International Guidelines for Early Detection of Cerebral Palsy. This evidence-based assessment clinic has been continued after the initial part of study has been completed.”

- Scheme B awardee

“The qualitative component helped patients consolidate self-management strategies inadvertently.”

- Scheme B awardee

“Most participants talked about the therapeutic effect of taking part in the qualitative project – talking about their experiences in a way they never had before. Several told me they were then able to have more honest conversations about their physical and psychological recovery with their family and friends, and were more able to ask for help, ultimately improving their quality of life.”

- Scheme B awardee

“I produced a patient information leaflet, based on participant’s own ‘advice to others’. This is handed out to patient with rib fractures in a major trauma centre, and is also available on line for others to access. Patients have told our team they find the leaflet reassuring, and it helps them through their recovery. I was also able to use the research findings to train staff in helping patients deal with traumatic injuries, not just rib fractures, so many more patients benefit.”

- Scheme B awardee

The awards create opportunities of access to physiotherapy services.

“As a result of the work and its impact, I am currently in a two-year externally funded secondment focusing on developing the role of physiotherapy – I doubt this would have happened

without the research grant. This is allowing me to treat a group of patients that were not previously given access to physiotherapy.”

- Scheme B awardee

“In five instances, attendance for the research project resulted in onward referral for review of arm management.”

- Scheme B awardee

The awards enable patients and the public to actively contribute to physiotherapy research and feel empowered by doing so:

“Families and children have been really keen to get involved and learn more about the evidence base around the interventions we recommend. Many have found a real purpose in trying to help answer the research questions. The results of the research were feasibility outcomes and so have informed the structure of a possible full RCT programme.”

- Scheme B awardee

“What many participants did report as a consequence of being involved in the study is greater insight into physiotherapy research, and reassurance that physiotherapists are supported to develop the profession and undertake research.”

- Scheme B awardee

Patient statement taken from one of the research projects funded: “You know, all

this research, it makes you feel like being part of the human race again.”

- Scheme B awardee

The awards lead to other research ideas and questions being developed to continually improve patient care:

“Lastly, as a result of completing research, I now want to continue and complete further research as part of a larger scale study. This has the potential to have a direct link to the patients I and my colleagues treat on a day-to-day basis. The impact of further research could affect patient care locally and across the health board. There is very little evidence regarding exercise for people who require wheelchairs or who are moderately affected by multiple sclerosis. The study I propose has the potential to improve this and provide a way of self-managing symptoms associated with the condition”.

- Scheme B awardee

The awards enable new treatment techniques to be developed that support and improve patient care:

“This study involves the development of a new type of physiotherapy intervention: Walk30x5. We know of no other physiotherapy treatment involving the use of podcasts (supported by a website) designed to increase physical activity levels. The podcasts and website were developed via a consensus process involving 31 patients, clinicians and researchers. The podcast scripts were

recorded in a sound studio and voiced by a professional actor. The podcasts started gently with brief periods of brisk walking and very slow (105 beats per minute) / slow (115 bpm) music beat. Podcasts progressed so that podcast eight involved 30 minutes of brisk walking (music beat 135 bpm). The beats per minute and scripts incorporated all available evidence regarding music and cadence and behavioral strategies to promote change.”

- Scheme A awardee

“This study led to the development of Cauda Equina Cue Card: an A4 Clinical sheet containing illustration of anatomy of cauda equina and patient specific cauda equina syndrome (CES) questions for use within the clinical setting. Clinicians are able to show patients an illustration of the cauda equina illustrated on the cue card and explore CES questions in a more patient-centred manner. The card is now in 28 different languages and used internationally.”

- Scheme A awardee

The awards support collaborations and networks to be developed, creating opportunities to improve patient care that would otherwise not exist:

“It led to me being on a steering group of a meta-ethnography study to understand healthcare professionals’ experience of treating adults with chronic non-malignant pain.”

- Scheme B awardee

Impact on Physiotherapy Services

The awards not only have a positive impact on the awardees and the patients' and the public involved in the research but they also help to facilitate change by improving experience, care standards and service delivery on a local, national and international level. Below are examples of how the awards impact on the provision of physiotherapy

The awards help to facilitate change in practice to provide better patient care:

"This study has challenged and informed how my clinical colleagues and I approach the assessment of somatosensory function in neurological populations. Local training sessions have presented the findings and future directions of the study have been discussed."

- Scheme B awardee

"Other outcomes from the research have been increased engagement and adherence to standing programmes (including in the control group). The trial has highlighted funding differences between regions and has helped some children apply for standers for home use. There has been an uptake of hip surveillance in patient groups as this was one of the outcome measures, and has raised the need for systematic hip surveillance among clinicians. The network of physiotherapists across Devon and Cornwall has improved and evidence-based training about standing frames has been delivered as part of the trial set up, and for many this was

the first involvement in recruiting and participating in research."

- Scheme B awardee

"There has been a reconsideration of the traffic light risk assessment process for manual handling implemented across the whole of Wales."

- Scheme B awardee

"The model of clinical reasoning developed was presented at the World Confederation of Physical Therapy in Singapore in 2014 and has informed the educational package we deliver at our university".

- Scheme B awardee

The awards support work helps inform international guidance and strategy:

"The research has informed the international guidance: Physiotherapy guidelines for Huntington's disease."

- Scheme B awardee

"The results from the study and the consequential projects, have given me the opportunity to present at national and international conferences; design new bespoke simulation programmes; be involved with a national simulation strategy with Higher Education England and locally in my region. And most recently, to develop an international collaboration with the University of Sydney."

- Scheme B awardee

The awards help to increase local physiotherapy teams' research reputation and recognition:

"The literature review and evidence base around standing has been disseminated and influenced the way we use standing frames in the trust, in particular assessing for more dynamic standers or standers that promote hip abduction. I have disseminated the findings at a clinical schools conference held at the trust. This has raised the profile of our team as being active in research, and this reputation as a proactive team who carries out research has been mentioned to me as an attraction when we have interviewed for new physiotherapy staff."

- Scheme B awardee

The awards enhance local physiotherapy delivery and the skills base:

"I have used the skills gained from completing a research study to develop other staff as part of a local audit and service development group. I lead junior staff with projects and audits, mentoring them and giving them valuable experience in the process of service improvement and change. I think this is essential in developing leadership skills in junior staff members, and aligns with the four pillars of practice. The feedback gained from this staff group has also been positive. Several of these projects have also been presented at the physiotherapy best practice day within our health board, with positive feedback from other staff who attended."

Continuing with further academic studies and gaining new skills will only assist me to fulfill this role at a higher standard."

- Scheme B awardee

"Our department has developed a 'service improvement initiative' where I and another clinical academic physiotherapist help to support members of staff in developing service improvement projects (research, audit and service evaluation). Our knowledge of designing and undertaking clinical research contributes to this."

- Scheme B awardee

Close and acknowledgments

In the last 10 years, the CSP Charitable Trust has spent over £1 million on research grants, funding more than 50 research projects. The positive impact of these awards on the applicants and on physiotherapy services and patient care is evident.

The awards provide an extremely valuable opportunity to help resource research, which leads to improving quality of physiotherapy provision and patient care. They also provide the individual physiotherapist with an opportunity to develop research knowledge, skills and confidence which they can use and share with colleagues to continue developing and evolving practice to ensure the high quality physiotherapy expected by the public.

By funding physiotherapy research the CSP Charitable Trust has enabled physiotherapists to develop and evolve, support patient and public involvement in physiotherapy research and encouraged the development and use of evidenced-based interventions.

Thanks are given to the following for contribution to this work:

PRF Awardees 2007 - 2017

Scientific panel members

Trustees

CSP Charitable Trust officers



Appendix 1: List of completed projects funded 2007 – 2017

Cardio Respiratory	
	An investigation of the current physiotherapy provision in the United Kingdom for patients with pulmonary hypertension (PH)
	An investigation into clinical reasoning within the context of critical care for cardiorespiratory physiotherapists using Sim-Man. (LaerdalTM)
Musculoskeletal	
	A study to investigate the factors acquisition of work related spinal disorders
	Treatment for rotator cuff tears: why did the rest and exercise physiotherapy arm of the UKUFF trial fail?
	Recommendations for exercise adherence measures: findings from a systematic review and consensus workshop
	People's beliefs about the meaning of crepitus in patellofemoral pain syndrome and the impact of these beliefs on their behaviour
	An exploration of physiotherapists' and patients' views about using activity pacing with people with musculoskeletal chronic pain
	An exploration of strategies to enhance physical activity in people with rheumatoid arthritis (RA)
	A qualitative patient perception study of physiotherapy practice and needs following multiple rib fractures in a major trauma centre
	Exploring reconceptualisation of pain neurophysiology education for back pain: a qualitative study
	How do different models of care in Scotland impact on the use of the PPAM aid with unilateral trans-tibial amputees?
	Psychologically informed physiotherapy (PIP) for chronic pain: patient experiences of treatment and therapeutic processes

	What is the optimal exercise package in physiotherapy management for early hip osteoarthritis? An exploratory study to develop an intervention
	Rehabilitation of upper limb sensorimotor dysfunction in patients with early rheumatoid arthritis - an assessor 'blind', pragmatic, randomised controlled trial. Education and eXercise Training in early Rheumatoid Arthritis study (EXTRA study)
	The reliability and validity of the figure-of-eight method of measuring hand-size in patients with breast cancer related lymphoedema (BCRL)
Neurology	
	An Investigation into the Patient Experience of Cauda Equina Syndrome (CES)
	The development of somatosensory discrimination tests in the lower limb following stroke
	The effect of cycling using active-passive trainers on cardiovascular fitness, spasticity, function and quality of life in people with multiple sclerosis
	A feasibility study evaluating if the cardiac model of rehabilitation is more effective than standard care in reducing cerebrovascular risk factors post transient ischaemic attack
	The effect of temperature on neuromuscular function and walking ability in people with hereditary spastic paraparesis
	An investigation of the risk factors associated with falls in people with multiple sclerosis
	Motor learning after stroke: how does speed training and accuracy training generalise to varying demands of a reaching task?
	A longitudinal exploration of stroke survivors' experiences and perceptions of the impact of upper limb dysfunction
Older people	
	Skilful care training package for residents in care homes: cluster randomised controlled feasibility trial

Paediatrics	
	Clinical and cost effectiveness of increasing standing time in non-ambulant children with cerebral palsy: a pilot study
	Effects of a school-based intervention programme with minimal specialist support in children with movement difficulties
	Motor assessment of preterm infants: A comparison between the Lacey Assessment of Preterm Infants and Prechtl's General Movements Assessment
Physiotherapy practice	
	The Identity of Physiotherapy: Language, values, and practice
Respiratory	
	Patterns of physical activity in patients with bronchiectasis :Cross sectional study using quantitative methodology
	A randomised double blind 12-week crossover trial of hypertonic saline (HTS) (7%) versus isotonic saline (ITS) (0.9%) in patients with bronchiectasis
	Efficacy of a Physiotherapy, Speech and Language Therapy Intervention (PSALTI) for patients with chronic cough: a randomised controlled trial
	Respiratory function in people with Huntington's disease: a cross sectional study
Women's health	
	Identifying key messages for physiotherapists treating female urinary incontinence: a Cochrane Overview of the evidence
	Management of chronic post-partum pelvic girdle pain: Evaluating effectiveness of combined physiotherapy and a dynamic elastomeric fabric orthoses
	SUPER - SUrgery and Physiotherapy for prolapsE to avoid Recurrence: a feasibility study



The CSP Charitable Trust

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