



# ‘Best practice around Patient, Public, Involvement PPI’

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# What is Patient, Public Involvement (PPI)

◆NIHR INVOLVE defines public involvement in research as:-  
”research being carried out ‘with’ or ‘by’ members of the public rather than ‘to’, ‘about’ or ‘for’ them. This includes, for example, working with research funders to prioritise research, offering advice as members of a project steering group, commenting on and developing research materials, undertaking interviews with research participants.

When using the term ‘public’ we include patients, potential patients, carers and people who use health and social care services as well as people from organisations that represent people who use services.” Therefore, can be people with lived experience of mental distress and later on I will talk about ways PPI can help for this funding call.

◆**Link to NIHR Involve website:** for more information

**<https://www.invo.org.uk/find-out-more/what-is-public-involvement-in-research-2/>**

# Best Practice/top tips for PPI Involvement

☺ **Budget properly** in your application in order that you include PPI and accurate costs, for example £20 for pieces of work, or to attend meetings

☺ **Make sure PPI happens throughout all stages:-**

-before you start in order that people with lived experience of mental distress can help shape everything;

-during the whole period of the study;

-make sure true co-production takes place, therefore suggest you look at NSUN 4PI Standards (I will cover these in other slides)

-Remember good PPI takes time, as lots of practicalities to think about

-Meaningful and not tokenistic

☺ **Guidance:** NIHR Involve <https://www.invo.org.uk/find-out-more/what-is-public-involvement-in-research-2/>

Charity involve - <https://www.involve.org.uk/about>

<https://www.nsun.org.uk/faqs/4pi-national-involvement-standards>

☺ **Communication and openness:** keeping PPI members included and involved in key messages, emails and updates. Along with clarity over role (parameters/remit).

If a co-applicant have a clear and open discussion on this. If application is not successful inform co-author and share feedback

☺ **Terminology:** used by researchers might not be familiar, or clear to PPI Members, therefore, keep things nice and simple, or have a jargon buster

☺ **Value and ask:** value what we bring and ask us how you can best work with us



# How can someone with experience of PPI help your application and study?



- ◆ **Discuss good practice for patient and public involvement (PPI)** in relation to your funding application, along with how to work in co-production
- ◆ **Be a co-applicant on your application**, work in co-production with you, and **work on your research study** should it be successful
- ◆ **Link you in with relevant PPI networks** in relation to your funding application

# How to find PPI people to co-produce with



♦ **NSUN News Bulletin:** you can advertise there for free, this is a weekly bulletin with a large circulation to people with lived experience of mental distress – here is the link

<https://www.nsun.org.uk/Pages/Category/e-bulletins>

Email contact: [info@nsun.org.uk](mailto:info@nsun.org.uk)

♦ **Social media:** Twitter and Facebook – on Twitter can use hashtags to target certain groups, or search for lived experience groups - or contact mental health organisations to promote to, or pay a small fee to Facebook to send out targeted message to target audience

♦ **Emails:** targeted emails to mental health organisations, or charities, or lived experience groups

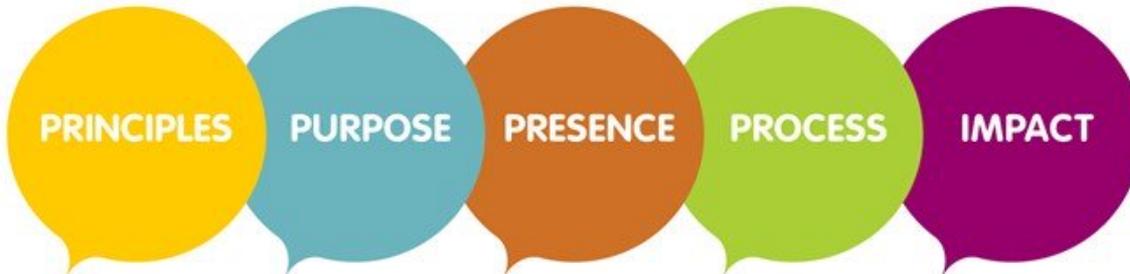
♦ **University colleagues:** advice where they have looked, or whether have people interested in research on a database – remember to follow GDPR data protection

♦ **Patient and Public Involvement Leads:** most local authorities and Clinical Commissioning Groups have leads – can target certain communities and regions

♦ **Healthwatch:** each local Healthwatch produce a bulletin and you can ask to put information in this free bulletin – frequency varies – this way you can target certain areas in the country and communities

# Best practice in Involvement/ Co-production

**4pi** National  
Involvement  
Standards



Link to why use the 4PI's: <https://www.nsun.org.uk/Handlers/Download.ashx?IDMF=f231d7e7-80db-49c9-ad89-46d049ae6566>

# Quick overview of 4PI framework

## 4pi National Involvement Standards

4PI is a framework for the involvement of service users and carers - in our own care, in our communities, in service delivery and evaluation and in organisational governance and strategy.

- 4Pi is a simple framework on which to base standards for good practice, and to monitor and evaluate involvement.
- The framework builds on the work of many people: mental health service users and carers and others who have lived and breathed involvement and shared their experiences in various ways, both written and unwritten.
- Meaningful involvement means making a difference: it should improve services and improve the mental health, wellbeing and recovery of everyone experiencing mental distress.



**Principles**  
How do we relate to each other?  
Principles and values are the rules or beliefs that influence the way we behave, the choices we make and the way we relate to other people.

**Purpose**  
Why are we involving people?  
Why are we becoming involved?

**Presence**  
Who is involved?  
Are the right people involved in the right places?

**Process**  
How are people involved?  
How do people feel about the involvement process?

**Impact**  
What difference does involvement make?  
How can we tell that we have made a difference?



Any questions please put in chat,  
or ask at the end  
after all presentations?

