CARDIFF UNIVERSITY
PRIFYSGOL CAERDYDD

School of Medicine
Ysgol Meddygaeth

Public Engagement and Involvement with Research
Case Study

Name: Dr Grace McCutchan

Job Role: Research Associate

Division: Population Medicine

The Research:

Grace's research aims to develop ways to encourage people to go to their GP quickly with symptoms of cancer. We know that people who live in deprived communities may put off going to the GP with a symptom of cancer, so they get diagnosed at a late stage where the chances of a surviving cancer are reduced. Grace is interested in why people from deprived communities might put off going to the GP with symptoms of cancer and how we can encourage people to visit their GP with quickly symptoms.

The Engagement:

The key 'publics': Public (adults, young people and children; festival goers).

The types of engagement: To inform and educate the public in the latest psychosocial research in cancer prevention and early diagnosis.

As part of the Tenovus Cancer Care Research team, Grace spent four days in Einstein's science Garden at the Green Man Festival, inviting festival goers to come and have a 'cheeky cell-fie' taken inside a converted mobile laboratory ice cream van. Festival goers learnt facts about the cells in their bodies and were given the chance to do a quick cheek swab and see some of their own cells under the microscope. People were informed about what their cells do and how to keep them healthy to prevent cancer. As a memento, people were offered a photo of their 'cell-fie' to keep. Over the four days, over 200 'cheeky cell-fies' were taken and Grace had plenty of opportunity to talk about her research.

Grace enjoys participating in Cancer Research UK Open Days interactively showcasing the latest cancer related research taking place at the University, utilising games such as the Facts, Myths and Legends game to effectively engage in conversations about the research, and dispel myths about cancer. Grace sees tremendous value in accepting offers to present at established engagement events that target different audiences (PublicUni talks; Tenovus Charity Shops and Expert Patient Groups). She has found that these engagement opportunities have helped her to establish new contacts to support her research going forward, as well as prompting discussion with the public about the other important factors that may impact health.

The Involvement:

The key 'publics': Members of the public who would like to be involved in the design and conduct of research.

The types of involvement: Two lay representatives as part of the study team for the Lung Symptom Awareness and Health (LUSH) study. Involvement of two lay 'Research Partners' in the 'Community theme' of the Wales Cancer Research Centre.

For the LUSH study, Grace has recruited two members of the public as lay representatives for the study. They have played a key role and active part in the whole lifecycle of the study including the development of study materials, recruitment procedures, interpretation of findings, intervention development, and input to lay summaries, conference presentations and academic papers. For example, the lay representatives advised on the suitability of the list of topics and questions to be discussed in the study interviews and focus groups such as suggestions on how to simplify questions and introduce sensitive topics particularly around smoking.

The two lay Research Partners in the Community theme of the Wales Cancer Research Centre Community theme have offered input and support for studies in the department. In addition, they act as peer mentors to the lay representatives on the LUSH study.

The Motivation:

Grace feels that is important to host talks and events to inform the public of ongoing research, particularly when the research is funded by a Charity so that people know the outcome of research that was funded by their donations. Engagement events such as open days and festivals can also offer an opportunity to inform the public about cancer prevention and dispel myths about cancer.

With respect to public involvement with research, Grace believes that lay contributions are invaluable. The lay representatives on the study team can and have offered another perspective when conducting research and when interpreting research findings.

“Recently, a lay representative played a key role in the development of a community based cancer awareness intervention. She helped with the formatting, wording, re-framing of the tasks in the intervention, and had some really useful suggestions on how to conduct the session. I was so grateful for her help and advice”

The Professional Development:

Apart from the professional benefits associated with engaging and informing the public of her research, Grace feels that her communication and presentation skills have improved as a result of her engagement work.

“Being able to communicate research in an acceptable and interesting way to a non-academic audience has made me think differently about how to present my research and has improved my presentation skills”

Furthermore, through her engagement activity, Grace has made some useful contacts to support her research in the future. For example, after presenting her research at a charity shop event, Grace met people who offered to help with recruit participants in their local area for future studies.

The Learning:

Grace feels that she has a clearer idea of the needs of the public through engagement and involvement activity.

“People are generally really interested in research but often don’t know how to find out about ongoing and completed research, so engagement events are really important. In terms of involvement, there are lots barriers to getting involved in research so we need to think of ways to increase access to public involvement in research.”

Grace’s top tips:

“Involving the public in research can offer another perspective and is invaluable. Don’t just make it a tick box exercise. Equally, public engagement can be fun and will push you to think about innovative ways of communicating your research to a wider audience.”

Chat to Grace further about her experiences

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Astudiaethau
am ymgysylltu â'r cyhoedd ynghylch ymchwil

Enw: Dr Grace McCutchan

Swydd: Cydymaith Ymchwil

Isadran: Meddygaeth Boblogaeth

Yr Ymchwil:

Nod ymchwil Grace yw llunio ffyrdd o annog pobl sy'n amlygu sumptomau cancr i fynd at feddyg eu teulu yn ddiymdroi. Rydyn ni'n gwybod y gallai pobl sy'n byw mewn cymuned ddifreintiedig fod yn gyndyn o fynd at y meddyg ynglŷn â sumptomau cancr. Oherwydd hynny, daw'r diagnosis yn hwyr a bydd yn anos trechu'r clefyd. Hoffai Grace ddysgu pam y gallai pobl cymunedau difreintiedig ohirio ymweld â'r meddyg ynglŷn â sumptomau cancr a sut y gallwn ni eu hannog i fynd i'r feddygfa yn ddiymdroi.

Yr Ymgysylltu:

Y cynulleidfaoedd allweddol: y cyhoedd (oedolion, pobl ifanc a phlant, y rhai sy'n ymweld â gwyliau).

Y mathau o ymgysylltu: Hysbysu ac addysgu'r cyhoedd ynglŷn â'r ymchwil seicogymdeithasol ddiweddaraf o ran atal canser a phennu diagnosis heb oedi.

Yn rhan o dîm ymchwil Gofal Canser Tenovus, treuliodd Grace bedwar diwrnod yng Ngardd Gwyddoniaeth Einstein yn ystod Gŵyl y Dyn Gwyrdd gan wahodd pobl i archwilio eu celloedd mewn cerbyd hufen iâ oedd wedi'i droi'n labordy symudol. Dysgodd yr ymwelwyr ffeithiau am y celloedd yn eu cyrff a chael cyfle i dynnu rhai o'u celloedd eu hunain o'r tu mewn i'w bochau fel y gallen nhw eu gweld o dan chwyddwydr. Hysbyswyd pobl am yr hyn mae'u celloedd yn ei wneud a sut i'w cadw'n iach i osgoi canser. Cynigiwyd llun o'u celloedd i bobl yn gofrodd. Tynnwyd dros 200 o luniau yn ystod y pedwar diwrnod ac fe gafodd Grace ddigon o gyfleoedd i sôn am ei hymchwil.

Mae Grace yn hoffi cymryd rhan yn niwrnodau agored Ymchwil i Ganser y DU lle y gall ddangos ymchwil ddiweddaraf y brifysgol ym maes cancr trwy gyfrwng gêmau megis 'Facts, Myths and Legends' i sbarduno sgyrsiau am yr ymchwil a chwalu mythau am gancr. Mae Grace o'r farn bod cyfleoedd i gyflwyno ei hymchwil yn yr achlysuron ymgysylltu hirsefydlog sy'n anelu at wahanol gynulleidfaoedd (darlithiau PublicUni; siopau elusen Tenovus a grwpiau cleifion arbenigol) yn werthfawr iawn. Mae'n dweud bod cyfleoedd o'r fath i ymgysylltu â phobl wedi'i helpu i feithrin cysylltiadau newydd ar gyfer ei hymchwil nesaf, yn ogystal â sbarduno trafodaethau gyda'r cyhoedd am ffactorau pwysig eraill a allai effeithio ar iechyd.

Yr ymwneud:

Y cynulleidfaoedd allweddol: Aelodau o'r cyhoedd a hoffai gymryd rhan mewn llunio a chynnal ymchwil.

Y mathau o ymwneud: Dau gynrychiolydd lleyg yn rhan o'r tîm astudio ar gyfer Astudiaeth Ymwybyddiaeth o Sumptomau ac Iechyd yr Ysgyfaint (LUSH). Cynnwys dau 'bartner ymchwil' lleyg yn thema 'Cymunedau' Canolfan Ymchwil i Ganser Cymru.

Ar gyfer astudiaeth LUSH, mae Grace wedi denu dau o bobl yn gynrychiolwyr lleyg. Maen nhw wedi cyflawni rôl allweddol trwy gymryd rhan flaengar yn yr astudiaeth gan gynnwys llunio deunyddiau astudio, gweithdrefnau denu, dehongli canfyddiadau, datblygu ffyrdd o gamu i mewn a chyfrannu i grynodebau lleygwyr, cyflwyniadau i gynadleddau a phapurau academaidd. Er enghraifft, cynghorodd y cynrychiolwyr lleyg ar addasrwydd y pynciau a'r cwestiynau oedd i'w trafod yng nghyfweliadau'r astudiaeth a'r grwpiau ffocws megis awgrymu sut y dylid symleiddio'r cwestiynau a chyflwyno pynciau dadleuol - yn arbennig ynghylch ysmygu.

Mae'r ddau bartner ymchwil lleyg sy'n ymwneud â thema 'Cymunedau' Canolfan Ymchwil i Ganser Cymru wedi cynnig syniadau a chymorth ar gyfer astudiaethau yn yr adran. Ar ben hynny, maen nhw'n gweithredu'n fentoriaid i gynrychiolwyr lleyg astudiaeth LUSH.

Y Cymhelliant:

Mae Grace o'r farn ei bod yn bwysig cynnal darlithiau ac achlysuron i roi gwybod i bobl am ymchwil barhaus, yn arbennig pan fo elusen yn ei noddi, fel y bydd deilliannau'n hysbys i'r rhai sydd wedi ariannu'r ymchwil trwy eu rhoddion. Gall achlysuron ymgysylltu megis diwrnodau agored gynnig cyfle i hysbysu pobl am osgoi cancr a chwalu mythau amdano, hefyd.

Ynglŷn â chynnwys y cyhoedd yn yr ymchwil, mae Grace o'r farn bod cyfraniadau lleygwyr yn hynod o werthfawr. Gall cynrychiolwyr lleyg yn y tîm astudio gynnig safbwynt arall wrth gynnal ymchwil a dehongli'r canfyddiadau, ac maen nhw wedi gwneud hynny.

"Yn ddiweddar, cyflawnodd cynrychiolydd lleyg rôl bwysig wrth lunio ffordd o godi ymwybyddiaeth o gancr yn y gymuned. Fe wnaeth hynny trwy helpu i fformadu, geirio ac adlunio gorchwylion gan gynnig rhai awgrymiadau defnyddiol iawn am gynnal y sesiwn. Roeddwn i'n ddiolchgar iawn am ei chymorth a'i chynghorion."

Y Datblygu Proffesiynol:

Ar wahân i'r manteision proffesiynol ynghylch ymgysylltu â phobl a rhoi gwybod iddyn nhw am ei hymchwil, mae Grace o'r farn bod ei medrau cyfathrebu a chyflwyno wedi gwella o ganlyniad i'w gwaith ymgysylltu.

"Trwy allu cyfleu ymchwil mewn ffordd dderbyniol a diddorol i gynulleidfa nad ydynt yn academaidd, rwy'n meddwl yn wahanol am sut mae cyflwyno fy ymchwil ac mae fy medrau cyflwyno yn well."

At hynny, trwy ei gweithgareddau ymgysylltu, mae Grace wedi meithrin rhai cysylltiadau defnyddiol ar gyfer ei hymchwil yn y dyfodol. Er enghraifft, ar ôl cyflwyno'r ymchwil mewn siop elusen, cwrddodd Grace â phobl a gynigiodd ei helpu i ddenu cyfranogwyr yn eu hardal ar gyfer astudiaethau yn y dyfodol.

Y Dysgu:

Mae Grace o'r farn bod anghenion y cyhoedd yn eglurach iddi yn sgîl gweithgareddau ymgysylltu a chynnwys.

"Ar y cyfan, mae gwir ddiddordeb gan bobl mewn ymchwil ond, yn aml, dydyn nhw ddim yn siŵr sut i ddysgu rhagor am ymchwil barhaus a gorffenedig. Felly, mae cyfleoedd i ymgysylltu yn bwysig iawn. Ynglŷn â chynnwys pobl, mae sawl peth yn gallu eu rhwystro rhag cymryd rhan mewn ymchwil ac, felly, rhaid inni ddyfeisio ffyrdd o gynnig cyfleoedd iddyn nhw."

Gair i gall:

"Gall cynnwys y cyhoedd mewn ymchwil gynnig safbwynt arall ac mae'n amhrisiadwy. Nid dim ond i dicio blwch y dylech chi ei gwneud. Yn yr un modd, gall ymgysylltu â phobl fod yn llawn hwyl, gan beri ichi feddwl am ffyrdd arloesol o gyfleu eich ymchwil i gynulleidfa ehangach."

Mae croeso ichi gysylltu â Grace am ei gwaith:

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