

# ROAR (Roundtable On Arthritis Research):

## An innovative knowledge translation workshop for patients and families

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### OBJECTIVE:

To develop and evaluate an innovative workshop that aimed to share arthritis research with consumers and their families.

### BACKGROUND:

- People living with chronic health conditions (consumers) are a key audience for health research information.
- Effective knowledge translation (KT) strategies can improve consumer access to current and pertinent research findings.

### 2006 Roundtable on Arthritis Research (ROAR)

ROAR was designed to bring consumers and researchers together for a day of learning and meaningful dialogue around current research on arthritis.

#### Developed through the joint leadership of:

- The Consumer Advisory Board of the Arthritis Research Centre of Canada (ARC)
- Consumer representatives from all major Canadian arthritis advocacy organizations
- ARC researchers
- The Arthritis Society, BC & Yukon Division
- The Canadian Institute for the Relief of Pain and Disability

#### 8 scientific presentations in lay language. Each presenter:

- Proposed 2 questions for reflection at the start of the session
- Presented their research (15 minutes)
- Took questions from the audience (10 minutes)
- Participated in small group discussions with attendees, facilitated by a consumer, to identify key messages from the presentation

#### ROAR

- Provided researchers with a view into what is important to consumers
- Gave consumers the information needed to raise the visibility of the role research plays in health, well-being and the delivery of health care
- Created the impetus for consumers to take research to the medical community, their neighbourhood and to the streets

**At the end of the event, attendees were expected to gain a set of individualized take-home messages.**

### EVALUATION:

- Attendees completed a questionnaire to rate the usefulness of the information and interest in a follow-up event (ranged 1 – 5; higher = more favourable)
- Researchers submitted a written evaluation about the event

### OUTCOME:

- 160 attendees, including consumers and their family members, researchers, and other staff
- Participants reported that the research information was very useful (Mean=4.44, SD=0.64) and much interest in attending a one-year follow-up event (Mean=4.62, SD=0.65)
- Qualitative analysis - both consumers and researchers identified this KT format a highly effective method for consumers to receive information and develop individual take-home messages

### LESSONS LEARNED:

- The format worked well. Both consumers and researchers appreciated the opportunity to meet and discuss research face-to-face.
- Consumers appreciated that researchers remained throughout the day and participated at the roundtable research discussion.
- Table facilitators were appreciated. They created an environment that supported dialogue among participants, kept the discussion focused on the presentation topic and encouraged the development of key messages.
- Consumers felt they could participate in meaningful discussions because the presentations were relevant to their lives and clearly presented in lay language.
- Participants brought their own experiences to bear on the research.
- Keeping to the timelines identified in the Program was mentioned as a key to the success of the event. The moderator was effective in keeping presentations, questions and answers and breaks on schedule.
- Some consumer participants do not feel comfortable speaking out during the question period and would prefer asking their question on paper. It was suggested that questions could be collected during the day and addressed by the panel at the end of the day.

### CONCLUSION:

**Participants and presenters suggested that ROAR be an annual event in a bigger facility to accommodate a larger audience. If this is feasible, both suggested more time be allocated to questions and answers.**

Hosted by: **The Consumer Advisory Board of the Arthritis Research Centre of Canada**

Partnered by: