

Recruitment to the PrAISED Feasibility study

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Introduction

Promoting Activity, Independence and Stability in Early Dementia (PrAISED) is a 12-month, multi-component physical exercise programme in people with Mild Cognitive Impairment (MCI) or early dementia. This study examined the feasibility of utilising a mixed recruitment pathway and explored participants’ reasons for taking part.

Method

Participants were recruited via Memory Assessment Service (MAS) clinics and join dementia research (JDR; a national research register developed by the National Institute for Health Research). Participants and their carers were recruited from MAS and JDR across Nottinghamshire and Derbyshire in the UK. Semi structured interviews were conducted with a subsample of participants (n=20) and their carers to explore the reasons for participation in the trial.

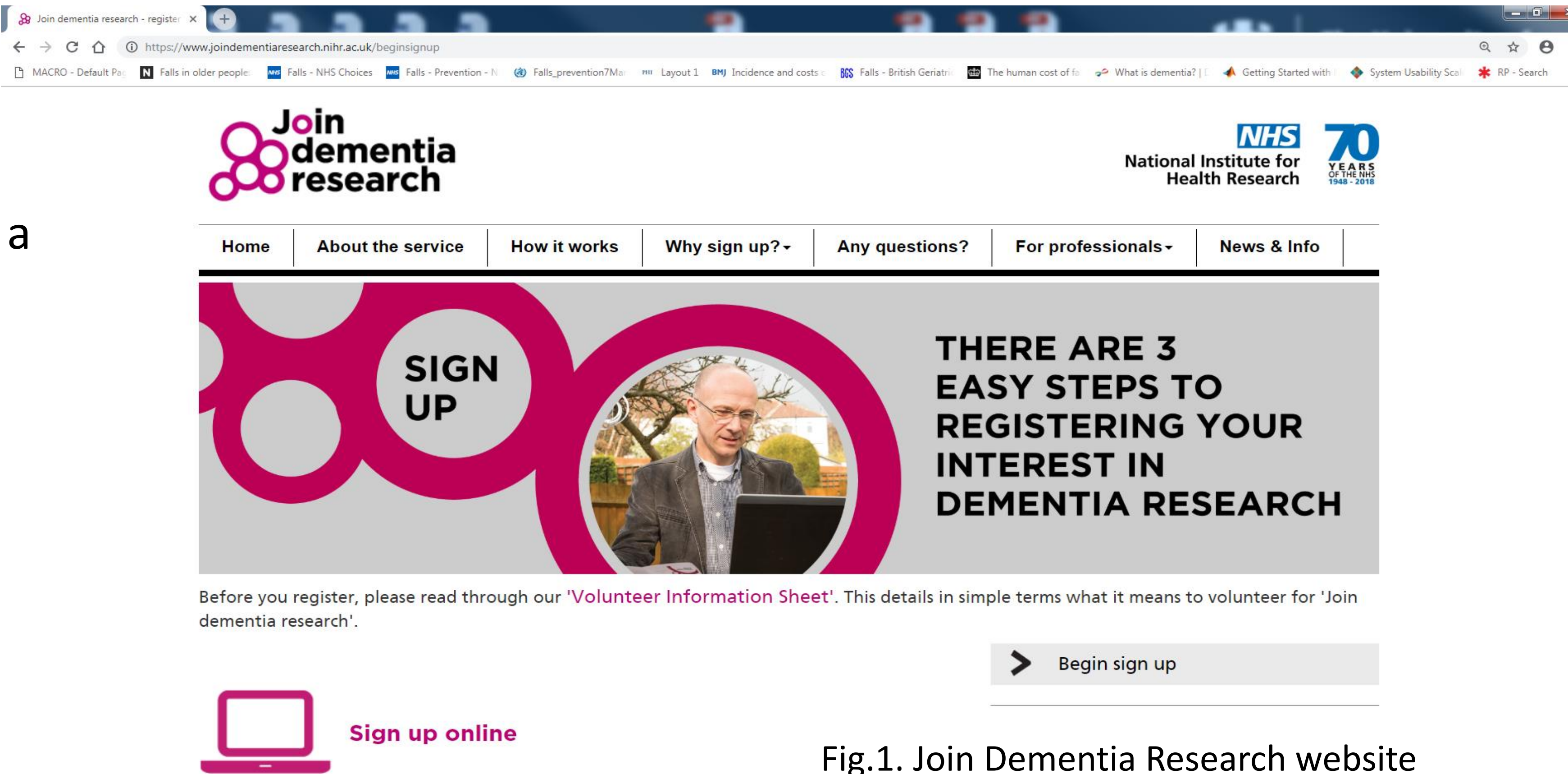
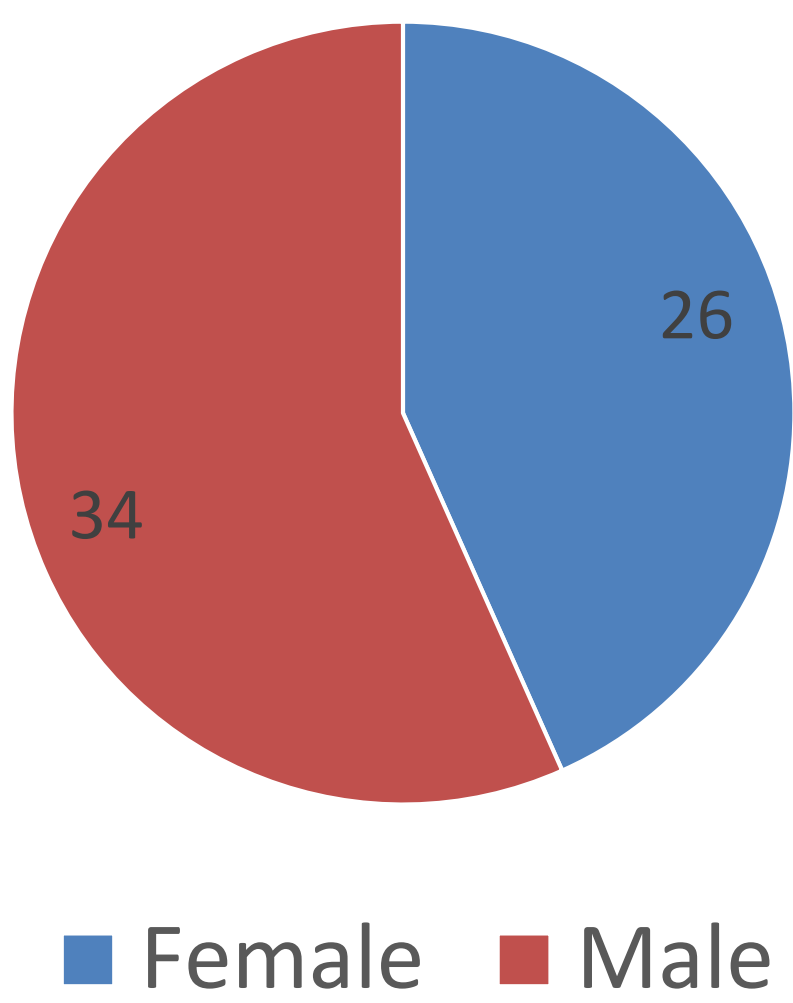


Fig.1. Join Dementia Research website

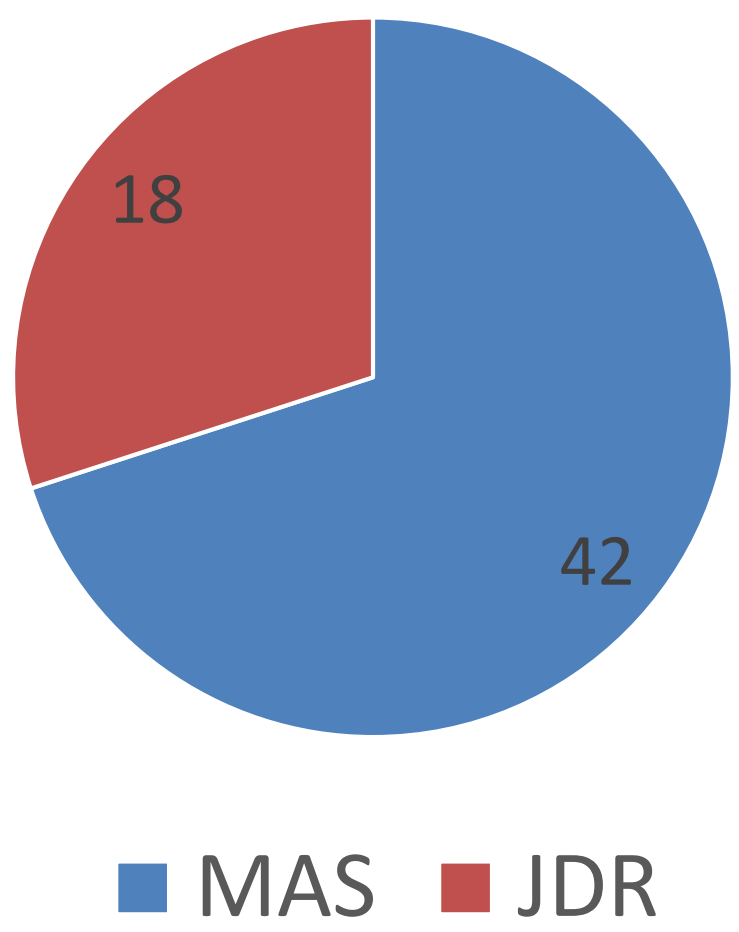
Results

60 participants (34 male, 26 female, mean age=75.78, SD=6.87) were recruited over a 6 month period. 70% (n=42) of participants were recruited through MAS and 30% (n=18) of participants were recruited through JDR. Main reasons for participating were, wanting to help others and help future generations, to learn more about dementia, to stay active and for the potential cognitive and health benefits.

Number of participants recruited, Male vs. Female



Number of participants recruited, JDR vs. MAS



Photographs funded by the Alzheimer’s Society, UK (grant number 206) on behalf of the Healthcare Management Trust.

Conclusion

The mixed recruitment pathway was successful in recruiting to time and target. Futures studies should look at ways to adopt the use of a mixed pathway to optimise recruitment. Participating in clinical research is a way to learn more about dementia and find new ways to benefit general health. Based on findings from the interviews, future research could tailor recruitment materials, to emphasis the potential individual benefits of participating (learning more about the condition, achieving personal goals and helping others).

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