

DECEMBER 2024

IMH CONSUMER ADVISOR REGISTRY 2024 REPORT

INSTITUTE FOR MUSCULOSKELETAL HEALTH

A MESSAGE FROM THE IMH CONSUMER ENGAGEMENT PORTFOLIO

Dear Consumer Registry Members,

The Institute of Musculoskeletal Health (IMH) Consumer Engagement Portfolio personally thanks you for your involvement and contributions this last year.

The IMH is comprised of more than 90 researchers, professional staff and students, and a growing group of Sydney Local Health District musculoskeletal health professionals.

The latest annual report found that the IMH published 180 papers in 2023. This research led to over 780 news stories nationally and internationally across different mediums including television, radio and print.

The IMH's main research areas are Back Pain and Musculoskeletal Conditions and Physical Activity, Ageing and Disability.

The Consumer Engagement Portfolio, established in 2020, is one of IMH's academic committees that aims to bridge the gap between researchers and consumers. The Consumer Advisor Registry is one of our initiatives. The Consumer Advisor Registry provides a mechanism for consumer input on IMH research projects, grant applications, interactions with media, and other activities undertaken by the IMH.

As part of our Consumer Advisor Registry, we have sought your feedback on our research. In our highly competitive research and funding environment, your feedback helped us improve and enhance our research and close the gap between academic ideas and real-life, practical solutions.

A summary of the Registry and its contributions is detailed in this report.

We look forward to expanding our Portfolio, developing exciting new research opportunities, and collaborating with you next year and beyond.

Warm regards,
The IMH Consumer Engagement Portfolio team

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THE REGISTRY

We have **34** members!

- 3 in 4 are female and all are over 50 years of age.
- More than 80% of members were born in Australia and have lived experience with a musculoskeletal-related condition
- Nearly 3 in 4 members had participated in research before joining the registry

WHEN WE ASKED YOU WHAT GET OUT OF BEING INVOLVED IN OUR RESEARCH?

... you shared your desire to contribute to research discoveries and give back to the community in some way.

“Leading and developing musculoskeletal research”

“Enjoy contributing to research that will aid the community.”

“Allows me to stay connected with current research and developments.”

“I can influence the direction of research and contribute to ground breaking discoveries.”



IN 2024..

Members were involved in our research **9** times via contacting the registry, and many more times via connections built with IMH researchers over the years

We asked you what is working well...

"Knowing I have voice and I am able to contribute to research especially when it's a lived experience."

"Online meetings, regular topic updates, opportunities for exchange of information / questions etc via email."

"Feeling like you are a part of a team. Feeling valued. Respect from all team members."

7 members were matched to a project(s) relevant to their interests or lived experience.

6 provided verbal or written feedback.

3 advised on a grant application.

3 became co-investigators/partners on funding applications.

1 member was welcomed onto a Research Institute committee.

YOUR EXPERIENCE ON THE REGISTRY

We have been running a survey to get your feedback on what it's like to be involved with the IMH Consumer Advisor Registry.

If you would like to provide feedback, you can complete the survey here:

<https://redcap.sydney.edu.au/surveys/?s=CA9WRDJCRDXATXRA>

What is working well?

- Positive previous experience
- Online meetings, regular topic updates, opportunities for exchange
- Having a voice
- Feel like part of a team
- Contact and respect from research team
- Communication with like-minded individuals
- Able to contribute remotely

What do you get out of being involved?

- Enjoy contributing to research that will help others
- Influencing direction of research
- Stay connected with current research
- Able to use my previous experience and background
- Good retirement activity

What barriers do you experience?

- Opportunities don't align with me
- Unsure how to be involved
- Lack of invitations
- Unsure if making meaningful contributions
- Researchers need more consumer involvement training
- Lack of time

What would help you to get more involved?

- Invitations to advise on research that aligns more closely with my interests and values
- Positive previous experience
- Further training on consumer involvement for researchers

Your responses have helped inform our goals for 2025.

OUR GOALS FOR 2025

- Continue informal catch ups with consumers to get feedback on the registry
- Increase responses from consumers and researchers to our feedback survey
- Share more resources with consumers
- Greater promotion of the registry to ensure all members are involved in at least one project in 2025
- Continue to provide consumers with the opportunity to participate in webinars
- Increase diversity of the registry
- Increase training opportunities for consumers and researchers

