

## **Equitable Place-based Health and Care (EPHC) project 2019-2020**

### **Covid 19 – Pilot Diary Project – Status Update**

The Equitable Place-based Health and Care (EPHC) theme has a commitment to co-production with the public and practitioners, as well as a focus on actions to improve social determinants of health.

Since the coronavirus pandemic has emerged in the UK, ARC\_NWC's EPHC team has been reviewing how it can mobilise its capacity to respond to the current situation, with a particular focus on considering community approaches, experiences and needs.

The EPHC team continues to place a research emphasis on exploring community approaches to health and care challenges within placed based settings, and has designed a short pilot project to explore individual responses to the pandemic with a cohort of ARC public advisers. The project will run from April to June 2020.

The coronavirus (COVID-19) is impacting the lives of many communities and individuals in the UK. There is limited understanding about how these impacts are affecting communities, and how best to capture this information particularly when traditional research methods may not be practical in the current environment. This study aims to test out a mixed diary method approach as a tool for collecting public insights and experiences of how the coronavirus is affecting daily life in local communities. The findings and process will be reviewed with participants to disseminate early learning and to potentially develop a larger scale research project.

### **Methods and Recruitment**

Members of the ARC Public Adviser Forum were invited to participate in the pilot diary project which requests that participants complete a weekly diary over a period of 8 weeks. Submissions are made via Qualtrics. Each participant is also invited to participate in a weekly 30 minutes call with an allocated researcher to reflect more generally on notable events/developments of the previous 7 days. Fieldnotes are collected from the conversations.

### **Analysis**

The analysis will explore the effects of the lockdown for participants on their emotional/general health and quality of life over the 8 week period, as well as ways in which participants observe the effects of the pandemic within their wider communities. The initial analysis will also identify and explore emergent themes in the diary data, including for example, the ways in which people react and respond to national changes in lockdown restrictions and how 'risk' is interpreted by participants in their lives and in the behaviours of others around them.

### **Progress**

To date 15 advisers have consented to take part. At the end of week 8, participants will be asked to consider taking part in a post-diary group conversation. Up to two focus groups will be held. The focus group(s) will gather perspectives on participants' experience of taking part

personally, and how the methods/process could be improved should the study be extended. This will be convened virtually as an online group discussion, lasting up to 90 minutes. The EPHC Team are offering support in developing participant's skills in the use of online meeting technology.

**EPHC Team Support** - The team are developing their own model for 'supervision' realising the importance of self-care when listening to potentially difficult and distressing material during Covid19.

**Contact** – For more information about this project, please contact Paula Wheeler, EPHC Theme Manager and Neighbourhood Co-Ordinator

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