



University of
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UCLan

Research Update: Understanding and defining people's body image experiences after a stroke

PCCC Theme

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DoS: Professor Liz Lightbody

Where opportunity creates success

1. Brief Description:

- **Background:** Bodily changes after stroke → changed body image experience
 - No clear picture of experiences and impacts, nor how to support or measure it
- **Aim:** to build the evidence base and allow deeper insight into post-stroke body image experiences and associated impacts on wellbeing and recovery. Then recommend how body image could be assessed and supported post-stroke
- 1) **Systematic review:** 61 papers = changed body image experience, which affects everyday life. No methods validated for stroke.
- 2) **Interviews** (n = 22 people with stroke): added detail & allowed a stroke-specific definition of body image experience
- 3) **Expert panel group** (n = 9 clinical experts): recommended support & evaluated identified assessment methods
- **Outcomes:** summary of existing evidence, additional nuanced data around body image experience, stroke-specific definition of body image, initial/tentative recommendations around body image support and methods of assessing benefits of support

2. Alignment with **NIHR ARC NWC** & **PCCC** priorities

- **Collaborations & building research capacity and teams:** recruitment sites, working with research nurses and non-research clinical staff; international supervisory team
- **Improving the quality of health and care services & improving the delivery and efficiency of care:** exploring whether body image might need supporting after stroke and making initial suggestions; suggesting areas for further research based on my exploratory study
- **Reduce health inequalities & improving equity of care:** use of the HIAT tool and For Equity Toolkit
- **Deliver research and implementation projects that cross the barriers of primary, secondary and tertiary NHS care/social care:** findings discussed with clinicians from different backgrounds (e.g., clinical psychology, advanced practitioners, occupational therapists) to consider how best to provide support (in the future) across different care settings

3. How the research has been, and continues to be, informed by the HIAT/For Equity Tool

- **Retrospective application:** reflective tool, supporting thinking around discussion points of thesis
- **Continued application:** will use the tool in research generally going forward; particularly for dissemination

4. Engagement with the Public Adviser Forum

Worked with 3 public advisers, including 1 from the public adviser forum

How have they contributed?

- This particular public adviser: feedback on findings (definition, assessment methods) and considerations for disseminating research to ethnic minority groups (linking to HIAT/for Equity)
- Important insights as a carer, whereas other public advisers who I have worked with have been people with stroke

5. Successes, opportunities/challenges throughout the year

Successes

- Submitted, passed viva, currently completing corrections

Opportunities

- Presented a poster (interview findings) at the UK Stroke Forum

Challenges

- Keeping to timeline- making sure that all data had been collected
- Writing
- Submission!

Thank you for listening