



# DEVELOPING AND TESTING EXERCISEGUIDE UK FOR LUNG CANCER PATIENTS: EXAMINING THE VALUE OF PATIENT AND PUBLIC INVOLVEMENT IN A DOCTORAL STUDY

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## Introduction

Lung cancer has a high incidence and mortality rate worldwide, particularly among older adults (65y+). Physical activity can improve the physical and psychological health of those diagnosed with lung cancer. Digital technology can provide tailored and low-cost information. However, older adults are often wrongly assumed to lack digital skills and interest. Involving older people in designing websites and apps may improve engagement with digital technology.

## Aim

To co-design a digital intervention to enhance engagement and usability for older adults with lung cancer, thereby improving adherence to physical activity guidelines and supporting their psychological and physical well-being.

## Methods

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- All workshops were held via Zoom.
- Workshop One:**
  - Aimed to explore what content would be important for the site.
- Workshop Two**
  - Review workshop one revisions and explore physical activity considerations.
- Think Aloud Interviews**
  - Interviews via Zoom using Concurrent and Reflexive Think Aloud techniques.
  - Summarised findings using the Must, Could, Would, Should (MoSCoW) method.
- Workshop Three**
  - Review Think Aloud findings and discuss proposed changes together with PPI group.



#### Initial Redevelopment

- Website adapted from previous ExerciseGuide for those with metastatic prostate cancer
- New content developed based on literature
- New code developed for tailoring using PHP



#### Patient and Public Involvement (PPI) Workshops

- PPI group participated in adaptation and redevelopment process
- All PPI members had experience with lung cancer diagnosis or caring for someone with lung cancer



#### Think Aloud Interviews

- Seven interviews via Zoom
- Anonymised interview data presented to group for discussion and potential revisions
- Revisions were agreed with the PPI group

#### Additional Workshop Four (Reporting)

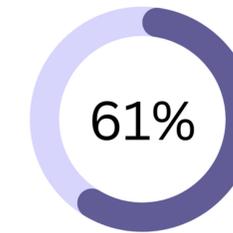
- Report back to PPI group and show how their advice and work has impacted ExerciseGuide UK

## Results

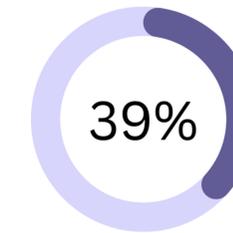
### Agreement



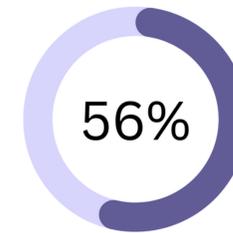
Total comments from Think Aloud interviews



Comments brought to PPI Group



Sixteen comments addressed by researcher



Disagreements between researcher and PPI

### Doctoral Reflections

#### Challenging to hear

Initially, it was hard to hear criticism of the site.

#### Health Knowledge

Learning to accept personal health knowledge as equal to professional or academic knowledge

#### Personal Learning

It was possible to supplement learning about lung cancer with valuable insights from those who have lived experience

### PPI Reflection's

#### Positive Stories

PPI members benefited from hearing positive lung cancer stories, and became aware of different outcomes those who have lived experience

#### Feedback

Demonstrating PPI input is heard and taken on board was very important

#### Virtual PPI

More confident to speak up virtually & reduced geographic barriers

## Summary and Conclusion

By involving patients over a sustained period of several months, a digital intervention can be tailored to be more relevant and usable. The doctoral student's engagement with individuals affected by lung cancer provided valuable insight into their specific needs for a digitally delivered physical activity intervention. Through listening to the voices of lived experiences, doctoral students can gain a deeper understanding of the needs of the population.

Read the commentary paper here!



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### Contact

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