**APCP Research Bursary Application Form**

All applicants are requested to complete the table below. Please note that applications are anonymised prior to review and selection by the APCP professional development group (PDG).To maximise a successful application please provide as much relevant information as possible.

**Please note – funds may be requested for equipment, software, travel, statistics support, transcription services, public and patient involvement/ engagement (PPIE) contribution to PhD fees.**

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| **Applicant Details 1** |
| Applicants may apply for up to £2000 for research | Request amount |
| £1068 |
| **APCP number** | APCP Member – Anonymised for Website |
| **Research Title:** |
| Exploring adherence to bracing in young people with adolescent idiopathic scoliosis(Project supervisor: Prof Jane Simmonds. This has been published in APCP Journal in 2022.) |
| **Background/ rationale for the research** (250 word max) |
| The reported prevalence of adolescent idiopathic scoliosis (AIS) is between 0.93% and 12%. This condition can cause back pain, decrease lung function and reduce quality of life in young people. Bracing can prevent AIS from worsening. However, many young people do not wear their brace for the recommended hours and this is associated with worsening of scoliotic curve and higher chance of requiring surgery. There is a clear need to explore methods to improve brace adherence in patients with AIS, in order to maximise its efficacy. Previous researchers identified some facilitators of brace adherence in young people with AIS, including effects of bracing in preventing surgery, curve progression and pain. Barriers included young people’s fear of others’ comments, discomfort and limitations in physical activity. However, previous researchers did not evaluate their participants’ actual brace adherence. If young people’s perceived facilitators and barriers had been interpreted alongside their actual adherence, it might have enabled the exploration of whether promoting these facilitators or removing these barriers would improve adherence effectively or not. Furthermore, previous studies have only been conducted on girls with a Boston or Milwaukee brace. Boys’ views and experience in using other brace types have not been considered. More exploration is needed to better understand how different facilitators and barriers influence the actual brace adherence in young people with AIS, including boys, but not limited to those on Boston or Milwaukee brace. This will offer new insights into how we can encourage young people with AIS to adhere to bracing. |
| **Please state your research question/s or aims and the research objectives** (150 words max) |
| Aim: To explore facilitators and barriers to brace adherence in young people with AIS, including boys and different brace types.Objectives:1. To evaluate the influence of knowledge and understanding about AIS on brace adherence2. To explore how the attitudes of young people with AIS towards bracing influence brace adherence3. To identify physical barriers to brace adherence4. To explore the influence of parents and HCPs on brace adherenceThe findings may offer insights into how healthcare professionals (HCPs) and family members can motivate young people to adhere to bracing. |
| **Provide details of the following** (250 word max)Research Design:Data collection and proposed data analysis methods:Ethical considerations/ plan (or state whether exempt)Timelines: |
| The research was completed as a Masters’ project. It was a qualitative research based on phenomenology, achieved by bracketing the researcher’s prior assumptions, for understanding participants’ ‘lived experiences’ of bracing. Semi-structured interviews were chosen to collect rich data of how young people accounted for brace adherence, and to explore diverse factors for adherence. Parents were invited to the interviews, to enrich the data and strengthen study credibility. Ethical approval was obtained from the University College London Research Ethics Committee.Young people on bracing for AIS with age between 10 and 15 were recruited from scoliosis organisations via online posters in May and June 2021. Consent from participating parents and assent from young people was obtained. Interviews were conducted and recorded using Microsoft Teams. Participants’ demographics and brace adherence were collected. Questions were asked based on the researcher’s topic guide to explore how brace adherence was influenced by facilitators and barriers recognised in the literature, including effects of bracing, psychosocial influence and physical difficulties. The influence of HCPs and parents was also asked to understand their role in adherence.The interviews were transcribed verbatim by the researcher. Data were analysed based on the processes of thematic analysis described by Braun and Clarke (2012):1. Read transcripts for several times
2. Label relevant data using codes
3. Group similar codes together to generate broader subcategories and then themes
4. Construct a thematic map to show the relationship between themes
5. Review transcripts to ensure that the themes could reflect the raw data
 |
| **Funding requested with breakdown of expenses** (in £)**:** (200 words max) e.g equipment, software, travel related to research, stats support, PPIE, transcription, contribution to PhD/ Prof D fees |
| Registration fee to attend the World Physiotherapy Congress 2023 £250Transport fee to and from Gatwick airport £40Return plane ticket from London to Dubai £670Transport fee in Dubai £3Accommodation in Dubai for 2 nights £105 |
| **Dissemination plans and statement relating to the impact in relation to APCP aims and priorities** (150 words) |
| I am presenting the research as an e-poster in the paediatrics session at the Congress. This research has concluded that brace adherence can be facilitated by knowledge about bracing and parental support, and that physical barriers can be overcome. This would provide evidence for supporting other physiotherapists’ practice about promoting young people’s adherence with brace, and potentially other orthotics. The emotional impacts of bracing identified in this research would also raise awareness among physiotherapists about young people’s wellbeing during treatment.The research has also called for further research, including RCT to establish the effects of combining education by HCPs and parental support on brace adherence. This may encourage research in paediatric treatment adherence to enhance the evidence base of physiotherapy.Lastly, there will be a group discussion in the paediatrics session, which could promote the exchange of ideas between international physiotherapists about supporting scoliosis treatment or more broadly, treatment adherence. |

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| **Applicant Details 2** |
| Applicants may apply for up to £2000 for research | £1974 |
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| **APCP number** | APCP Member – Anonymised for Website |
| Applicant 2 – Principal Investigator  |
| **APCP number** | APCP Member – Anonymised for Website |
| **Research Title:** |
| Establishing further psychometric properties of the Spider, a multisystemic symptom impact questionnaire for patients with hypermobility-related disorders |
| **Background/ rationale for the research** (250 word max) |
| **Please state your research question/s or aims and the research objectives** (150 words max) |
| This project has two aims completed in two studies:1) To validate the Spider with adults (study 1). 2) To establish test-retest reliability in adolescents and adults (study 2)Objectives: 1. Examine the convergent validity of The Spider domains with adults (study 1)
2. Examine the known group validity of The Spider gastrointestinal, urogenital, pain, fatigue, anxiety and depression domains in adults with and without hEDS/HSD (study 1)
3. Establish the test-retest reliability of the Spider with adolescents and adults (study 2).
4. Establish minimal clinically important differences using statistical analysis (study 2).
5. Undertake confirmatory factor analysis to ensure the structure of the questionnaire is suitable (study 2).
6. Continue to develop the Spider application

The funding gained will allow the research team to fund a statistician to aid project statistical analysis and application development.  |
| **Provide details of the following** (250 word max)Research Design:Data collection and proposed data analysis methods:Ethical considerations/ plan (or state whether exempt)Timelines: |
| Ethical approval granted for study 1 and 2 by the UCL research ethics committee (19629/002).**Study one: Dates:** **Timeline:** May 2023– September 2023**Design:** Case control study design will be used to establish the convergent and known group validity. An electronic questionnaire using REDCap comprising the 31 question Spider and previously validated comparator questionnaires for each of the 8 domains of the Spider will be distributed to adults aged 18-65 years diagnosed with HSD/ hEDS and non-hypermobile controls.Participants will be asked to provide demographic data (age, sex assigned at birth, ethnicity, geographic location, diagnosis and professional who gave the diagnosis). **Sample size:** minimum of n=70 HSD/ hEDS and n =20 controlsData will be downloaded into SPSS and correlation statistical analysis will be undertaken.**Study two:** **Timeline:** October 2023 – March 2024**Design:** Repeated measures design will be used to establish the test re-test reliability of the Spider in adolescents and adultsThe online Spider REDCap questionnaire will be distributed to people with HSD/ hEDS aged 13yrs to 65 yrs.Participants will be asked to provide the same demographic data as in study 1, but also their email address. Participants will be asked to complete the full Spider questionnaire twice, with a one-to-two-week gap between questionnaires. An automated email will be sent via the REDCap system to remind participants to complete the questionnaire a second time. **Sample size:** minimum of n=50 HSD/ hEDSData will be downloaded into SPSS and parametric or non-parametric equivalent will be used to analyse the data to meet the research objectives. Note: Participants for both studies will be recruited from 3 patents charities HMSA, EDS Support UK and the EDS Society with a combined membership of 30,000 people. Access has been granted. |
| **Funding requested with breakdown of expenses** (in £)**:** (200 words max) e.g. equipment, software, travel related to research, stats support, PPIE, transcription, contribution to PhD/ Prof D fees |
| £1974 is requested for statistical support for study 1 and study 2 and for ongoing work to create the web-based Spider app from Dr Robby De Pawl. Dr Robby De Pawl is statistician physiotherapist and web developer who has been supporting the Spider research over the past 15 months. Current funding runs out at the end of April 2023.Dr De Pawl is based in Ghent Denmark.Statistics and app development rates: €80 per hour, 28 hours:1. Statistical support to research team x 12 hours
2. Development of Spider website/app x 16 hours

(Current conversion rate €80 = £70.50) |
| **Dissemination plans and statement relating to the impact in relation to APCP aims and priorities** (150 words) |
| The first part of this research project with adolescents will be published in peer review journals within the next few months and presented at the World Physiotherapy conference in Dubai in June 2023. Initial findings have been presented at the APCP national conference in November 2021, at the international scientific symposium hosted by the Ehlers-Danlos Society in Rome in September 2022 and at the UCL AHP showcase in 2022. Abstracts have been published in the APCP journal, and in the Hypermobility Syndromes Association (HMSA) journal in 2022. Once the above research has been completed, this will also be published in peer reviewed journals, and presented at national and international conferences.  |

**APCP Education Bursary Application Form**

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To maximise a successful application please provide as much relevant information as possible within the word count specified. Words exceeding word count will not be considered as part of the application

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| **Applicant Details 3**  |
| Applicants may apply for up to £2000 for education | Request amount |
| £1250 |
| **APCP number** | APCP Member – Anonymised for Website |
| How much is the total cost of the educational course that you are applying for? | £1250 |
| How much of the total course are you requesting (This cannot exceed 75% of the total cost of the course) | £937.50 |
| Total funding requested with breakdown of expenditure (in £)*A SUCCESSFUL BURSARY APPLICATION CANNOT BE GUARANTEED SO PLEASE ENSURE YOU HAVE SUFFICIENT FUNDS BEFORE BOOKING YOUR COURSE.* |
| £937.50 |
| Please use the space below to provide a description of the learning outcomes which the bursary will be used to supportPlease detail how you plan to utilise your learning to support the objectives of the APCP.(200 words max) |
| Learning Outcomes:I plan to complete at least the PG Cert (60 credits) of the Advanced Paediatric Physiotherapy Masters at UCL, and the whole Masers, if funding permits. I would like to complete the Young Athlete module next. I have just successfully gained my first 15 credits for the MSK paediatric module, gaining distinction, which reflects my commitment to learning. The timeframe for completion of the PG Cert/Masters is limited, and I am undertaking modules, whilst working. Therefore, completing enough modules, within the timeframe for successful completion of the Masters, is dependent upon funding, which my Trust cannot guarantee. APCP objectives:Completing up-to-date, evidence-based Paediatric Physiotherapy modules at Master’s level underpins the APCP mission statement that members are supported ‘to provide evidence-based physiotherapy resources to enable all babies, children and young people to achieve their potential’. I work directly with children and young people clinically at specialist level. I am also planning career progression towards advanced physiotherapy practice. In order to do this, it is essential to gain and evidence APCP competency at Master’s level. |
| Please provide details of the course/program of education including the institute (Masters, Post-Graduate Certificate, approved training course etc)(200 words max) |
| Compulsory module of the PG Cert of the Advanced Paediatric Physiotherapy Masters course at UCL:The young athlete: Injury prevention and management |
| Duration and dates of course(100 words max) |
| 6 consecutive days, plus course evaluation day/s, March 2024 |
| JustificationPlease detail how this course will impact your professional practice and how you plan to disseminate any findings/shared learning/reflections (200 words max)  |
| This course will provide practical, evidence-based information for managing and preventing injury in young people. Each day of my practice is based in an acute musculoskeletal out-patient setting, and involves assessment and management of children and young people who are referred for soft tissue injury and fractures. The over-riding goal of all the children and young people (CYP) I see is to return to their normal activities – in each child, this will include a mixture of any or all of: return to Physical Education at school, return to leisure activities with family and friends, and return to sporting activities at a competitive level. All these things are essential for the physical and mental well-being of CYP, and possibly their future success as athletes. The course is therefore highly directly relevant to me providing evidence-based care for the CYP, to achieve their potential through optimal rehabilitation after injury.As part of any course I attend, I reflect, feedback and discuss with the team in my NHS workplace, in order to share and incorporate newly acquired knowledge and skills at work, and ensure other team members, and the CYP they treat, will also benefit from the funding and also the best practice and evidence. |

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| **Applicant Details 4** |
| Applicants may apply for up to £2000 for education | Request amount £260 |
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| **APCP number**  | APCP Member – Anonymised for Website |
| How much is the total cost of the educational course that you are applying for? | 395 euros (£348) |
| How much of the total course are you requesting (This cannot exceed 75% of the total cost of the course) | £260 |
| Total funding requested with breakdown of expenditure (in £)*A SUCCESSFUL BURSARY APPLICATION CANNOT BE GUARANTEED SO PLEASE ENSURE YOU HAVE SUFFICIENT FUNDS BEFORE BOOKING YOUR COURSE.* |
| European Society of Paediatric and Neonatal Intensive Care Annual Conference Conference registration fees as above.  |
| Please use the space below to provide a description of the learning outcomes which the bursary will be used to supportPlease detail how you plan to utilise your learning to support the objectives of the APCP.(200 words max) |
| The bursary will support me to achieve the following learning outcomes;1. I have submitted an abstract which has been accepted as a poster presentation to present onsite at the conference. The abstract title is: use it or lose it: a quality improvement project exploring the time taken to mobilise children in the paediatric critical care unit (PCCU). This links in with improving patient care and service delivery within my role as working as a paediatric physiotherapist on a PCCU.
2. As part of my appraisal, I have identified learning areas into mechanical ventilation, and early rehabilitation alongside my objective to present at an international conference. Therefore, by participating in this conference this will assist in achieving these and also promoting paediatric physiotherapy outside of the UK.
3. Following attendance at the conference, I will have improved my own evidence-based practice and clinical knowledge and therefore, I will be able to provide teaching sessions to other staff members during in service training and whilst supervising physiotherapists completing PCCU on call competencies. This will

significantly improve staff knowledge, skills and confidence and ultimately improve patient care and therefore allowing young people to achieve their maximum potential.  |
| Please provide details of the course/program of education including the institute (Masters, Post-Graduate Certificate, approved training course etc)(200 words max) |
| As above  |
| Duration and dates of course(100 words max) |
| 20th-23rd June 2023 (4 days) |
| JustificationPlease detail how this course will impact your professional practice and how you plan to disseminate any findings/shared learning/reflections (200 words max)  |
| As above, attending this conference will significantly impact my professional practice by;* Improving my knowledge within PCCU including ventilation, medications and cardiac conditions.
* Having an understanding of what physiotherapy and services other centres are providing and how this is similar but also different to the current service that is being provided within the hospital that I am working at. This will ensure standardisation of care for young people and families.
* Having the opportunity to present my quality improvement project at an international conference. This will allow me to consolidate and analyse my project findings and improve my presentation skills.
* Allow me to provide increasing knowledge and support to other physiotherapists within the immediate and wider team that I am working with by providing teaching sessions (theoretical and practical), 1:1 support on clinical knowledge but also the process of submitting an abstract to conference following my attendance at the conference.
* It will allow me to reflect upon my own current practice and how I can improve this on a daily basis to enhance family centred care as well as increase opportunities for service development ideas.
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