

cahpr Public Health Research Awards:

Edited Example Abstract submission Form

Abstract details <i>Maximum of 150 words per section. Abstracts with blank fields will not be accepted</i>	
Title of abstract	PHR(15)04 <i>If the Shoe Fits: Enabling Patient-Centred Podiatry through Social Science Methodologies</i>
Abstract	
Relevance: <i>How does this relate to the PHE Priorities?</i>	<p>Priority 9: The primary output of the project is to develop a practical online toolkit to support foot-health professionals to 'make every contact count'. The toolkit will help them to identify and address the barriers to making healthier shoe choices experienced by those they treat and support.</p> <p>Priority 10: As 60% of new referrals to Podiatry Services are aged 65 and over(1), the toolkit has real potential to facilitate positive health changes in older adults, particularly as studies suggest it may be more difficult to find appropriate footwear as people age(2). Improved take-up of healthier shoe choices is also likely to reduce the risk of falls and increase mobility and independence.</p> <p>Priority 11: This research demonstrates how links between shoes, identity, emotional wellbeing, pride and self-esteem must be taken into consideration as part of footwear consultations, highlighting the importance of mental and social – as well as physical - fit.</p>
Purpose <i>What was the major reason for doing the study? State the aims and objectives and any secondary objective</i>	<p>Primary aim:</p> <ul style="list-style-type: none"> • Design a practical toolkit to empower foot-health practitioners to encourage healthier shoe choices in the people they treat <p>Objectives:</p> <ul style="list-style-type: none"> • Improve podiatrist training on understanding and

	<p>addressing barriers to changing footwear choices</p> <ul style="list-style-type: none"> • Facilitate dialogue between practitioners and service users that – through considering people’s values and motivations and the barriers they may encounter when choosing footwear – aims to make appropriate recommendations to encourage healthier footwear choices • Improve the health and wellbeing of people seeing podiatrists through improving take-up of healthier footwear, potentially saving NHS costs and resources <p>This research builds on a previous Economic and Social Research Council funded study (‘If the Shoe Fits: Footwear, Identification and Transition’) on shoes and identity(3). The level of interest in this study from foot-health professionals highlighted a need for further work on how individuals’ values shape shoe choices and may present challenges for podiatrists working to encourage people to make ‘healthier’ foot choices.</p>
<p>Methods <i>What methodological approach and methods were used. For research reports describe selection criteria and sample size</i></p>	<p>This innovative collaborative research draws on qualitative, social science methodologies. Semi-structured interviews were conducted with 6 podiatrists / shoe-fitters and 12 people with foot conditions, some of whom also completed shoe diaries and follow-up interviews to photograph their own shoes and discuss them in depth. Service users and practitioners have been invited to participate in focus groups and field trials in July 2015 to provide feedback on the toolkit.</p> <p>These methods were deemed a highly appropriate means through which to engage both health professionals and the people they treat and to capture links between shoes, wellbeing and identity.</p> <p>Whilst a small-scale study, the service user sample was diverse in terms of gender, age and background. The research adhered to ethical requirements of the University of Sheffield / Research Ethics Committee. Fully-informed consent was obtained, data was stored securely and confidentiality was preserved through use of participant identification numbers and pseudonyms.</p>

<p>Analysis <i>Describe the type of qualitative / quantitative data analysis used to assist you in interpreting your data.</i></p>	<p>All interviews were recorded and transcribed and transcripts and shoe diaries manually coded into themes. Each theme was then analysed and summarised. Mapping out all the different themes present across the multiple means of data collection provided a template from which to build and develop the toolkit to ensure it was well-grounded in the data. Focus group and field trial data will be used to further refine and finalise the toolkit.</p> <p>Short case studies were developed to bring the toolkit to life through the use of ‘real-world’ examples, alongside illuminating quotes from both practitioners and service users.</p> <p>Whilst this was a small-scale study, further analysis of the data gathered from the previous ‘If the Shoe Fits’ project provided further background information to contextualise the toolkit, allowing the research team to observe broader trends across both studies and make generalisations about the applicability of the findings to a wider population.</p>
<p>Results <i>Briefly summarise the main findings derived from your analysis.</i></p>	<p>There <i>can</i> be conflict in what podiatrists and those they treat look for in a shoe, with many service users highlighting the importance of the visual appearance of footwear and links between footwear, occasion and identity, building on previous research findings(4). However, rather than positioning podiatrists and people they treat as at polar opposites in terms of what they look for in footwear, this research suggests that there are often areas of common ground on which to build.</p> <p>For example, many service users <i>did</i> seek to prioritise comfort, sometimes at the expense of fashion. Shoe choice was described as a ‘compromise’ and many recognised to at least some extent the value of making ‘healthier’ shoe choices. However, many experienced a number of barriers to selecting appropriate footwear. These were grouped into four distinct themes which form the basis of the toolkit:</p> <ol style="list-style-type: none"> 1) Practicalities 2) Personal 3) Purpose 4) Pressures

<p>Conclusions <i>What can be concluded from the analysis of your data? What are the suggestions for future work?</i></p>	<p>To maximise the chances of individuals making footwear changes, foot-health professionals must work to address four barriers service users may encounter (practical, personal, purpose and pressures). The toolkit supports podiatrists and those they treat to reconceptualise ‘fit’ in a broader sense that considers physical, mental and social fit and fitness for purpose.</p> <p>Thinking more holistically about ‘fit’ allows foot-health professionals to consider individuals’ values, emotional wellbeing and how social pressures – including peer pressure, fashion and social norms – impact upon footwear decisions. Conceptualising fit in this wider sense will improve interaction and dialogue and increase the likelihood that positive, sustainable footwear changes are made.</p> <p>The research team acknowledge that this was a small-scale study launched in response to demand from podiatrists. Future research could usefully explore these issues on a larger scale through collaboration between not just social scientists and health professionals but also the wider shoe manufacturing and design industry.</p>
<p>Impact and Implications <i>For clinical practice and or, management, education, policy etc.</i></p>	<p>This research bridges the divide between academia and clinical practice, with practical outputs which will inform professional practice and training.</p> <p>Findings will be disseminated via social science and healthcare journals - such as the Journal of Foot and Ankle Surgery – and at conferences. The toolkit will be promoted through the Society of Chiropodists and Podiatrists’ magazine and local diabetes support groups.</p> <p>Successful implementation of the toolkit represents a real opportunity to dismantle barriers to healthy shoe purchasing and encourage change, with implications for health, mobility and wellbeing. As up to 63% of the population experience foot pain(1), the potential for improvements in public health is considerable.</p> <p>And with research(5) showing two-thirds of people with diabetes wear inappropriate footwear, the potential for health improvements in populations with long-term and</p>

	<p>high-risk conditions is notable. Footwear changes may prevent future health complications, with resultant economic impacts as use of NHS services is reduced.</p>
<p>Funding Acknowledgement <i>Please acknowledge all funding sources that supported your work. If the work was unfunded please state this.</i></p>	<p>This collaborative project was funded through an Economic and Social Research Council Innovation, Impact and Knowledge Exchange (IIKE) grant through the University of Sheffield, alongside an in-kind contribution in Principal Investigator time from Sheffield Podiatry Services, Sheffield Teaching Hospitals NHS Foundation Trust.</p>
<p>References (up to 5, please use Vancouver referencing system)</p>	<ol style="list-style-type: none"> 1. Garrow AP, Silman AJ, Macfarlane GJ. The Cheshire Foot Pain and Disability Survey: a population survey assessing prevalence and associations. <i>Pain</i> 2004;110(378-84). 2. Paiva de Castro A, Rebelatto JR, Aurichio TR. The relationship between foot pain, anthropometric variables and footwear among older people. <i>Applied Ergonomics</i>. 2010;41(1):93-7. 3. Hockey J, Dilley R, Robinson V, Sherlock A. Worn Shoes: Identity, Memory and Footwear. <i>Sociological Research Online</i>. 2013;18(1):20. 4. Goodacre LJ, Candy FJ. 'If I didn't have RA I wouldn't give them house room': the relationship between RA, footwear and clothing choices. <i>Rheumatology</i>. 2011;50(3):513-7. 5. Harrison S, Cochrane L, Abboud R, Leese G. Do patients with diabetes wear shoes of the correct size? <i>Int J Clin Pract</i>. 2007;61:1900-4.