

From evidence to practice: reflections on collaborating and co-producing with the Sensory Trust

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This presentation...

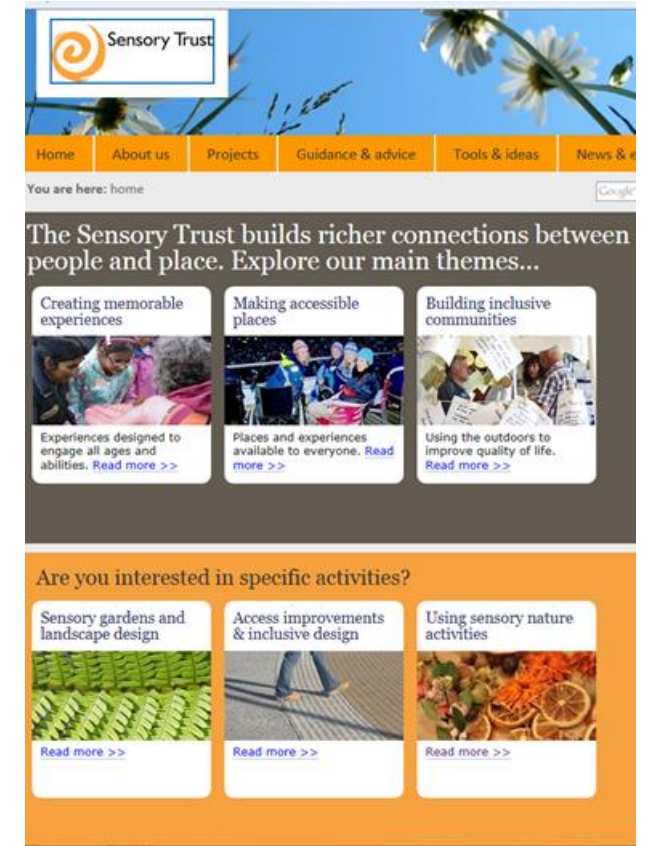


- to reflect on the experience of **collaborating** and **co-producing** with a charity on how we worked together
 - developing the research question
 - undertaking the evidence synthesis
 - disseminating the findings
 - designing a training toolkit for delivery in the residential/nursing care sector

Background - Sensory Trust

- making outdoor places and natural environment more accessible, attractive & useful
- bringing social & health and wellbeing benefits especially to people whose lives are affected by social exclusion
- ST – stakeholder

“...as being any person or organisation who can affect or may be affected by the planning, conduct, results and communication of a systematic review” (Haddaway et al, 2017: 11)



'In Residence' Scheme

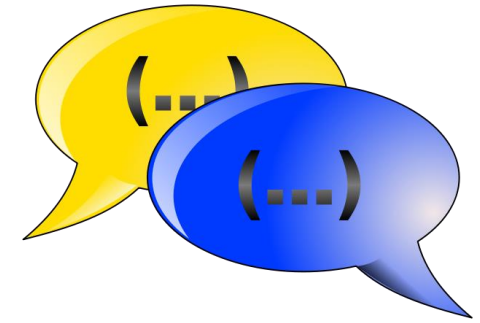
- Research theme of mutual interest
 - wellbeing and the natural environment
- Key interests - ST
 - how systematic reviews could be used to explore the evidence base for ST approaches
 - the process of systematic reviews
- Key interests - University
 - understand the specific approaches used by ST through observation and discussion

Review Question

When using natural settings, how do older people describe their sensory engagement with the outside world?

- Are there **different experiences** for **different groups of people** (e.g. those with dementia)
- Are there ways in which these **experiences** can be **enhanced**?

Co-producing the SR



- ST researcher seconded to the University (2 days/week)
 - Searching (helped suggest and locate relevant evidence e.g. grey literature)
 - Article screening
 - Data extraction
 - Synthesis
 - Final review
- ST staff involved in reading the final review for clarity and readability

Systematic Review of the Qualitative Evidence


- Key Findings:
 - visual, multisensory experiences of 'being' and 'doing'
 - pleasure, enjoyment, connection, belonging
 - access – care homes

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BMC Geriatrics

RESEARCH ARTICLE

Open Access

How do older people describe their sensory experiences of the natural world? A systematic review of the qualitative evidence 

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Abstract

Background: Despite the increased scholarly interest in the senses and sensory experiences, the topic of older people's sensory engagement with nature is currently under researched. This paper reviews and synthesises qualitative research evidence about how older people, including those living with dementia, describe their sensory engagement with the natural world.

Methods: Ten databases were searched from 1990 to September 2014: MEDLINE (Ovid), MEDLINE-in-Process (Ovid), PsycINFO (Ovid), CINAHL (EBSCO), GreenFILE (EBSCO), ProQuest Sociology, ASSIA (ProQuest), International Bibliography of the Social Sciences (ProQuest); HMIC (Ovid); Social Policy and Practice (Ovid). Forward and backward citation chasing of included articles was conducted; 20 organizations were contacted to identify unpublished reports. Screening was undertaken independently by two reviewers.

Results: Twenty seven studies were included. Thematic analysis revealed that descriptions of sensory experiences are encompassed within six themes: descriptions from 'the window'; sensory descriptions that emphasise vision; descriptions of 'being in nature'; descriptions of 'doing in nature'; barriers to sensory engagement; and meanings of being and doing in nature.

Conclusions: Older people derive considerable pleasure and enjoyment from viewing nature, being and doing in nature which, in turn has a positive impact on their wellbeing and quality of life. Future research could usefully explore how sensory engagement with nature could be used to stimulate reminiscences of places and people, and evoke past sensory experiences to enrich everyday life and maintain a sense of self.

The protocol was registered with PROSPERO (CRD42015020736).

Dissemination



- Workshop with the ST to:
 - discuss the **systematic review findings** on older people's sensory experiences of nature
 - explore what sensory experiences in the outdoors means and how it **works in practice**
 - understand how the systematic review findings could be more '**user friendly**'

Implementation – ‘My Nature’

Aim:

- to enhance the quality of life for older people living in residential/nursing care (including older residents with dementia) by collaborating with the Sensory Trust to develop ‘My Nature: a Training Toolkit’ for delivery in the residential/nursing care sector
- designing & developing a training toolkit based on research findings from the evidence synthesis and feedback from the Workshop
- piloting the training toolkit in a care home setting to co-produce exemplars
- disseminating the findings and launching ‘My Nature’ – collaborative workshop

'My Nature'



- ST – led on developing content 'My Nature'
- University led on producing Evidence Booklets
- piloted in two care homes in Cornwall, SW England
- <http://www.sensorytrust.org.uk/projects/my-nature.html>

	activity duration				benefits				sensory engagement					interest				
	Short	Medium	Long	Ongoing	Cognitive stimulation	Cognitive restoration	Dexterity	Physical	Scent/smell	Sound/listening	Taste/flavour	Visual/looking	Touch/texture	Art/craft	Gardening/plants	Wildlife	Weather	Tasting/Food & drink
Bird nests		●			●		●					●	●	●		●		
Tea tasting		●				●			●		●							●
Nature palettes		●				●		●	●			●	●	●				
Nature mapping			●	●	●		●	●	●	●		●	●		●	●		
Hey pesto		●				●			●		●				●			●
Cloud spotting	●			●		●						●					●	
Bird/butterfly spotting	●			●		●				●		●				●		
Painting by nature			●		●		●					●	●	●	●			



Final thoughts...

“Stakeholder engagement can be a time-consuming and resource-demanding process, but...it should form an **integral part of all systematic reviews** to some degree or other, particularly at early stages of the review.”

“...stakeholder engagement can be vital for ensuring that **review outputs** have the **greatest relevance and impact** to the stakeholders that will be the end-users of and/or affected by the review.”

(Haddaway et al, Environmental Evidence 2017: 6 (11), p13)

“Working with UoE and PenCLAHRC has helped us to improve our services for people living with dementia and provided substantial evidence that supports our own expertise and adds weight to our practice.” *(Lead for Dementia and the Environment at ST)*

“We’re really excited to bring our joint research project to a wider audience working in the care sector. This will benefit older people by increasing their engagement with nature and enable those working in the care sector to increase their understanding of research within the field of nature and older people's care. It’s also a pleasure to work with the PenCLAHRC and UoE team again.”
(Development Manager ST)

Thank you...any questions?

Evidence Synthesis Team Blog

<https://evidsynthteam.wordpress.com/>

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