

# **A practical guide for patient and public involvement in eHealth intervention research – experiences from two case projects.**

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Presenter: Milon van Vliet | Type: Oral Presentation

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## Abstract

### Introduction

The importance of public and patient involvement (PPI) in research has become more evident in the past two decades. PPI is a collaborative approach in which research is carried out with or by end-users. End-users can be involved during various research stages through participatory activities, and by addressing relevant topics for themselves and the target population. PPI can increase the relevance and quality of research, and can be beneficial for end-users (e.g., feeling valued). Although many resources for implementing PPI are available, a functional overview of these resources and case examples on PPI implementation are missing. This study aims to provide a practical guide to PPI, by describing steps that guided PPI implementation in two eHealth intervention research projects.

### Methods

Two projects will serve as case examples: a project focused on evaluating a smart-inhaler program for asthma patients, and a project developing and evaluating an mHealth application with virtual coaching for smoking cessation and physical activity enhancement. The following steps guided preparation for and continuous reflection on PPI implementation: 1) In which phase of the eHealth evaluation cycle is your project?; 2) Who is your target population?; 3) What do you aim to achieve with PPI?; 4) How are you going to implement PPI?; 5) What are conditions and challenges?; 6) How are you going to evaluate the impact of PPI on your project? ResultsFor each step, practical examples, challenges and lessons learned are described. For instance, how to recruit a representative sample and attain open communication between stakeholders. Resources for implementation, evaluation and reporting PPI are shared.

### Discussion

There is no golden standard for implementing PPI. By sharing experiences from two eHealth research projects, we hope to provide future projects with a systematic approach incorporating existing guidelines. This way, we can work towards valuable PPI in research.