# SPCR internship projects 2023 – Keele University

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| **Name & email supervisor(s):**  **Supervisor:** Charlotte Woodcock (c.woodcock@keele.ac.uk)  **Study team members:** Melanie Holden, Martin Thomas, Emma Healey, Emma Parry, Clare Jinks, Ed Roddy, Zoe Paskins |
| **Length of internship and when it could take place:**  4 weeks, flexible start date |
| **Host department:**  School of Medicine, Keele University |
| **How will the internship be conducted:**  In person at the university  Virtual/ from home  Both are possible, depending on preference of student |
| **Title internship project:**  Synthesis of research recommendations within clinical guidelines for the non-surgical management of osteoarthritis. A narrative synthesis. |
| **Summary of the internship project:**  **Background:**  Osteoarthritis (OA) is a leading cause of disability worldwide, affecting approximately 528 million people globally. International guidelines are in broad agreement about OA management, which in the absence of a cure, aims to improve pain, physical function, and quality of life. Recommendations for non-surgical OA management include combining pharmacological approaches focused on pain relief with core treatments of education, exercise and weight loss. Other rehabilitation adjuncts (e.g., orthoses, manual therapy) are recommended inconsistently between clinical guidelines, likely due to the lack of strong available evidence regarding many such treatments. In addition to providing guidance about care provision for people with OA, clinical guidelines also make recommendations for future research. It is currently unknown how consistent research recommendations are across guidelines. Synthesising this information will support future research priority setting internationally.  **Aim:**  To summarise and synthesise recommendations for future research within current clinical guidelines for the non-surgical management of OA.  **Methods:**  The Epistemonikas database will be searched for systematic reviews of current clinical guidelines for OA. Guidelines included in these reviews will then screened for eligibility. Guideline clearing houses and PubMed will also be searched to identify guidelines not included in existing systematic reviews.  Information on guideline characteristics (e.g. publication date, country, guideline development process) and research recommendations will be extracted into tables and narratively synthesised. Quality of the guidelines will be assessed using established criteria (e.g. AGREE II).  The study will be presented to the OA Research Group within the Centre for Musculoskeletal Health Research at Keele University, submitted to a UK-based scientific conference and written up as a short report for submission to a peer-reviewed journal. |
| **Learning objectives:**  **Undertaking this project will enable the candidate to:**   * Increase their knowledge and understanding about OA and its non-surgical management * Increase their knowledge and understanding about systematic reviews and other applied health research methods * Increase their analytical skills (including narrative synthesis) * Improve their presentation skills * Improve their manuscript writing skills (with the aim of writing up the project for submission to a peer reviewed journal) * Have increased understanding about possible career trajectories for clinical academics |
| **Any further information:**  An approximate timetable for the project will be as follows:  Week 1: Meet the team, background reading, finalise the review protocol, commence research methods training programme  Week 2: Undertake the search, retrieve relevant clinical guidelines for inclusion, commence data extraction  Week 3: Extract data, assess guideline recommendation quality, synthesise findings  Week 4: Complete data synthesis, present findings to the OA Research Group, plan future study outputs |
| **How to apply:**  Applicants should email their application to Philippa Bailey by the **2nd May 2023** ([p.bailey2@keele.ac.uk](mailto:p.bailey2@keele.ac.uk))  The application should include:   1. A copy of the applicants up to date CV (including 2 nominated referees) 2. A supporting statement (no more than 1 side of A4 in length) providing information about:  * The applicants background and experience to date * Why they want to gain experience in primary care-based research * Which project they would like to undertake and why   Selection of candidates will be based on the written application only (no interview will be required) using a standardised scoring sheet.  We will let NIHR SPCR know the selected candidates by the **22nd May 2023** |