

GLA:D Ireland Public and patient involvement Panel

Who are we?

GLA:D (Good Living with osteoArthritis from Denmark) Ireland is a non-profit initiative that trains physiotherapists to implement guidelines for hip and knee osteoarthritis in clinical practices across Ireland.

What is this research about?

We are establishing a new Public and Patient Involvement (PPI) group focused on osteoarthritis research at the University of Limerick. This is an exciting opportunity to help shape the future direction of osteoarthritis research in the Mid-West region.

Osteoarthritis affects millions of people, impacting joints, mobility, and quality of life. We want to hear directly from those living with osteoarthritis and their families about what matters most to them. Your experiences, insights, and priorities will help inform:

- Treatment options and approaches
- Healthcare services and support
- Specific research studies and future research directions

This is a newly forming group with significant scope for development and input. Your voice will be central to ensuring research addresses real-world needs and challenges.

We welcome people living with any type of osteoarthritis (hip, knee, hand, or other joints), as well as family members and carers. All age groups are welcome.

We are aiming to involve **10-12 PPI contributors**.

What will this look like and what is expected of me?

Length of meetings: We aim to meet face to face for one 2-hour session every 2 months at the University of Limerick.

Preparation and expectation: Between meetings, PPI contributors will receive a meeting agenda and a small number of documents to review (sent via email, or by post if preferred). Preparation is expected to take approximately one hour per meeting. This process is designed to support contributors in actively shaping the discussions and providing valuable insights.

Budget fund / incentives

As GLA:D is a non-profit initiative, we will be able to provide limited funding such as payment to cover time as provided by you the PPI contributor and provide catering for the in-person meetings. Funding source: Health Research Board.

Start and end of this PPI Panel?

We are hoping to host our first meeting in December 2025 and currently; there is no end date in sight however expected to last for approximately 2-years. You are free to withdraw from this panel at any stage.

Who is involved in the Research Team?



Assoc. Prof. Clodagh Toomey

Principal Investigator

Clodagh.toomey@ul.ie



Mr. Peter Hempenstall

PhD Candidate and

Research Assistant



Dr. Avantika Bhardwaj

Post-doctoral researcher

Researcher background

Clodagh's research focuses on the prevention and treatment of chronic musculoskeletal disease, using patient and clinician involvement to guide and inform implementation of evidence-based programmes in health service delivery. She is currently a recipient of a Health Research Board Emerging Investigator Award which is investigating the IMpLementation of Clinical guidelines of osteoArthritis Together (IMPACT). This research takes a participatory health research approach to forming implementation strategies that will ensure exercise and education are first line treatment options for patients with hip and knee osteoarthritis in the Irish healthcare system.