

Intro to People Participation workshop: Top tips – the 7 ‘Rs’

This template can support you to think about the key points when involving patients and people in your involvement project.

Reasons	
<ul style="list-style-type: none"> • What is the reason for making a change or improvement? 	
<ul style="list-style-type: none"> • What are you asking patients and people to be involved in? 	
Resources	
<ul style="list-style-type: none"> • What resources do you have to involve people? (Eg. funding, dedicated time, enough staff) 	

<ul style="list-style-type: none"> Do you have help and support from others? (Eg. colleagues, managers) 	
Relationships	
<ul style="list-style-type: none"> How are you going to involve the team or service? 	
<ul style="list-style-type: none"> Invest in time and effort to build relationships with your patients and people. Think about the trust's Heart values. How are you going to do this? 	
Roles & responsibilities	
<ul style="list-style-type: none"> Patients and people may have skills and experience which can help your improvement. How can you utilise them? How can you support them to be involved? (Eg. ways to communicate, enhance skills, expenses) 	

<ul style="list-style-type: none">• Who is leading?	
Review & reflect	
<ul style="list-style-type: none">• Take a step back from the task in hand and have mentoring style conversations with patients/people involved to see how they are finding it all. How are you going to do this?	

Additional resources:

Being inclusive in public involvement in health care and research (NIHR) - <https://www.nihr.ac.uk/documents/being-inclusive-in-public-involvement-in-health-and-care-research/27365>