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TOPS: Thumb Osteoarthritis Prognosis for Supported Self-management

Aim

To see how pain and other hand problems change for people with thumb osteoarthritis after starting self-management treatment. To understand peoples' experiences of care and understand why some people improve and some do not. As Principal Investigator, I have been leading the study at CityCare's MOSAIC service, gaining valuable experience and skills.

I have always had an interest in research and been on the lookout for opportunities to get involved - to help patients and as part of my own development.

As well as enhancing the skills of the research and wider clinical teams, having conversations with patients about the study has given them confidence that we want to provide the best care possible.

Research and clinical skills are much more interwoven than perhaps we realise; taking part in research offers us a different perspective on the care we provide and can attract funding, technology and raise the profile of the services we work so hard to deliver.