



Utilising patient advocates in the co-production of knowledge to narrow the gap between research and clinical care

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Frisk & Fri seeks to raise awareness of the benefits of involving patient advocates in research and clinical care. Patient advocates with lived experience of eating disorders can make significant contributions to both research and clinical care. While there has been some progress in involving patient advocates in academic research and the development and implementation of clinical care, advocates tend to be brought in during later stages of a process, rather than earlier. There is a need to explore how the potential of patient advocates can be more fully integrated into the work of clinicians and researchers.

The aim of this workshop is to highlight the need for and explore the usefulness of involving patient advocates in both research and clinical care. To enrich and anchor the conversation, we invite participants to draw on their experiences, as researchers and clinicians to better elucidate how the integration of patient advocates can be optimised.

By initiating the conversation between patient advocates, clinicians, and researchers, we aim to help clinicians and researchers to see the integration of lived experience can become a tool to bridge the gap between research and care.

Participants will leave the workshop with systematic knowledge of how lived experience can be integrated into their work.

Workshop participants will be involved in discussions about frameworks for integrating lived experience in their work and reflect on the impacts of differences in language, knowledge and power in practice and research.

Small groups will begin by mapping how experiential knowledge is currently included – and excluded in their work (the gap).

After identifying potential areas for improvement, groups will discuss how this can be achieved. Participants will document their ideas on a shared template in Menti, covering potential barriers and solutions, required organisational conditions to support key decisions, and achievable actions. Focus will be on hands-on ideas for how integrating experiential knowledge can strengthen quality indicators of treatment and improve the relevance of clinical research. The workshop concludes by providing a toolbox that participants can use their own work.