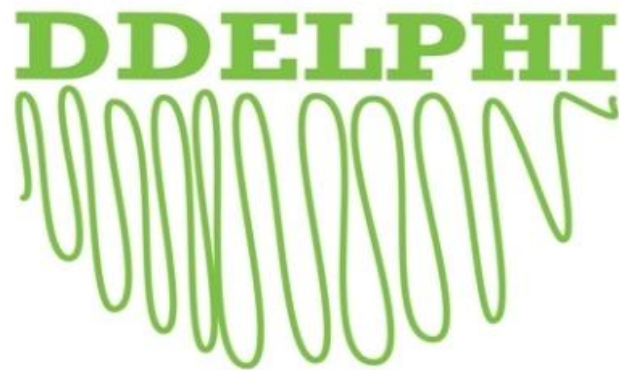
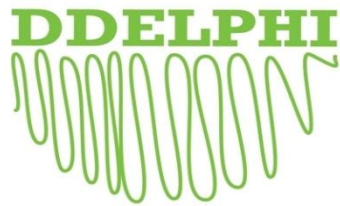


Rates of practice and patient  
recruitment: preliminary results  
from the DDELPHI study





## Doctor delivered physical activity intervention

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- How feasible is it for GPs to deliver a simple, low cost intervention to increase daily walking in inactive patients?
- What is the feasibility of adding a pedometer (a small device for recording amount and intensity of walking) to the brief GP advice both compared to GP usual care?
- We planned to recruit 144 inactive patients, aged 40-74 from 24 general practices in Devon, Bristol and Coventry. The results of the study will inform the design of a full randomised controlled trial.
- The study is funded via the National Prevention Research Initiative.

# DDELPHI collaborators

- Principal investigator: Dr Melvyn Hillsdon<sup>1</sup>
- Co-applicants: Professor Rod Taylor<sup>2</sup>, Professor Margaret Thorogood<sup>3</sup>, Dr Tim Holt<sup>3</sup>, Professor Debbie Sharp<sup>4</sup>, Dr Katrina Turner<sup>4</sup>, Professor Marie Murphy<sup>5</sup>
- Collaborator: Professor John Campbell<sup>2</sup>

<sup>1</sup> University of Exeter

<sup>2</sup> Peninsula College of Medicine and Dentistry

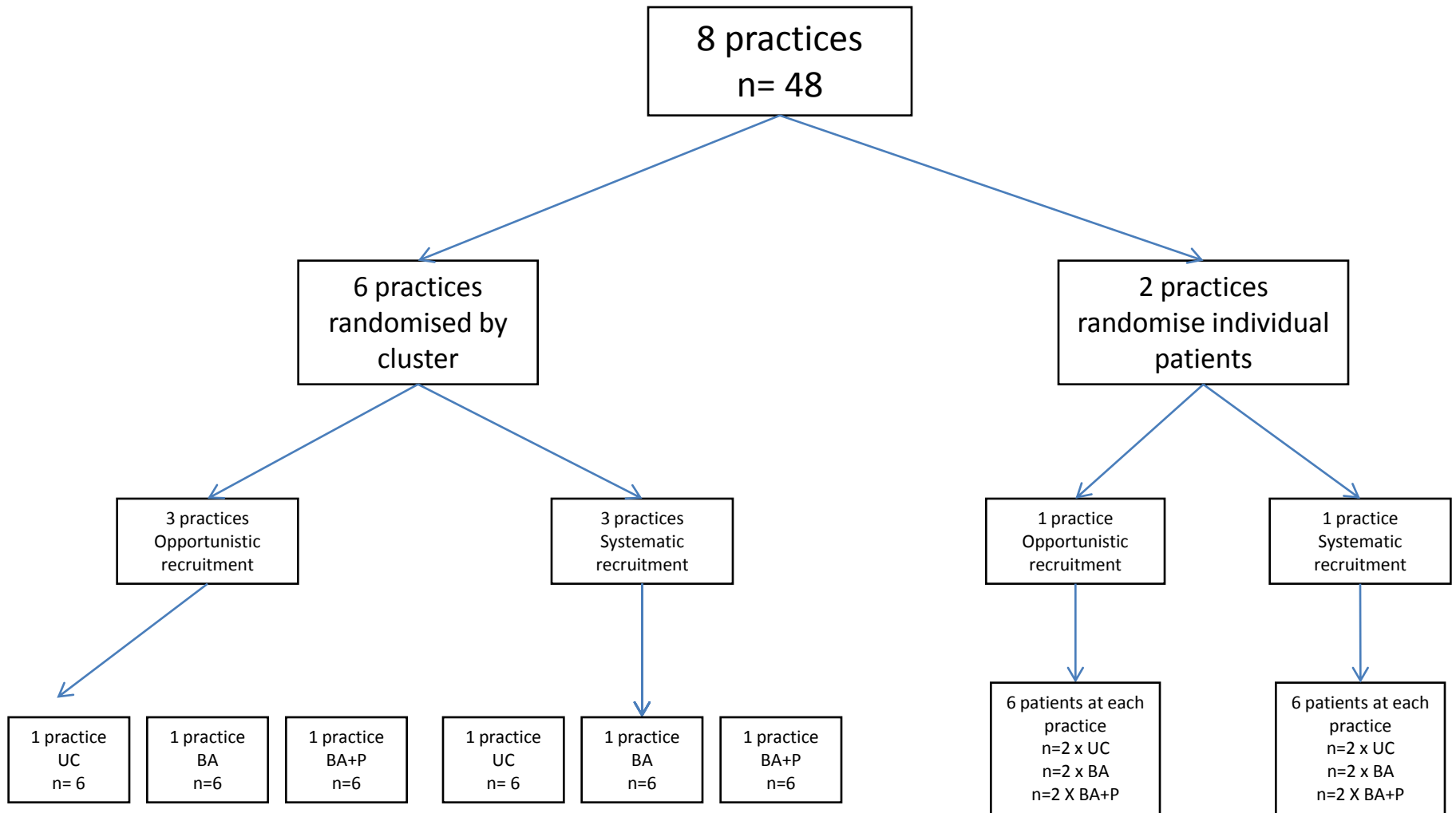
<sup>3</sup> University of Warwick

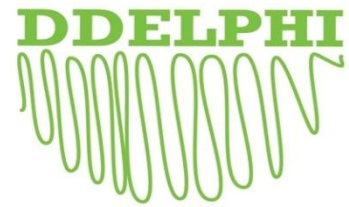
<sup>4</sup> University of Bristol

<sup>5</sup> University of Ulster



# Single region recruitment



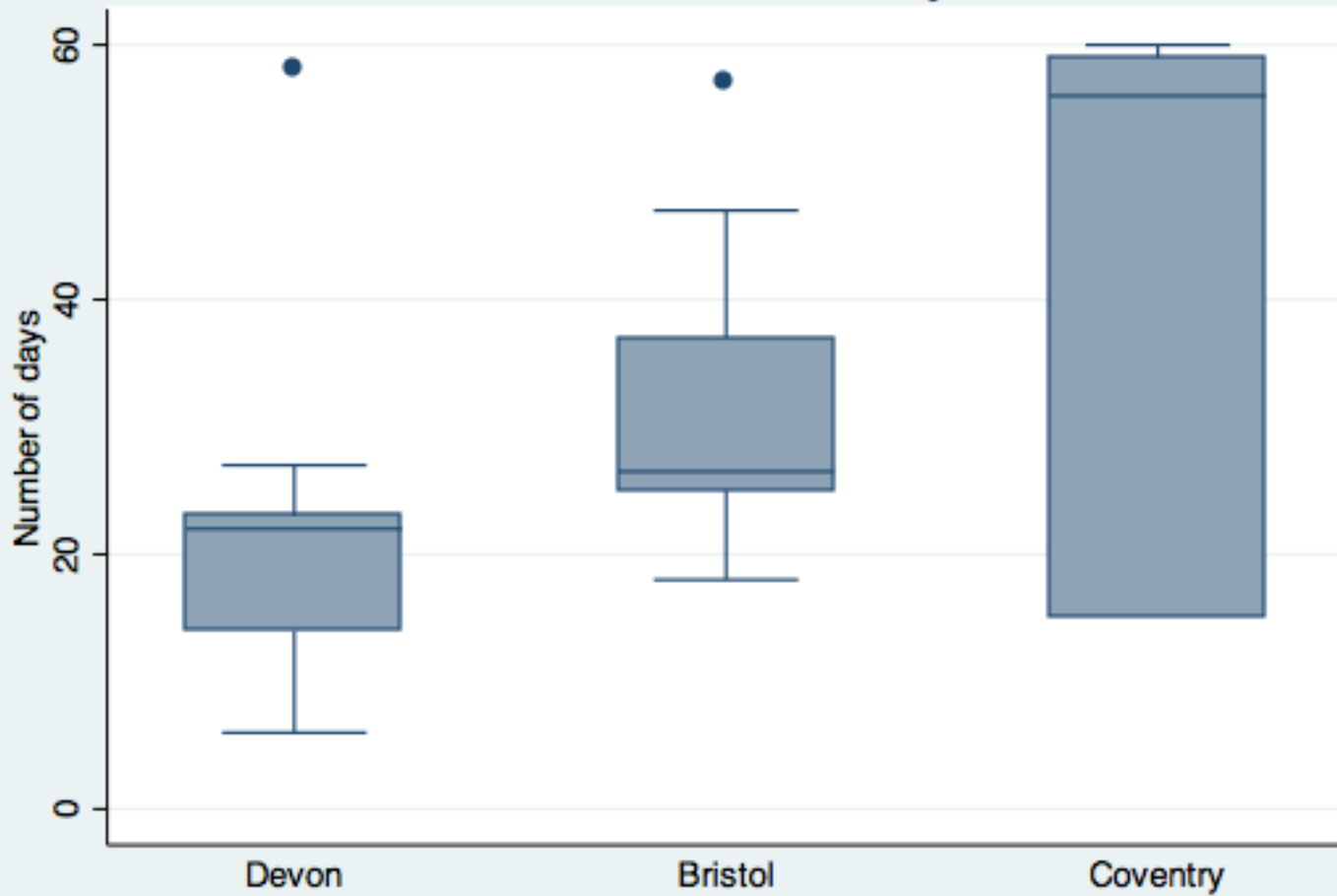


# Practice recruitment

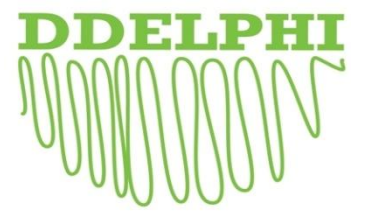
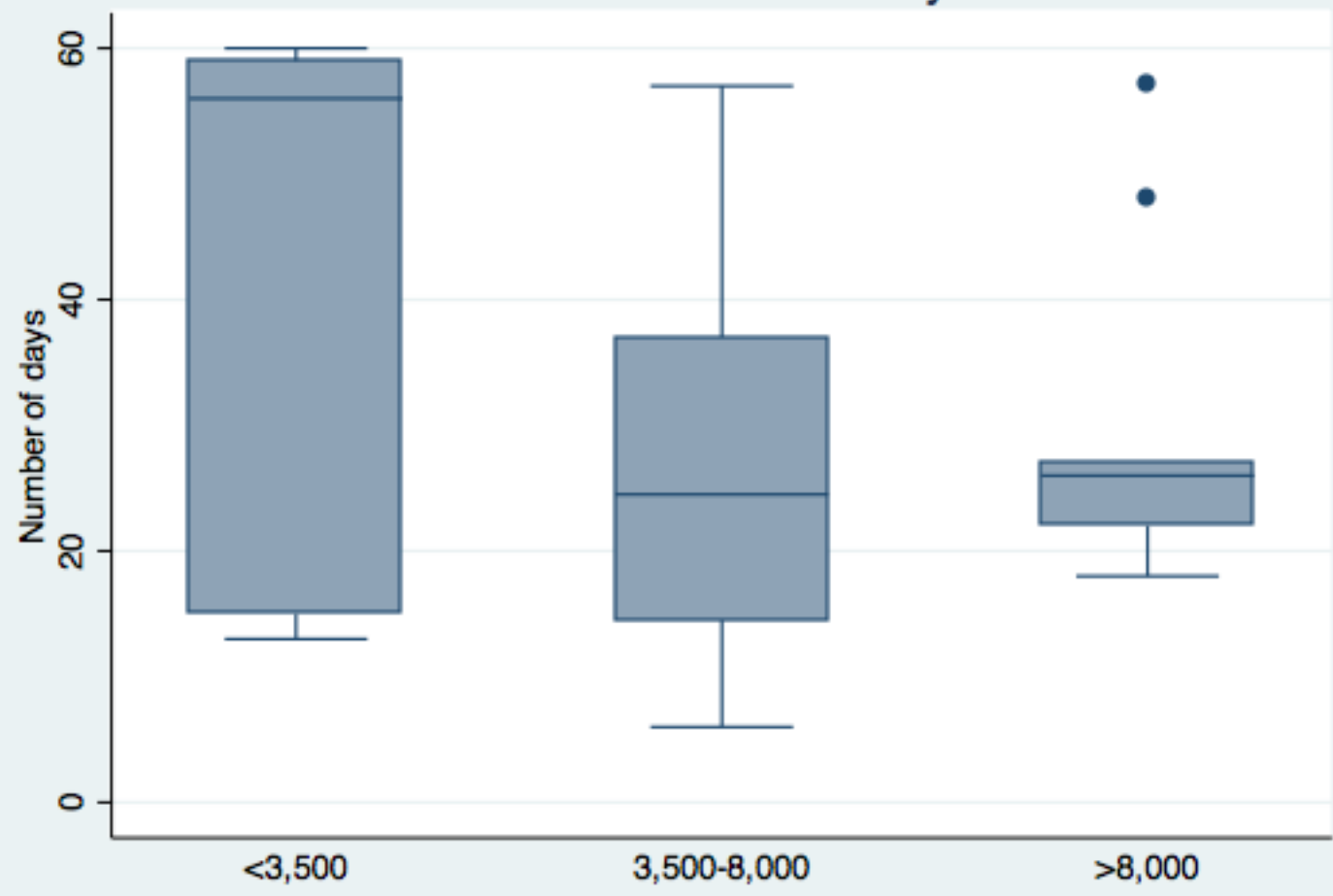
# Practice characteristics

- Size
  - Low (<3,500 patients)
  - Medium (3,500-8,000 patients)
  - High (>8,000) patients
- Deprivation
  - Low (lowest quartile of English IMD)
  - Middling (inter-quartile range)
  - High (highest quartile of English IMD)

### Time from invitation to EOI by Location

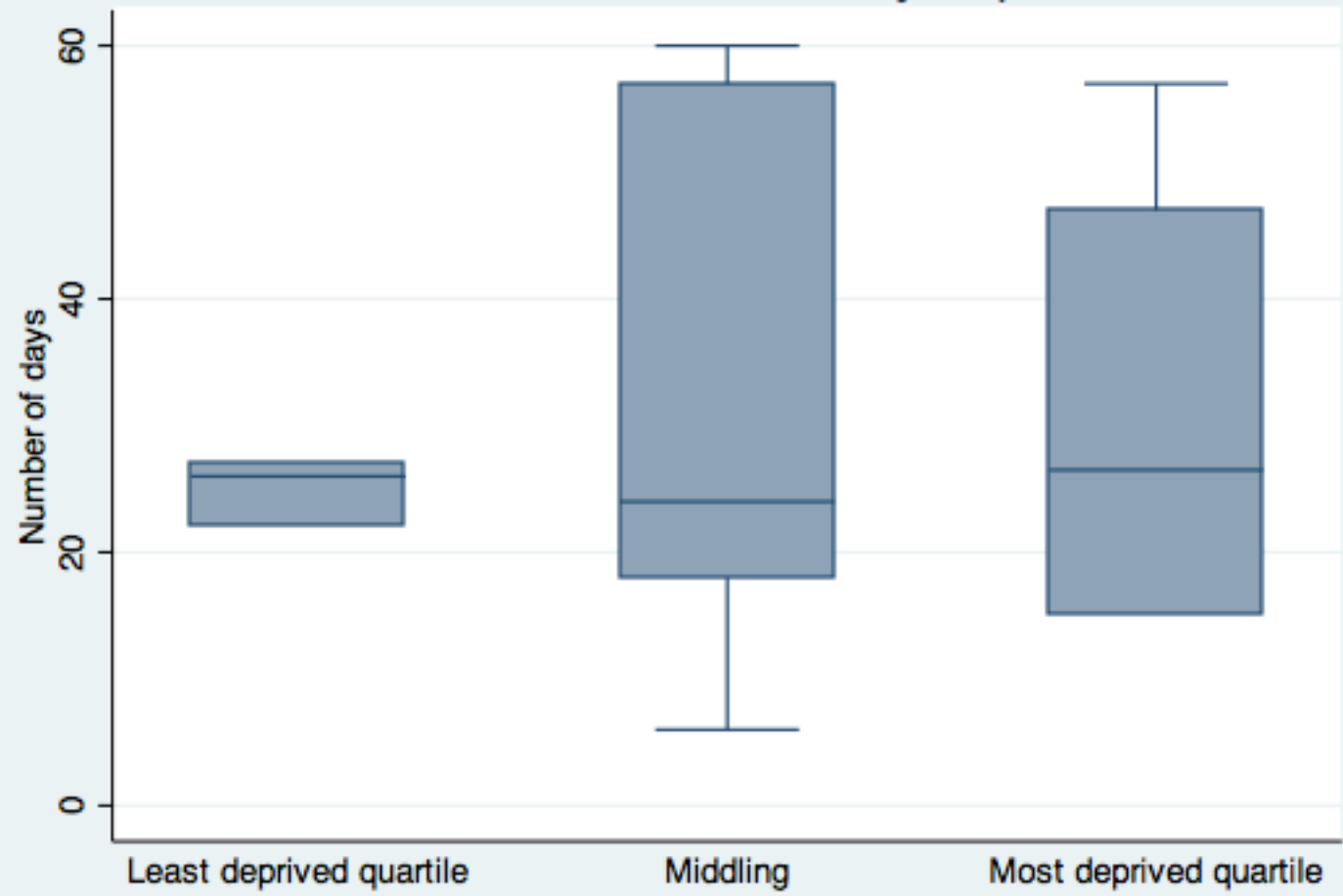


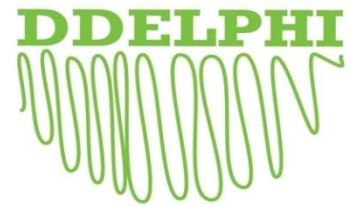
### Time from invitation to EOI by List size





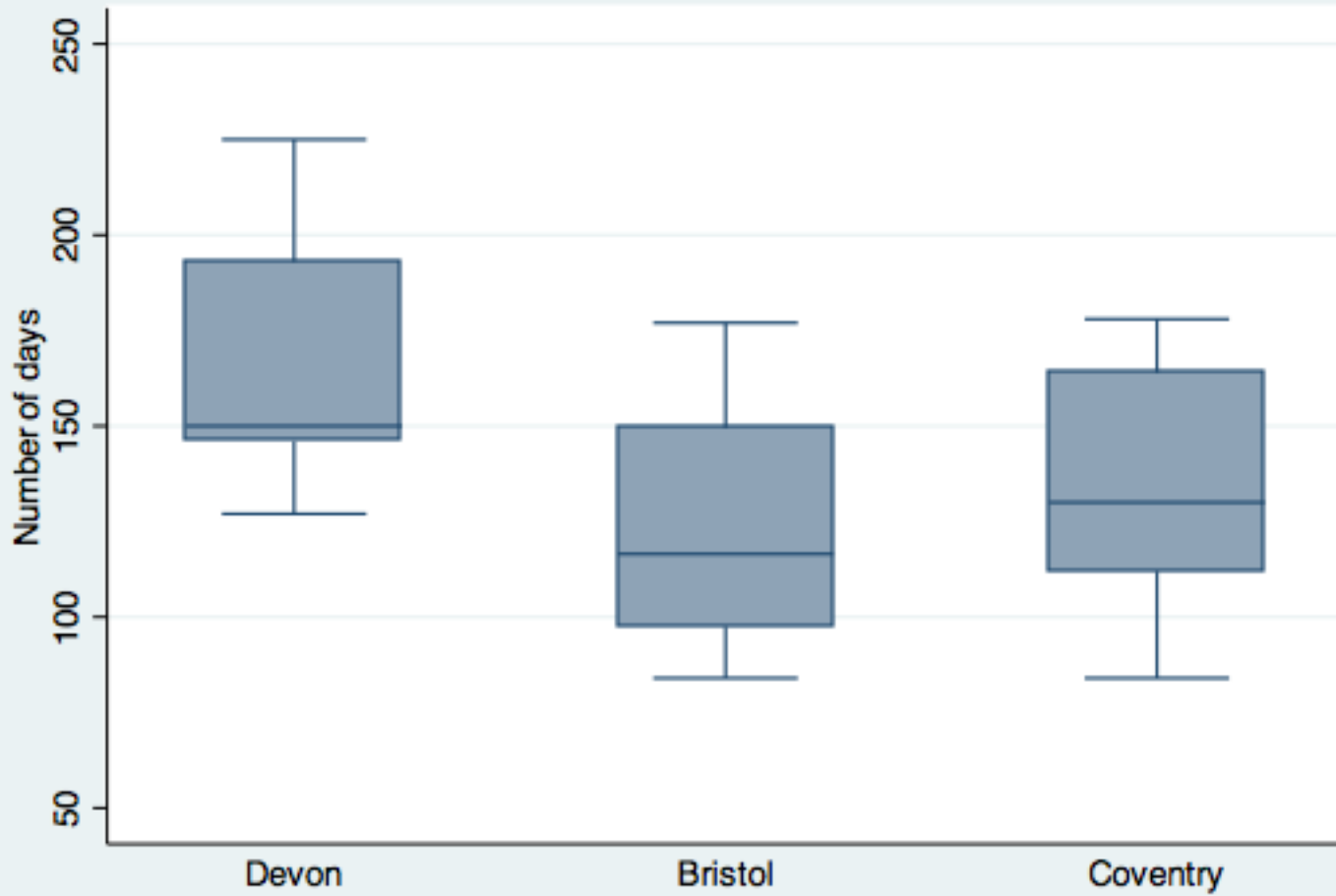
### Time from invitation to EOI by Deprivation



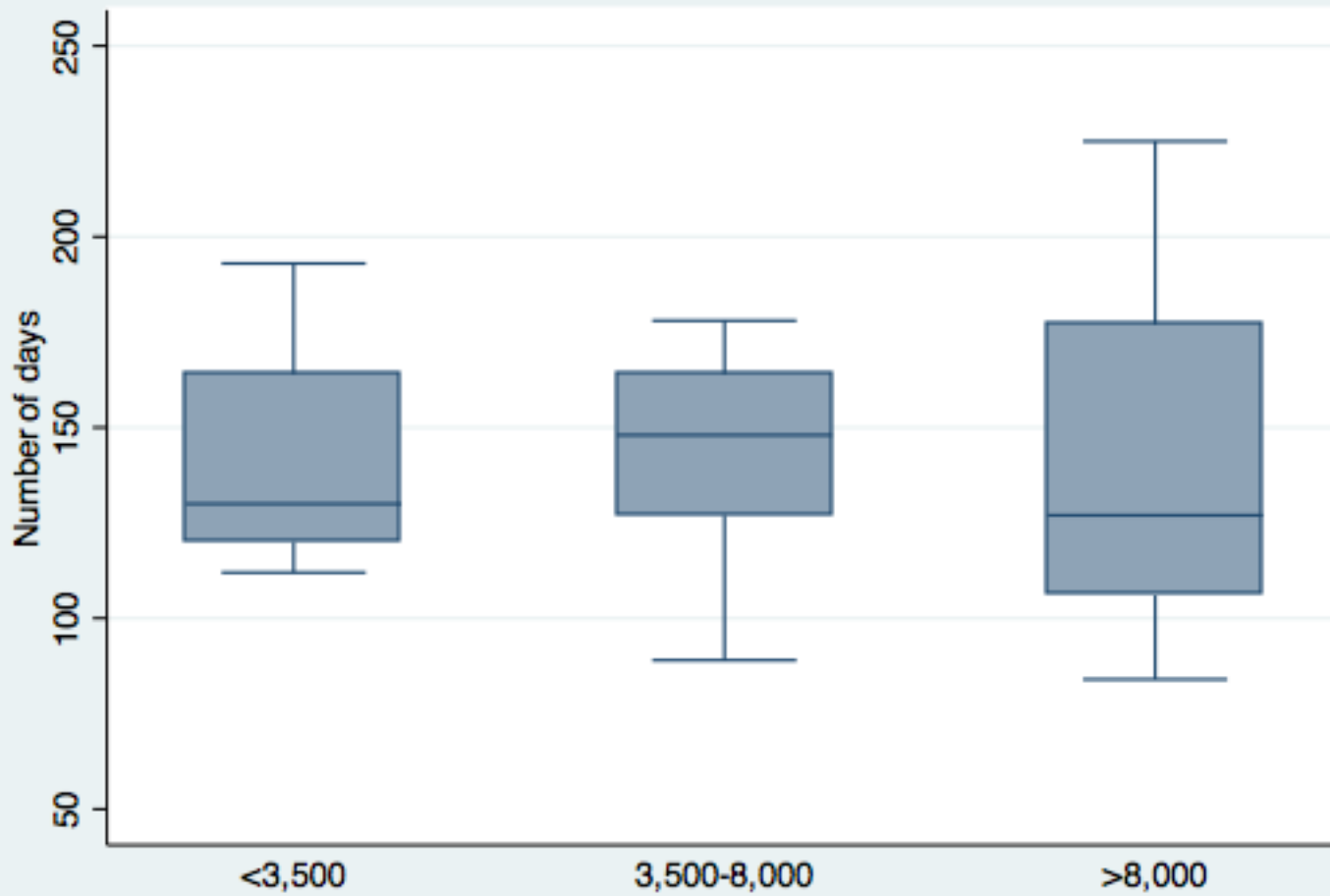


# Patient recruitment

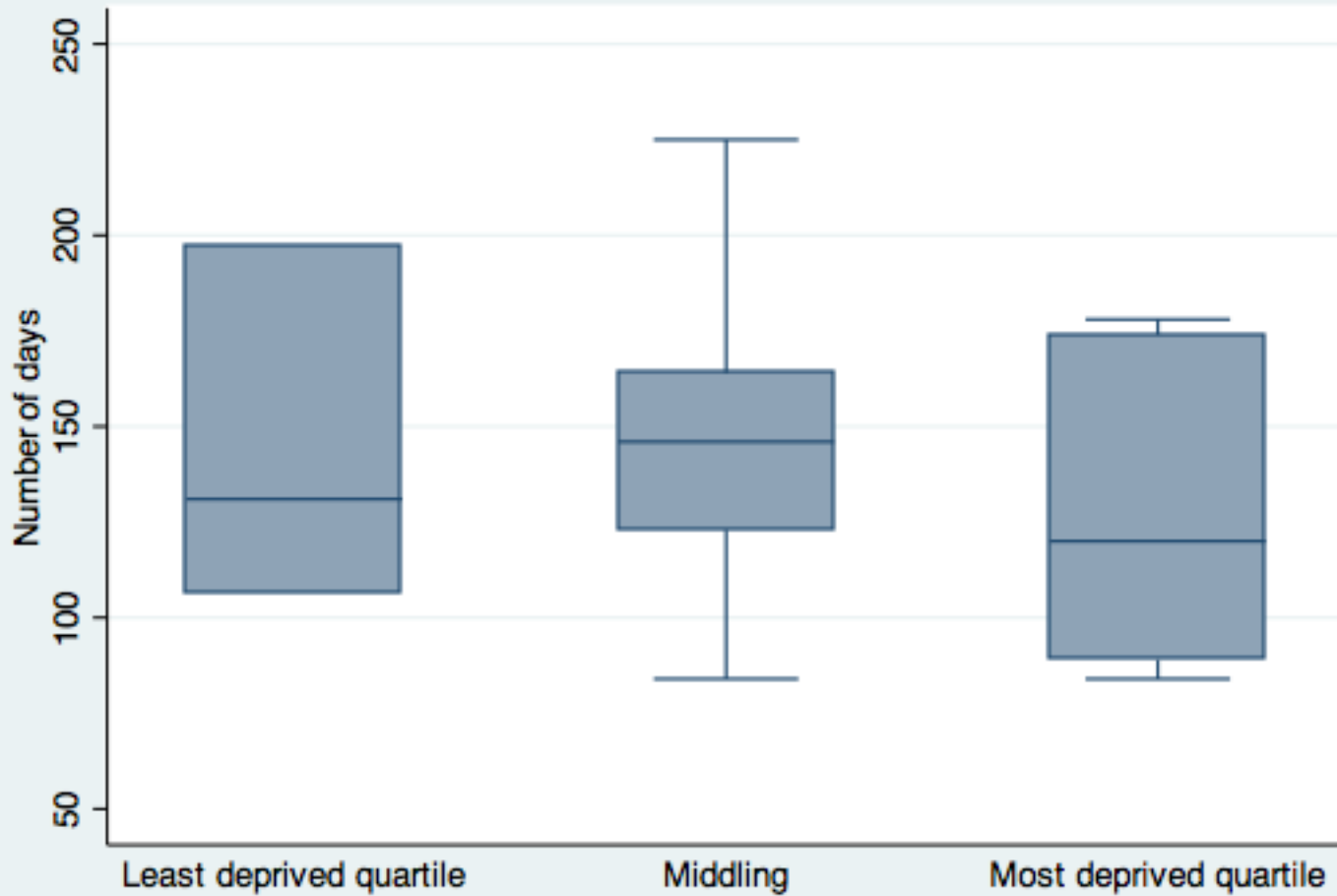
## Time from EOI to first recruit



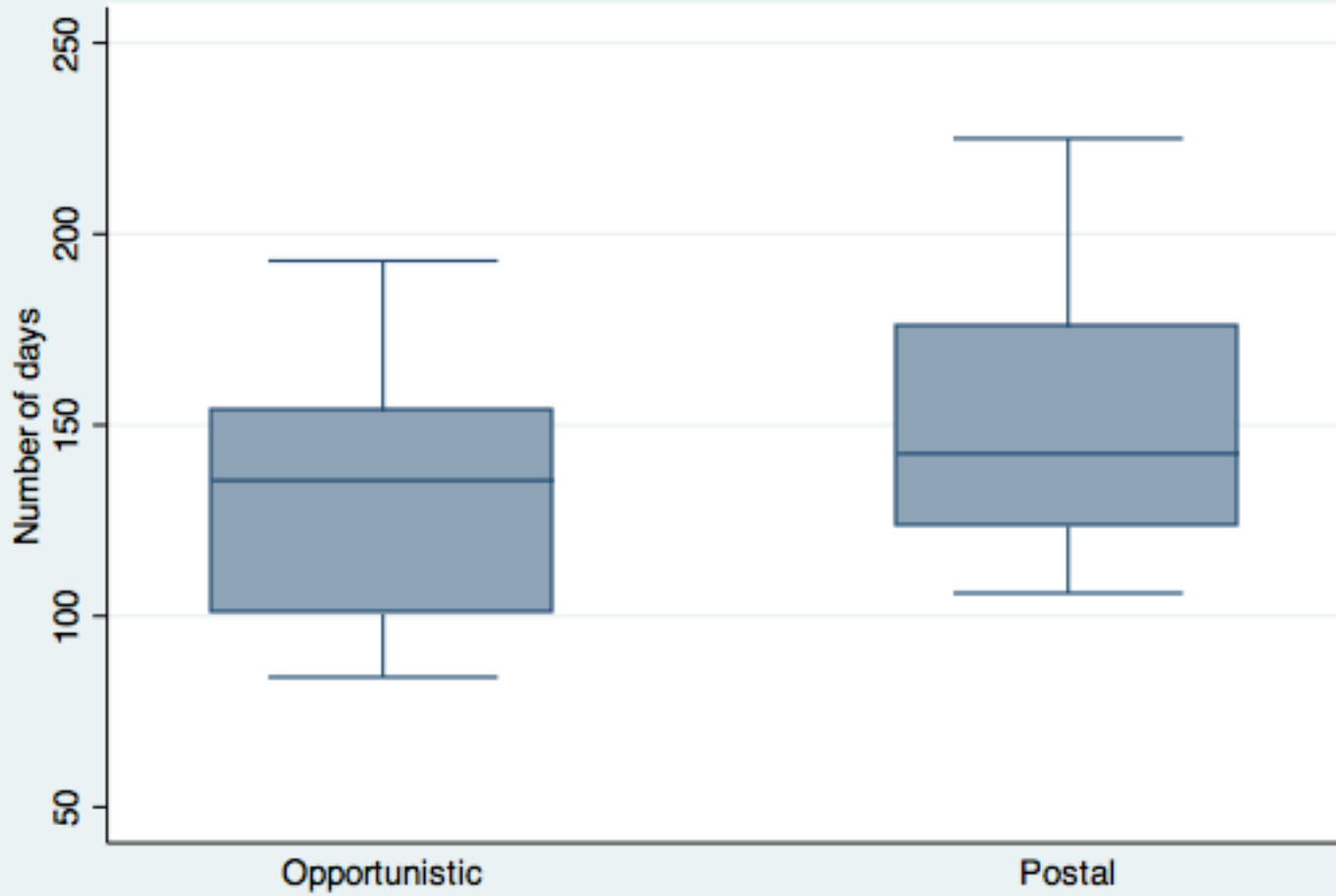
### Time from EOI to first recruit



## Time from EOI to first recruit

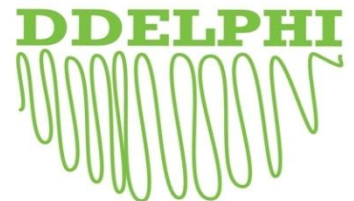


### Time from EOI to first recruit



# Conclusions

- Time taken to recruit both practices and patients into the study were related to geographical location, list size and deprivation.
- This type of data may allow for more precise estimates of recruitment rates in multicentre randomised controlled trials.
- Trials should be encouraged to publish recruitment rate data by practice characteristics.



# Acknowledgements

- NPRI
- Primary Care Research Network
- Devon R&D
- The 24 practices and their patients

