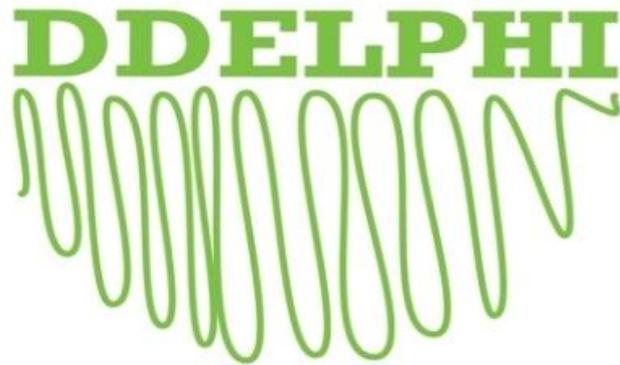
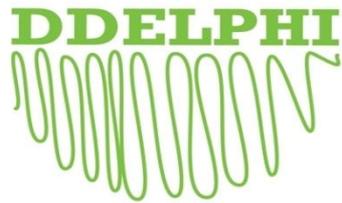


Rates of practice and patient
recruitment: preliminary results
from the DDELPHI study





Doctor delivered physical activity intervention

- 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 Hillsdon¹
- Co-applicants: Professor Rod Taylor², Professor Margaret Thorogood³, Dr Tim Holt³, Professor Debbie Sharp⁴, Dr Katrina Turner⁴, Professor Marie Murphy⁵
- Collaborator: Professor John Campbell²

¹ University of Exeter

² Peninsula College of Medicine and Dentistry

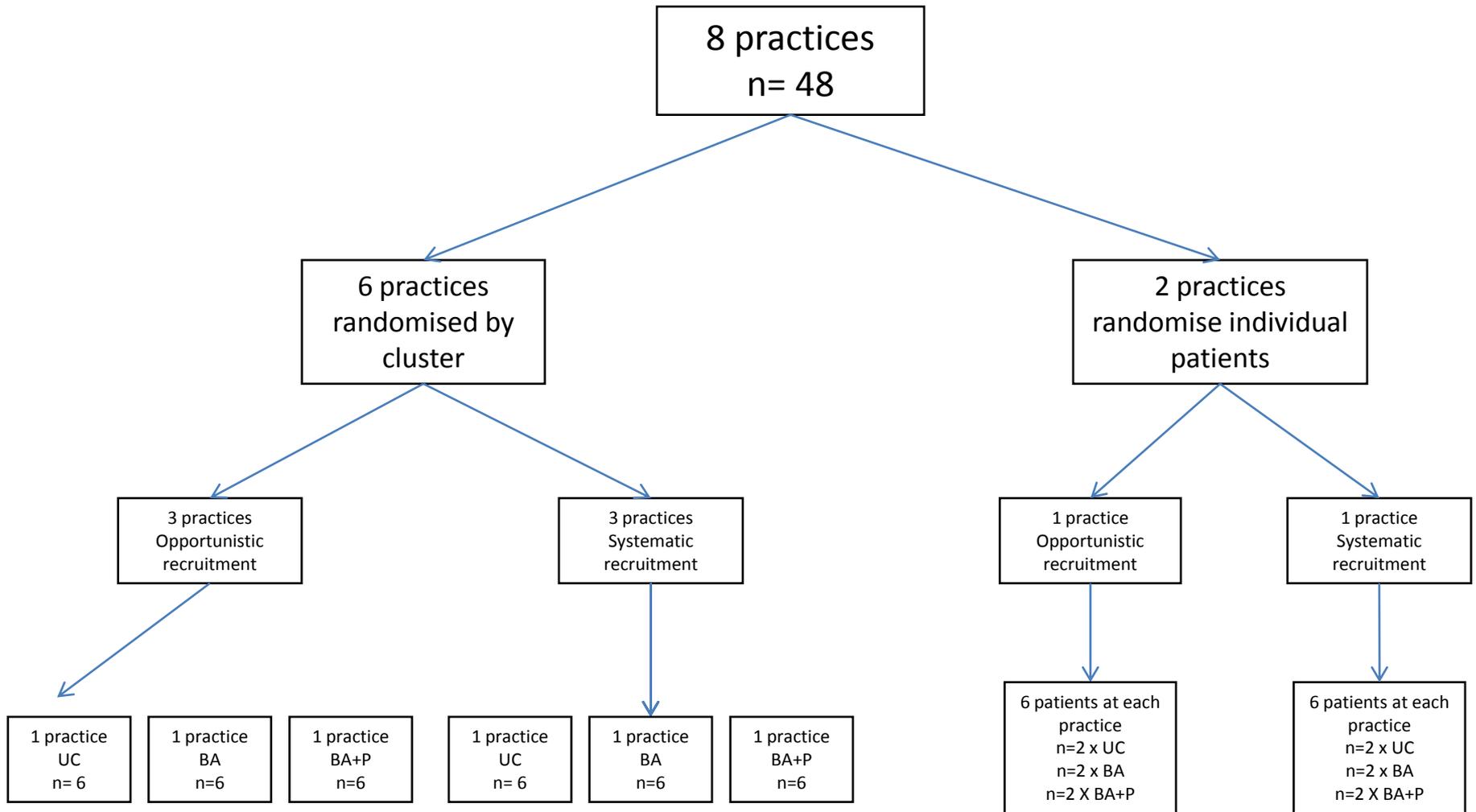
³ University of Warwick

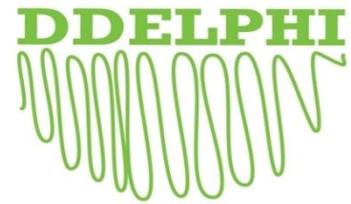
⁴ University of Bristol

⁵ University of Ulster



Single region recruitment



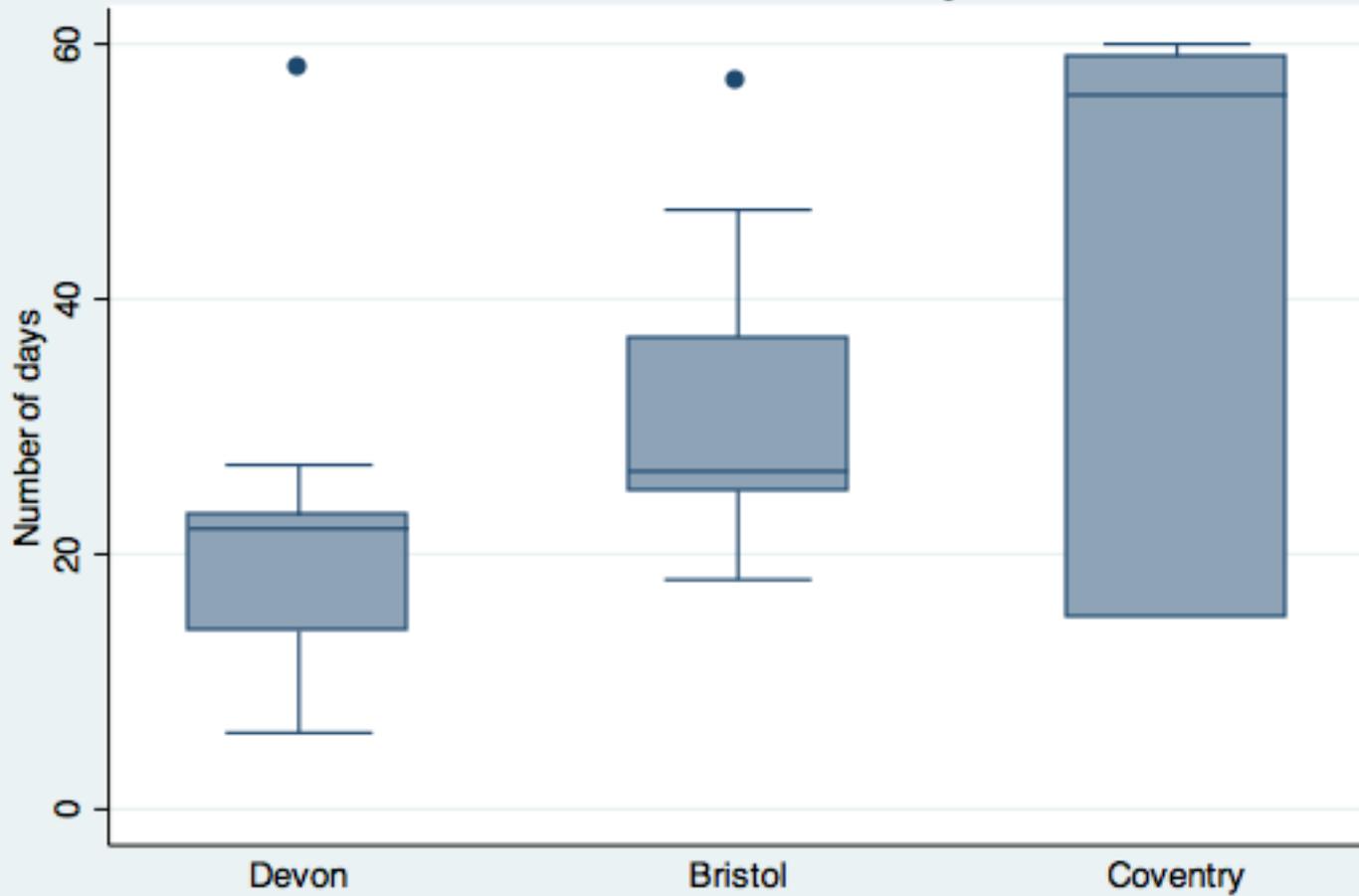


Practice recruitment

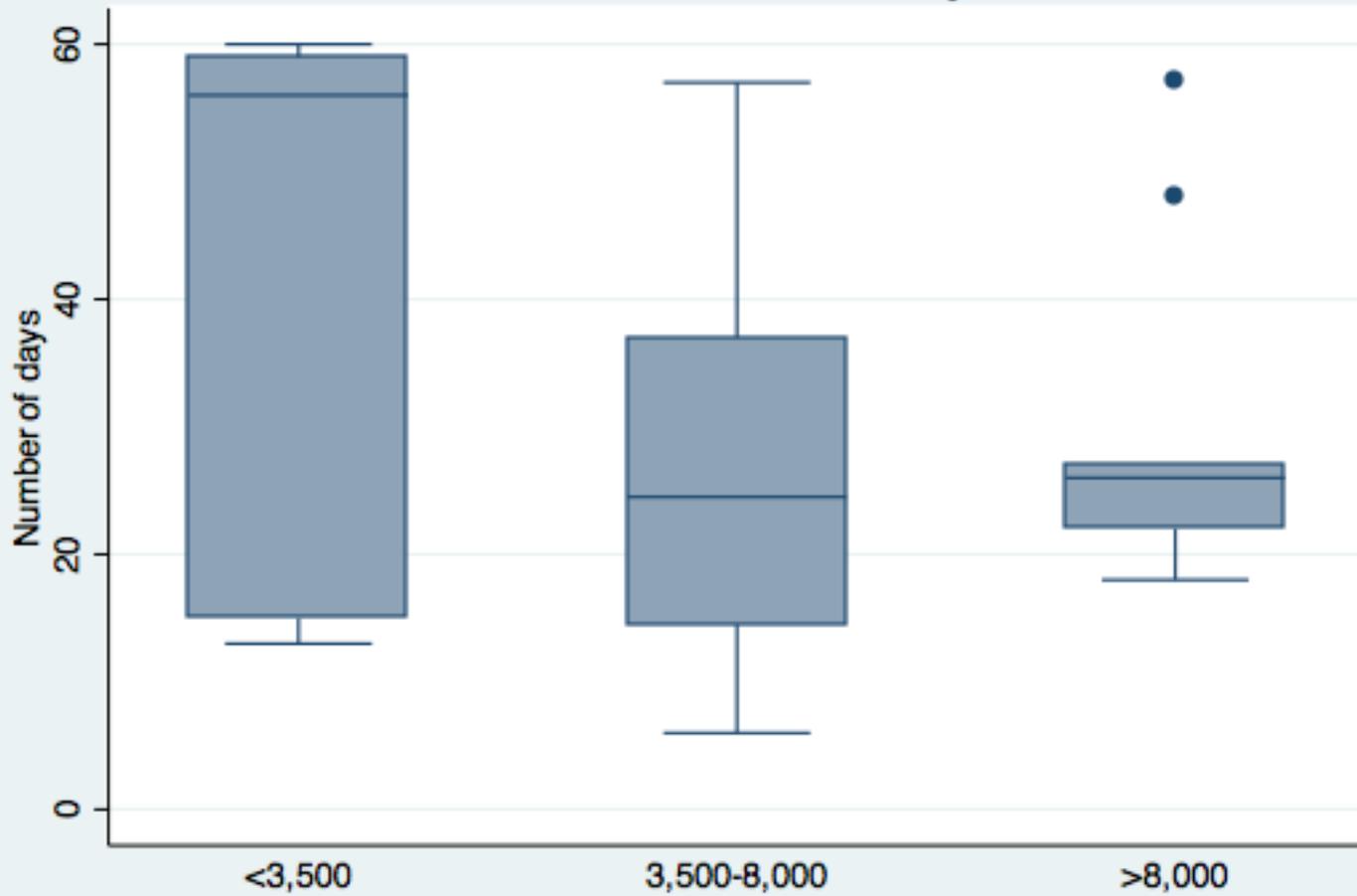
Practice characteristics

- 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)

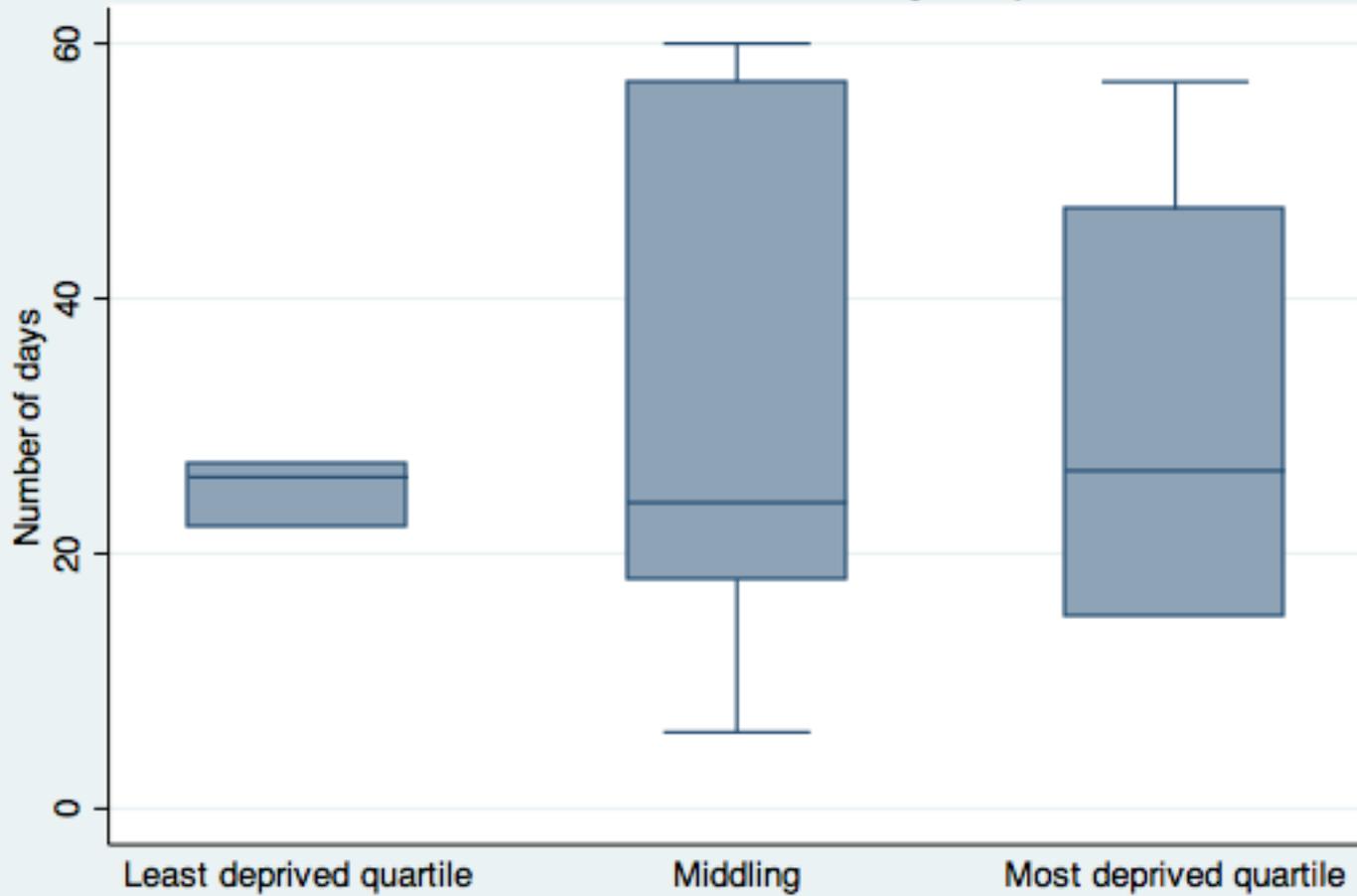
Time from invitation to EOI by Location

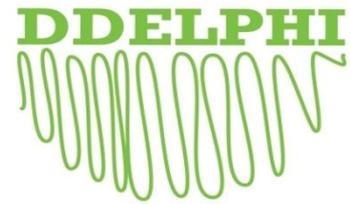


Time from invitation to EOI by List size



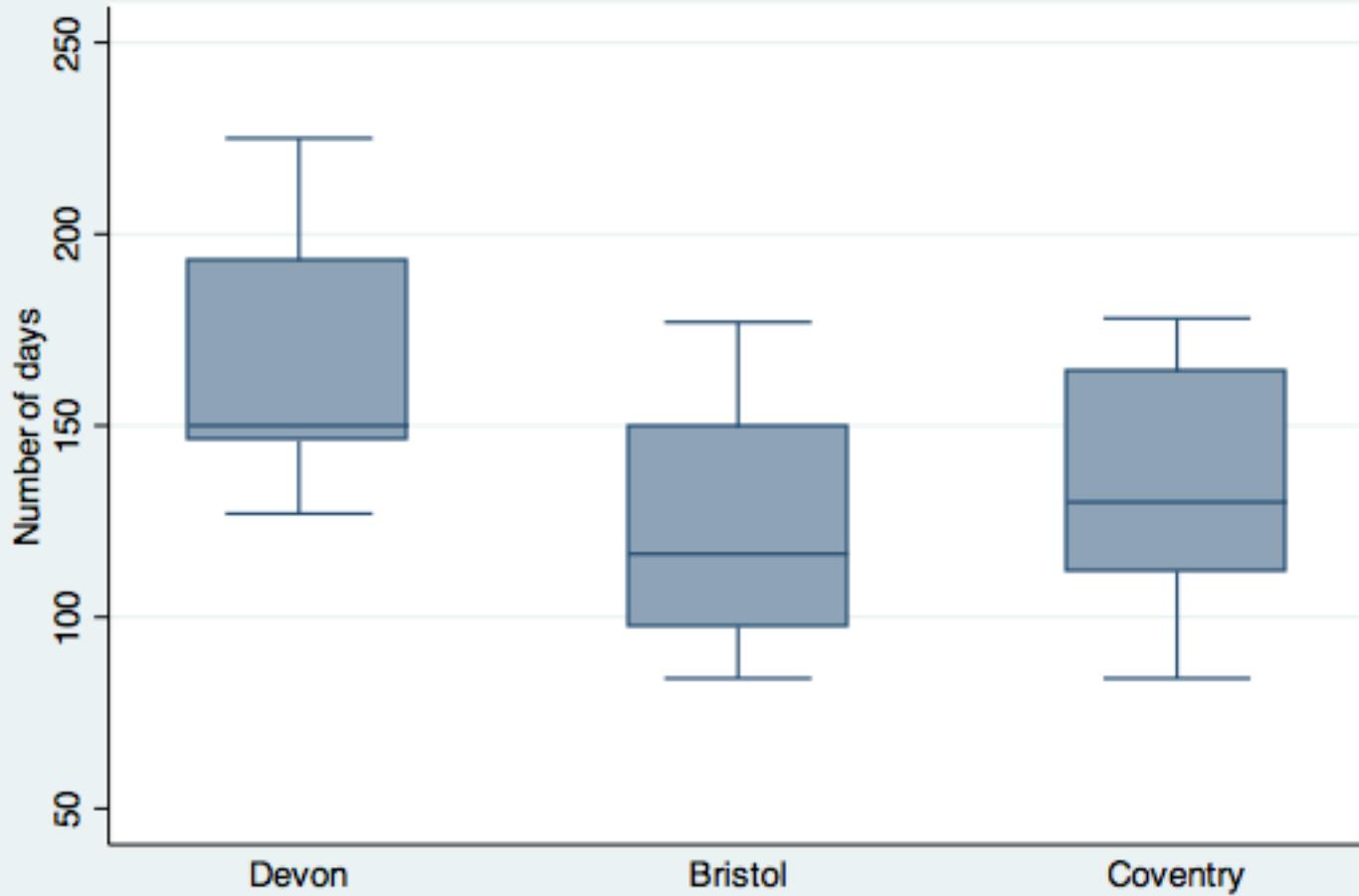
Time from invitation to EOI by Deprivation



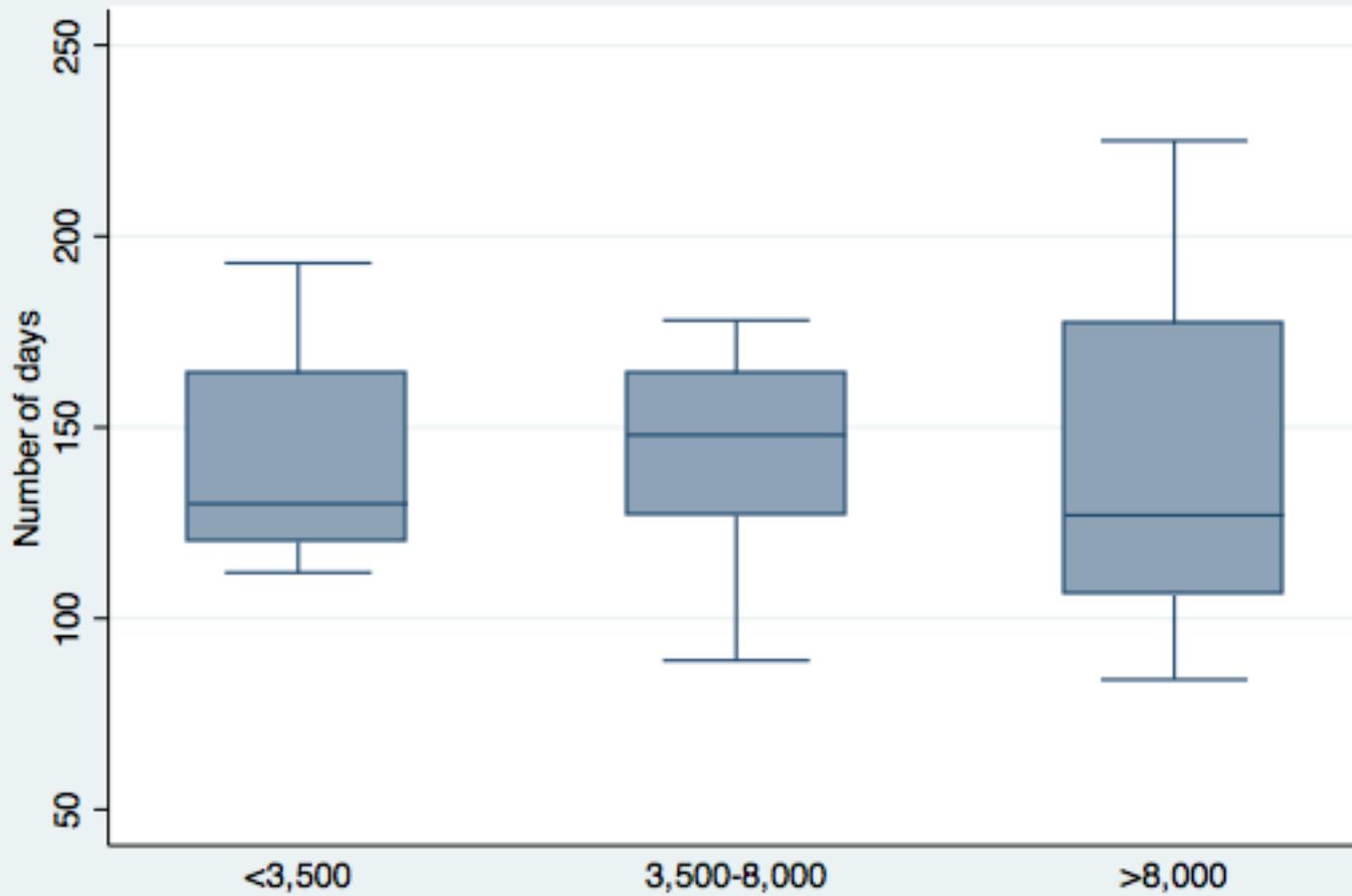


Patient recruitment

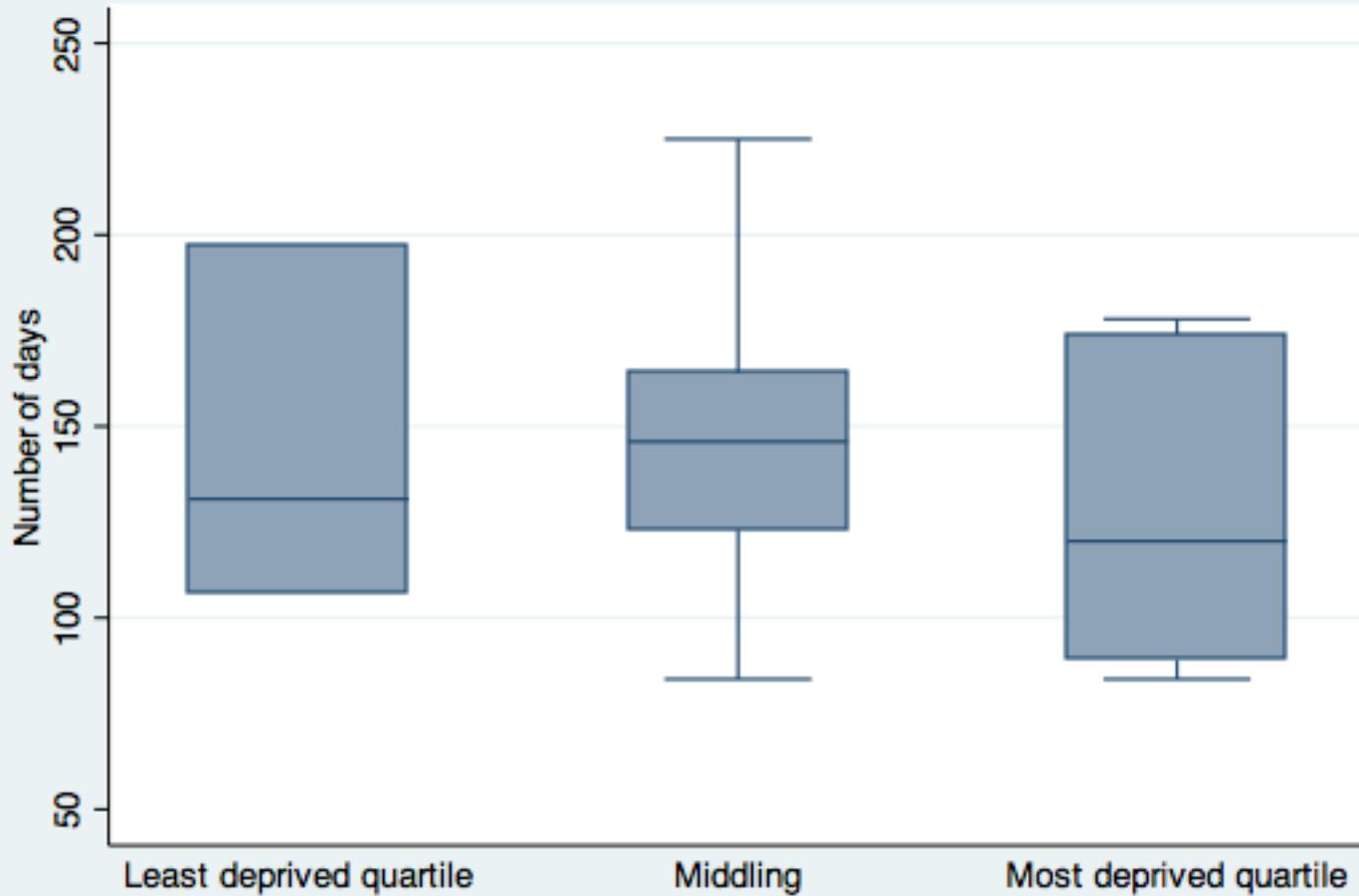
Time from EOI to first recruit



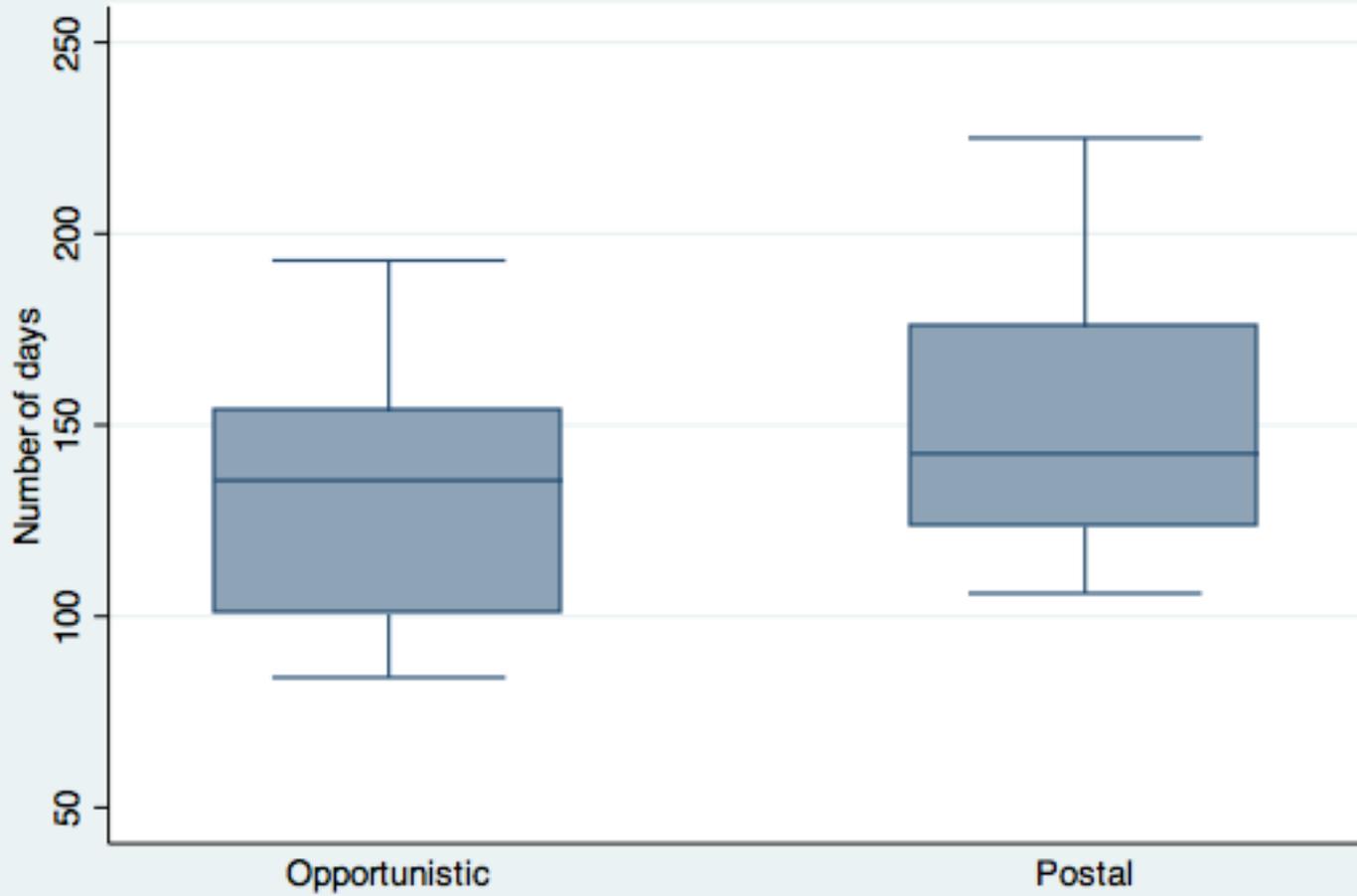
Time from EOI to first recruit



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