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The impact of foot problems on social participation in older people: protocol for a qualitative study

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Social participation - what is it and why is it important?

- Social participation is defined as a person's involvement in activities that provide interaction with others in the community¹
- Social participation is a well-recognised modifiable determinant of healthy ageing
- Around half of all older adults experience limitation in social participation¹



Foot problems in older people – a link with reduced social participation?

- Globally foot problems affect around 1 in 4 older adults¹
- Previous work has shown that people living with foot problems related to connective tissue disorders² and diabetes³ experience reduced social participation
- However, the precise reasons for this are unclear



Study aim:

To explore perceptions and experiences of social participation in older adults living in the community affected by poor foot health.

1. Menz HB, et al. *Maturitas*. 2018;118:7–14
2. Williams et al. *Clin Rehabil*. 2012;26:952–959
3. Mishra SC et al. *BMJ*. 2017;359:j5064

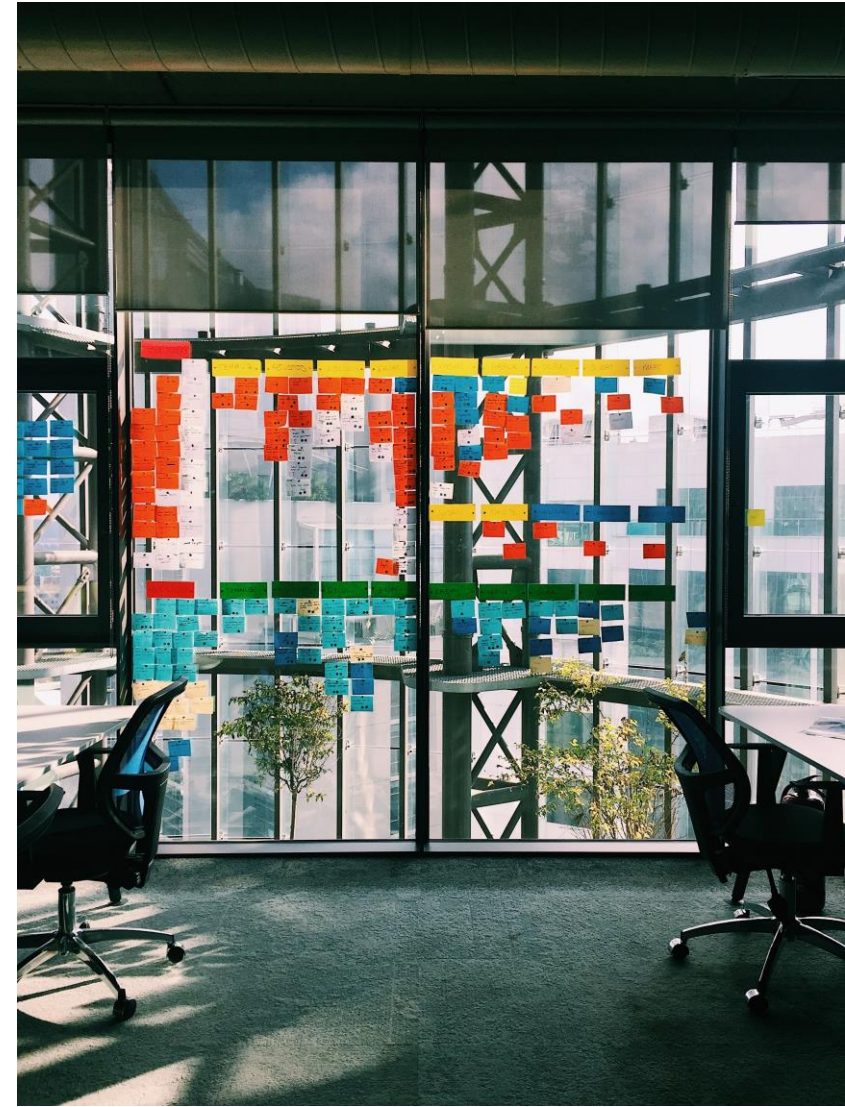
Research questions

1. **What do older community-dwelling adults perceive as foot health-related barriers and facilitators to social participation?**
2. **What are their experiences of social participation when experiencing problems with foot health?**
3. **What support would older people living with foot problems perceive as useful in facilitating social participation?**

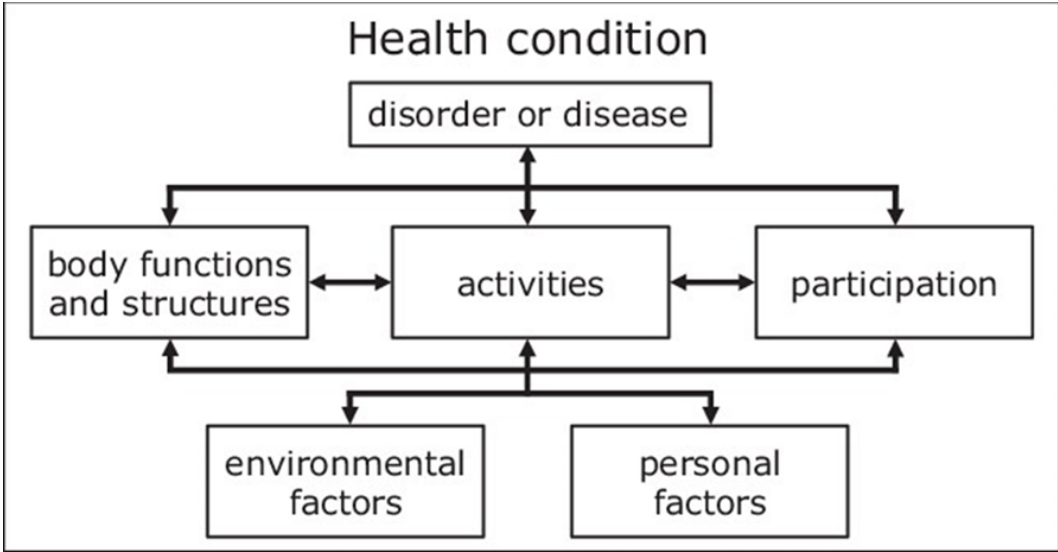


Study methods

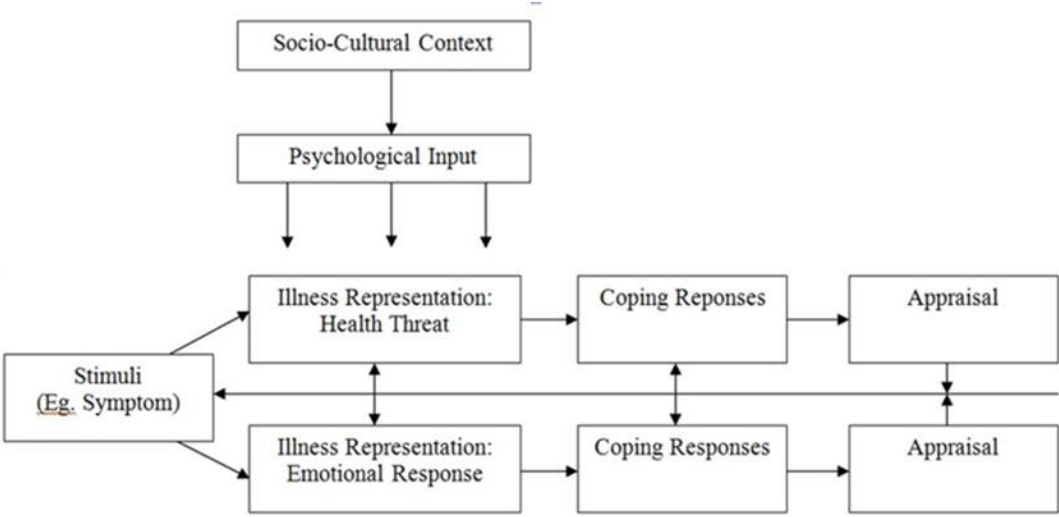
- Qualitative methods. The North of Scotland Research Ethics Committee approved the study (REC reference: 23/NS/0033)
- Participants (n=30) are currently being recruited from podiatry clinics, GP practices, and community groups across the Tayside area
- The Framework approach will facilitate data analysis



Informing theoretical perspectives



International Classification of Functioning Disability and Health¹



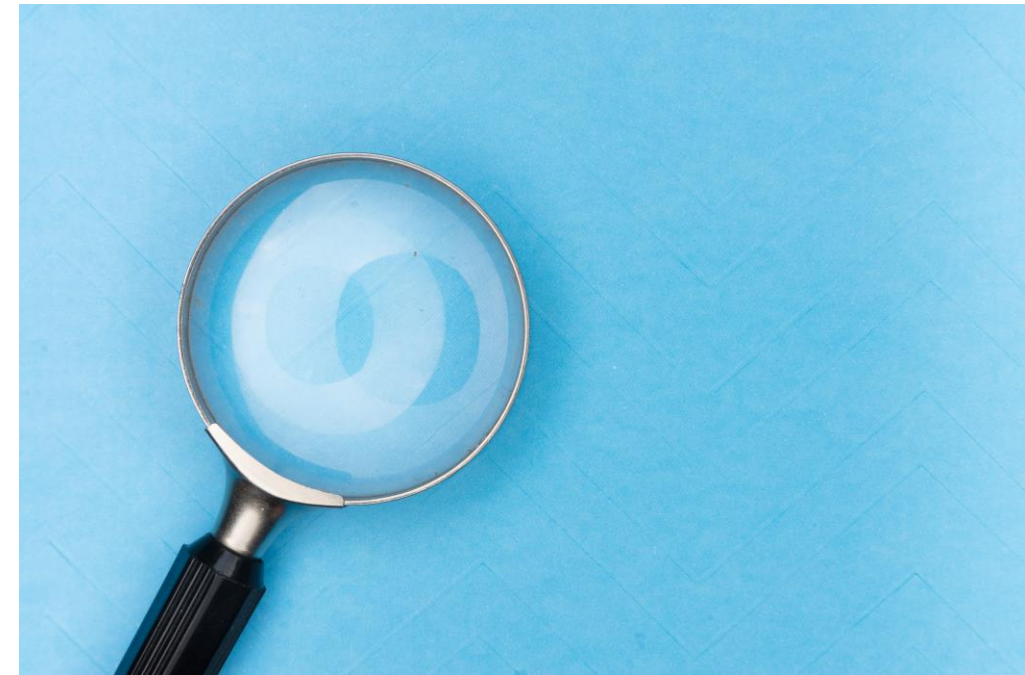
Common sense model of illness²

1. Aroogh MD, Shahboulaghi FM. Int J Community Based Nurs Midwifery. 2020;8:55–72.
 2. Leventhal H. et al. J Behav Med. 2016;39:935–946.



Discussion and clinical significance

- The results of this study will identify any foot-related barriers and facilitators for social participation and will explore how these barriers may be overcome.
- This study will contribute important knowledge by exploring older peoples' experiences of, and perceptions towards, foot problems and social participation.
- This study will inform strategies for improving foot health and social participation by developing understandings of the challenges related to poor foot health and participating in social activities.



Thank you. Questions?

