

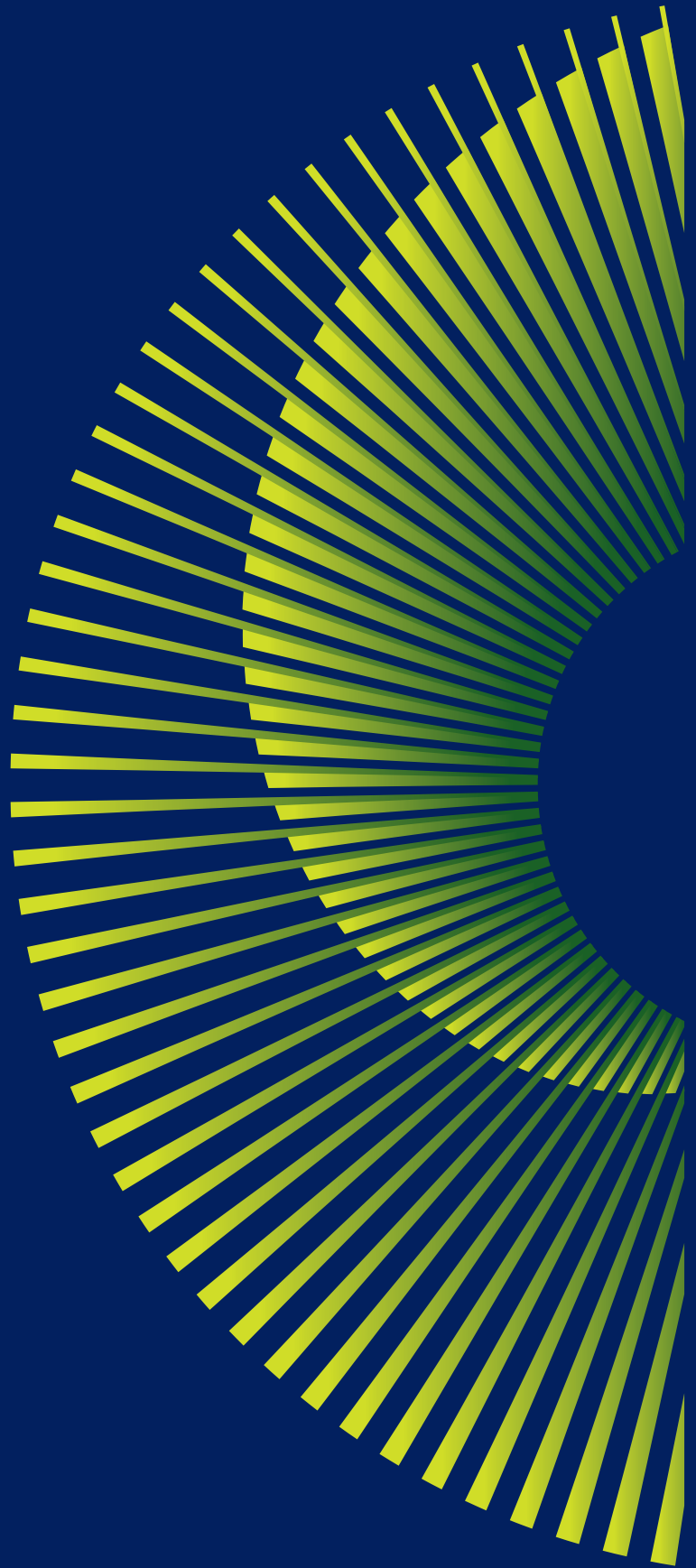


THE UNIVERSITY OF
MELBOURNE

Faculty of
Medicine, Dentistry
and Health
Sciences

MISCH *Hub*

Methods and Implementation
Support for Clinical and Health
Research



Co-Design FAQs

The Faculty of Medicine, Dentistry and Health Sciences offers a rich array of initiatives that prioritise co-design and community involvement. Faculty members and research leaders, alongside trusted partner organisations, have been actively expanding their capabilities and engaging in co-design and community involvement projects, both on a small and large scale. Below are examples of these efforts, encompassing educational resources, frameworks, and guiding principles to support your practice. Moreover, information on communities of practice is provided, offering opportunities for collaboration and networking. If you'd like your initiative or network showcased here, please contact us: misch-info@unimelb.edu.au

How can I safely and ethically engage individuals with lived experience of mental ill health to partner with me in my research?

- ALIVE is a national research translation centre focused on expanding mental health care within primary care and community settings. This multidisciplinary network collaborates nationally, using co-design methods to advance mental health research. By integrating lived-experience models and leadership, ALIVE aims to reduce the impacts of mental illness and health disparities. Their [Next Generation Researchers](#) network is actively supports and empowers future leaders in mental health research.
- The MDHS Melbourne Medical School oversees the ALIVE National Research Centre, which supports the Co-Design Living Labs. The labs engage in co-design research activities, from initial design through to translation, involving individuals with lived experience of mental ill-health, as well as carers, families, and kinship groups. Together, they have collaboratively developed a practice philosophy guided by the principle of 'togetherness by design'. For access to the philosophy of practice resource, click here. [Co-design Living Labs philosophy of practice](#)
- The Living and Lived Experience Workforce Development Program is a joint initiative by the Victorian Department of Health and Safe Care Victoria, conducted in the Melbourne School of Health Sciences. This program involves consumer academics and workforce members providing mental health training for nursing staff and students. They have created a comprehensive guide on [Co-production: Putting principles into practice in mental health contexts](#) and recommend this resource for [Authentic engagement with diverse consumers in mental health research, policy and practice.](#)

Where can I find out more about consumer and community involvement in cancer research?

- The Primary Care Collaborative Cancer Clinical Trials Group (PC4) in the General Practice and Primary Care unit of the MDHS Melbourne Medical School engage with a consumer advisory group to set cancer clinical trial research priorities, translate knowledge and engage policy makers. They have developed a community engagement model for cancer research and provide resources for researchers. These resources include: [PC4 Community Engagement Strategy](#), [PC4 resources for consumers](#), [How to become an advisory group member](#), [Consumer investigator position description example](#)
- The Victorian Comprehensive Cancer Centre Alliance (VCCC) is dedicated to advancing cancer research, education, and clinical care. Based on the [National Framework for Consumer Involvement in Cancer Control](#) developed by Cancer Australia, VCCC has established a framework and toolkit for consumer engagement. There is practical guidance on remuneration considerations, and useful models and case studies to support those new to involving consumers in research. The toolkit features templates for consumer expressions of interest, checklists, committee member position descriptions, and a range of other valuable resources. Their toolkit can be found at: [VCCC Consumer Engagement Toolkit](#)
- [CanRex](#) specialises in researching exercise as a tool for preparing for and recovering from cancer treatment. The team collaborates closely with consumers and service providers, employing a consumer-centred approach in their multidisciplinary efforts.

Are consumers and people with lived experience experts?

- The WEAVERS, a group of violence against women survivors, conduct research, deliver presentations, and train primary care professionals. Operating within the General Practice and Primary Care unit of the Melbourne Medical School and the Safer Families Centre of Research Excellence, they create resources that assist family violence services. These resources empower survivors to contribute to policy development, service planning, and practice improvements. Access these resources here: [Co-designed Family Violence Experts by Experience Framework](#). They have also co-produced the [Australian framework for the ethical co-production of research with victim survivors](#), outlining best practices for research on sexual and intimate partner violence.
- The Living and Lived Experience Workforce Development Program, a collaboration between the Victorian Department of Health and Safer Care Victoria, operates within the Melbourne School of Health Sciences. It involves consumer academics and a consumer workforce dedicated to providing mental health training for nursing staff and students. The group has created a thorough and extensive guide to [Co-production: Putting principles into practice in mental health contexts](#) and recommend this helpful guide on [Authentic engagement with diverse consumers in mental health research.](#)

What can we learn from Indigenous community involvement expertise to help build our capacity?

- The Melbourne Poche Centre for Indigenous Health, established in 2014 prioritises community involvement in its research process. Their mission is to advance Indigenous health by fostering Indigenous leadership and supporting for Indigenous-led research, including principles related to data sovereignty. The Centre provides valuable research protocols, derived from the [Indigenous Knowledge Institute](#), to assist health researchers in their community involvement efforts. You can access this resource here: [Poche Research: Place, Relationships, Futures](#)
- Launched in 2023, Onemda unites three distinct Indigenous health and research units: Indigenous Studies, the Indigenous Eye Health Unit, and the Indigenous Health Equity unit. Onemda integrates consumer involvement principles and Aboriginal and Torres Strait Islander values in all research and educational efforts. To learn more, explore the research projects focused on community involvement here: [Indigenous Health Equity Unit](#). Additionally, you can learn about Onemda's future objectives in their [Strategic Plan 2023-2025](#).
- Co-designing Indigenous mental health research involves authentic community engagement to uphold the principles of participatory research and co-design. The resources outline essential considerations when involving First Nations communities with lived experience of mental health conditions in research. Access these resources, including informative videos on genuine engagement for co-design in health research here: [Genuinely engaging for co-design in health research videos](#).

What do I need to know about involving and co-designing with children and young people?

- The Murdoch Children's Research Institute, partnering with the Royal Children's Hospital and the University of Melbourne Department of Paediatrics, is enhancing consumer involvement in research. A key step is defining desired outcomes, which the Centre for Community Child Health Impact Planning Template is essential. This tool helps identify the problem, define stakeholders, clarify objectives, identify collaborators, plan activities, and establish success indicators. Access the [MCRI Impact Planning Template](#) here.
- If your research aims to improve the health and well-being of children and young people through co-design processes, explore the [Listening Lab](#) at the Melbourne School of Population and Global Health. The resource, [Nothing About Them, Without Them](#) offers valuable information for researchers, parents, caregivers, children, and young people. It includes details on ongoing and previous research projects, ethical considerations for involving children in research and guidance on effectively listening to their perspectives. The website also provides contact information for collaboration or sharing your work with the researchers.

How can I be proactive about inclusion and equity when planning my co-design research?

- The Melbourne Academic Centre for Health (MACH) has established a special interest group to facilitate the participation of Culturally and Linguistically Diverse (CALD) individuals in co-design and community engagement initiatives. They have developed a comprehensive checklist of inclusion principles to assist research and clinical teams in implementing best practices. These guidelines emphasize the importance of translators, interpreters, and sufficient resources to ensure equitable access for CALD communities in research activities. The [MACH CALD best practice guide](#) can be accessed here. Additionally, MACH has provided [key resources](#) to support clinical researchers in integrating the consumer perspective into health and medical research.
- The University of Melbourne has crafted strategies for disability, LGBTIQ+, and diversity inclusion, which can serve as a foundational guide for determining whose perspectives should be prioritized and amplified in co-design health research. The strategies for [diversity and inclusion](#) can be accessed here.

What other schools and departments in MDHS have successfully developed and continue to expand their co-design and community involvement models?

- The Centre for Health, Exercise and Sports Medicine in the Melbourne School of Health Sciences, Physiotherapy unit, is a multi-disciplinary centre that collaborates with researchers and consumers to conduct research focused on community health needs. The Centre is actively developing a strategic policy to improve consumer engagement and offers resources to support researchers interested in involving health consumers. These resources provide guidance on creating a supportive and secure environment and addressing potential barriers to consumer involvement. The Centre also prioritises enhancing researcher skills and expertise through awareness campaigns and training initiatives. You can access their consumer involvement policy here: [Consumer Involvement Strategy Policy Document – Centre for Health Exercise and Sports Medicine](#)
- The [Digital Health Validitron](#) is a research platform and simulated environment within the Centre for the Digital Transformation of Health. It facilitates the collaborative development of digital health technologies and processes through co-design, involving consumers, clinicians, designers, and industry experts. The researchers partner to generate innovative health solutions. A co-design equity handbook to establish standardized methods across the research pathway is also in development.

Where can I find co-design training opportunities or communities of practice/networks in MDHS to connect with?

- Early career health researchers in the Melbourne School of Population and Global Health have created a Canvas LMS platform that combines various materials to provide five modules on co-design. These modules cover topics such as pre research, during research and post-research and include practical guidance, videos, text resources, quizzes and reflection opportunities. Additionally, participants can join a community of practice established by the teaching team, offering collaboration opportunities, research partnerships, and involvement in related events and activities. Accessible on Canvas, the training resource is identified by the code [COM_RES_000494 Co-Design Training](#).
- If you are new to co-design and want to expand your knowledge or join an advisory group for collaborative reflection, consider joining the Community Engaged Research Community of Practice at the Melbourne Social Equity Institute. This group actively promotes and supports expertise in community engaged research within the health sector and across all faculties at the University of Melbourne. Every two months, the group hosts knowledge sharing seminars with guest speakers from diverse fields. In between events, members gather to brainstorm topics for future seminars. For more details on how to participate, visit: [Community Engaged Research Community of Practice](#)
- The Disability Research Community of Practice has been dedicated since 2019 to creating a platform where researchers from engineering, architecture, design, social work, sociology, and health sciences can showcase their work, foster collaboration, and develop innovative solutions through interdisciplinary interaction. The group regularly hosts external speakers to enrich discussions. Whether you are interested in the co-design of inclusive built environments or interdisciplinary perspectives on disability-focused research, you can connect with the [Disability Research Community of Practice](#).

What is the process for compensating consumers to engage in my research?

The following resources provide guidance on remunerating participants who contribute their expertise and perspectives in health research.

[NHMRC Payment of participants in research: information for researchers, HRECs and other ethical review bodies](#)

[Safer Care Victoria guide to consumer remuneration](#)

Here are some links to help you explore the available remuneration options:

[Melbourne Social Equity Institute Guidelines for equitable and fair remuneration for community research participants](#)

[How to create a casual contract](#)

[University of Melbourne recruitment request form for casual contracts](#)


[Procurement of gift cards FAQ](#)


[How to purchase Zenith gift cards for consumer remuneration](#)

[Refund and out of pocket expense claim request](#)

Contact us

 clinicalresearch.mdhs.unimelb.edu.au

 misch-info@unimelb.edu.au

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