



## Abstract Template

**Project title** Tackling the recruitment challenge in clinical/randomised controlled trials in palliative care

**Institution** University College Dublin

### Project details (max 250 words)

Recruitment is a significant challenge to clinical/randomised controlled trials, with the sample's ability to represent the target population the key outcome. Research in palliative care experiences significant challenges in this area (e.g., Aktas et al., 2011). A recent HRB-funded study, the KINDLE Project (<http://aiihpc.org/research/knowledge-transfer-activities/kindle-project/>), synthesised key messages from studies funded by the HRB as part of the All Ireland Institution for Hospice and Palliative Care Structured Research Network (AIIHPC). The Network projects included randomised controlled trials and quasi-experimental studies in areas of palliative care such as cachexia, supporting carers, and improved symptom management. A key finding from the KINDLE project was the evidence of recruitment challenges across the studies included. The proposed project will conduct a rapid review of key literature on recruitment in palliative care research (e.g., Boland et al., 2015, LeBlanc et al., 2013) to identify the key strategies discussed to promote recruitment to trials in palliative care. These strategies will then be presented to focus groups containing experienced researchers in palliative care and members of a palliative care users/carers forum (Voices4Care) to generate an implementation guide for researchers conducting trials in this area. This will result in a valuable resource for researchers in this area, with the key lessons being disseminated through the AIIHPC Palliative Care Research Network, an all island collaborative research community. The ultimate goal of this project is improving recruitment and sample quality in palliative care research.

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