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Adapting ENGAGE-PD physical activity coaching for individuals newly diagnosed with Parkinson's: perspectives of healthcare professionals using Nominal Group Technique consensus

Submission date
28/11/2025

Recruitment status
No longer recruiting

Registration date
02/12/2025

Overall study status
Completed

Last Edited
28/08/2026

Condition category
Nervous System Diseases

[X] Prospectively registered
[X] Protocol
[_] Statistical analysis plan
[_] Results
[_] Individual participant data
[X] Record updated in last year

Plain English summary of protocol

Background and study aims

Worldwide research suggests that physical activity can slow Parkinson's progression, yet people with Parkinson's are often less active than their peers. We aim to find out whether a programme of personalised, therapist-led coaching support, delivered in NHS rehabilitation settings (called ENGAGE-PD) can help people recently diagnosed with Parkinson's.

ENGAGE-PD was originally developed in the USA. There are three main elements:

1. Physical activity coaching
2. A physical activity workbook
3. Physical activity monitoring

Who can participate?

Having consulted with people with lived experience of Parkinson's, we are now consulting NHS healthcare professionals involved in the delivery of physiotherapy rehabilitation for people with Parkinson's to help design a UK version of ENGAGE-PD. We aim to recruit six to eight UK NHS services that provide physiotherapy rehabilitation for people with Parkinson's.

What does the study involve?

With permission, three to eight participants from each service will share their ideas via an online meeting and by email and/or Microsoft Teams correspondence.

Each participant will only need to contribute to one meeting. Within the meeting, through a series of stages, agreement will be reached by using 'Nominal Group Technique' consensus to prioritise the elements relevant to a UK trial.

Participants will also complete an anonymised questionnaire that asks for some basic information about their job role and position so that we can make sure that we are including the views of people from different groups. This will also ask some basic questions about usual physiotherapy care for people with Parkinson's in their service.

We will use the research findings to further develop a UK version of ENGAGE-PD. Physiotherapists in NHS rehabilitation settings will test and deliver this in a future study.

What are the possible benefits and risks to taking part?
Participants will be providing information on what should be included in a UK version of the ENGAGE-PD intervention to help people with newly diagnosed Parkinson's with their physical activity levels. The knowledge gained from this study may help people recently diagnosed with Parkinson's and NHS services that support them. A future UK version of ENGAGE-PD could help service-users to maintain activity levels, independence and self-management of their Parkinson's. All participants will be provided with a summary of the study findings and can choose to be contacted with updates on future related research progress.
There is a minor financial benefit to taking part in the form of a voucher to reimburse participants for their time and expertise.
The main disadvantage to taking part would be participants giving up some of their time to take part in the study. We will aim to run the Nominal Group Technique Meeting at a time that is convenient to them. Preparation for the meeting is anticipated to take up to an hour and each meeting up to two hours.

Where is the study run from?
The study is being conducted by the University of Plymouth (UK). It will take place remotely via secure email, survey and teleconferencing software.

When is the study starting and how long is it set to run for?
July 2026 to October 2026.

Who is funding the study?
This research is funded through a National Institute for Health and Care Research (NIHR) doctoral fellowship grant (NIHR 305241) (UK)

Who is the main contact?
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Contact information

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Additional identifiers

Integrated Research Application System (IRAS)
366180

National Institute for Health and Care Research (NIHR)
305241

Protocol number
6896

Study information

Scientific Title
Adapting ENGAGE-PD: Adapting the ENGAGE-PD physical activity coaching intervention for individuals newly diagnosed with Parkinson's to be delivered by physiotherapists in NHS rehabilitation settings: perspectives of healthcare professionals using the Nominal Group Technique consensus method

Study objectives
To explore the perspectives of UK NHS Parkinson's physiotherapy rehabilitation providers on the relative importance of the contents of a version of the ENGAGE-PD physical activity coaching intervention for people with newly diagnosed Parkinson's.

Ethics approval required
Ethics approval required

Ethics approval(s)
Approved 09/04/2026, Health Research Authority (2 Redman Place, Stratford, London, E20 1JQ, United Kingdom; +44 0207 104 8169; -), ref: 26/HRA/1331

Primary study design
Observational

Secondary study design
Cross sectional study

Study type(s)

Health condition(s) or problem(s) studied
Perspectives of UK National Health Service (NHS) staff working in neurology and/or healthcare of the elderly services providing NHS physiotherapy rehabilitation services for people with Parkinson's.

Interventions
The study methodology can be summarised using the SPIDER framework:
S Sample: Six to eight UK NHS Parkinson's physiotherapy service providers with a minimum of three and a maximum of eight service leads, managers and therapists from each service provider contributing.
PI Phenomenon of Interest: Perspectives on a physical activity coaching intervention for people with newly diagnosed Parkinson's
D Design: Nominal Group Technique consensus method meetings (one meeting per service provider)
E Evaluation: Sharing ideas, group discussion, voting and ranking
R Research Type: Qualitative and survey-based research

Intervention Type
Other

Primary outcome(s)
1. Perceived importance of the items in version one of the UK version of ENGAGE-PD measured using rating of importance on a 0-5 Likert scale measured using Likert scale at 90-120-minute Nominal Group Technique Session

Key secondary outcome(s)
1. Perceived feasibility of the items in version one of the UK version of ENGAGE-PD measured using rating of importance on a 0-5 Likert scale measured using Likert scale at 90-120-minute Nominal Group Technique Session

Completion date
31/10/2026

Eligibility

Key inclusion criteria
1. Service leads with overall responsibility for NHS Parkinson's rehabilitation services /rehabilitation services that provide therapy for Parkinson's patients
2. Managers with delegated responsibility for the day-to-day running of NHS Parkinson's rehabilitation services//rehabilitation services that provide therapy for Parkinson's patients
3. Physiotherapists with experience of providing NHS Parkinson's rehabilitation
4. Parkinson's Nurse Specialists/Parkinson's Specialist Practitioners who provide a coordination role for multidisciplinary care of Parkinson's patients at the site

Healthy volunteers allowed

Yes

Age group
Mixed

Lower age limit
20 Years

Upper age limit
80 Years

Sex
All

Total final enrolment
0

Key exclusion criteria
Staff from services that provide no Parkinson’s rehabilitation

Date of first enrolment
07/07/2026

Date of final enrolment
25/09/2026

Locations

Countries of recruitment
United Kingdom

England

Study participating centre
Livewell Southwest
Local Care Centre
200 Mount Gould Road
Plymouth
England
PL4 7PY

Sponsor information

Organisation
University of Plymouth

ROR
https://ror.org/008n7pv89

Funder(s)

Funder type

Funder Name
National Institute for Health and Care Research

Alternative Name(s)
National Institute for Health Research, NIHR Research, NIHRresearch, NIHR - National Institute for Health Research, NIHR (The National Institute for Health and Care Research), NIHR

Funding Body Type
Government organisation

Funding Body Subtype
National government

Location
United Kingdom

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary
Not expected to be made available

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Protocol file	version 1.1	09/01/2026	20/04/2026	No	No