

Chronic Conundrums: Empowering youth co-production in healthcare

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Background:

'Chronic Conundrums' is a youth-led multimedia project commissioned by the Sydney Children's Hospital Network (SCHN). Responding to consumer voice from the Department of Youth & Transition SCHN, the podcast series champions youth perspectives to drive health care improvement and access to reliable information. Four SCHN consumers were recruited to produce 'Chronic Conundrums', a platform elevating lived experience within the healthcare system. By sharing these stories, "Chronic Conundrums" aims to improve health literacy, increase accessibility, and strengthen young people's self-management in navigating their health journeys.

Methods:

Listener feedback surveys were distributed across the Network to consumers, clinicians, and project staff, characterising podcast engagement.

Surveys assessed podcasting as a meaningful, engaging, and effective communication tool; experiences of the co-design process; perceptions of podcasting as a financially feasible and sustainable SCHN activity; and potential to inform healthcare frameworks or policy.

Quantitative analyses on means and standard deviations were derived from statement ratings (e.g. *podcasting is an effective educational tool*). Qualitative data from project staff feedback and interviews explored experiences of co-design.

Analytics across multiple hosting platforms were examined over a 6-month period from launch, including the number of downloads, followers, comments and likes. Data on social media reach performance was also reviewed.

Results:

A significant interaction was observed between episode and assessment period on the number of downloads. There was a significant fixed effect of the listening platform, varying over time. Listener surveys suggested podcasting is a moderately effective tool and educational resource in healthcare settings. Young people and consumer participation afforded valuable professional development opportunities. Workplace adjustments were erected to accommodate both patient and professional identities. 'Chronic Conundrums' was identified as a financially feasible activity, though promotion signaled opportunities to enhance sustainability.

Conclusion:

This evaluation supports continuity of podcasting and collaborative practice in Network multimedia activities, empowering youth consumers in co-production.

Disclosure of Interest Statement:

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