Teesside University

South Tees Hospitals NHS
NHS Foundation Trust

Northumbria University
NEWCASTLE

NHS
York Teaching Hospital
NHS Foundation Trust

Development an online prehabilitation programme for patients approaching major surgery

Healthcare Professional Participant information sheet

We are developing a new, online resource to help patients get ready for surgery and would like your help to build it!

As a healthcare professional involved in the care of patients preparing for major surgery, we are inviting you to join our multidisciplinary design group to share your experience and expertise. This will help us build the best resource we can for patients preparing for major surgery.

The resource is being developed as part of a research study and PhD project. Before you decide if you would like to participate, it is important you understand why the study is being done and what taking part as a group member would involve.

What is the purpose of the study?

We know that patients who have better physical and mental health have an easier journey through surgery, encounter fewer complications and recover more smoothly

Helping patients to improve their health and wellbeing prior to surgery is known as 'prehabilitation' and can reduce perioperative risk. Prehabilitation may include:

- Exercise training
- Smoking cessation
- Alcohol reduction
- Nutrition support
- Supporting more and better quality sleep
- Supporting psychological wellbeing

There are many ways to support patients in these areas. However, most NHS services need patients to attend hospitals or other venues a few times per week to access it.

Patients have told us they would alternative options due to avoid travel, cost, and inconvenience. Specifically, support they can access more flexibly in and around their own home. This is now urgent following the Covid 19 pandemic.

Remote support can be provided using an online programme, supervised by a healthcare professional, that patients preparing for surgery can access and use on their home computers, tablet devices or smartphones. We plan to design and build the first programme of this kind.

Involving healthcare professionals in the design of the platform is crucial to ensuring it works for patients and supporting staff.

Why have I been invited?

As someone experienced in caring for patients preparing for major surgery, **your views are crucial to ensure the resource we develop work in day-to-day clinical practice to support patients.** We also need your input to help develop the accompanying training resource for healthcare professionals.

Do I have to take part?

No, taking part is completely voluntary.

If you would like to take part you will be asked to complete a consent form before the 1st session. If you decide to join but then change your mind, you can leave at any time without providing a reason.

What will taking part involve?

There are 3 parts to the study described below. We would invite you to participate in:

1. Parts 1 and 2 only
2. Parts 1, 2 and 3

However, if you would like to undertake a particular part only please get in touch with the study team

Part 1: Complete a brief questionnaire (15 mins)

We will ask you to complete a 15-minute **structured questionnaire** around the facilitators and barriers to behaviour change before surgery.

Part 2: Undertake an interview with a research team member (up to 60 mins)

We will invite you to undertake an **interview** with you lasting up to 60 minutes. This is to obtain your views in more detail on how best to support patients before surgery. This will be **audio recorded** to ensure we don't miss any key details, transcribed and then the recording will be deleted.

Part 3: Join the programme co-design group

We will invite you to to attend a series of design workshops alongside other HCPs and patients who have recently undergone or a preparing for major surgery. You can take part in **up to six workshops but there is no minimum**

Workshops will last approximately **2 hours**, scheduled at convenient times for the group and led by at least 2 members of our study team: These may include health psychology and behaviour change specialists and representatives from the company who will be building the online platform itself.

During each session we will **seek the views of group members on how best to design the platform and provide the health and wellbeing support, present information to patients using it and ensure it is friendly and easy to use.** This will involve viewing and testing out early versions of the platform and the staff training resource as they develop.

There will be opportunity to take part 'face-to-face' in a Covid-safe environment at the James Cook University Hospital or York Hospital or online using a video conferencing platform.

Each workshop **will be audio recorded**. This is so our team can review these later and help understand how and why decisions about the platform were made. Recordings will be deleted after they are transcribed.

At the end of this process, the online platform is planned go on to be road-tested by patients preparing for an operation.

Your taking part in the study will end when you leave your last workshop.

Expenses and payment for participation.

We are unfortunately unable to reimburse you for your time in taking part.

What are the possible advantages and disadvantages of taking part?

Giving up your time to attend and participate is the main disadvantage. There may be no direct benefit to you individually but we hope you will find the experience interesting, worthwhile and benefit from the chance to interact with patients and other like-minded staff

members intending to build something new to benefit future patients. This is also an opportunity to contribute to service development and your CPD requirements

What if there is a problem?

Any complaint about the way you have been dealt with as a group member will be addressed. Please discuss this with a team member in the first instance or use the contact details below.

In the event that something does go wrong and you are harmed during the research and this is due to someone's negligence then you may have grounds for a legal action for compensation against South Tees Hospitals NHS Foundation Trust but you may have to pay your legal costs. The normal National Health Service complaints mechanisms will still be available to you (if appropriate).

How will we use information about you?

We will need to collect some brief information from you for this research project in addition to the audio recordings of interviews and workshop sessions. These will be pseudo-anonymised prior to any analysis and you will not be identifiable in any future publications or presentations. This information may also be used by regulators to make sure that the research is being done properly.

This information will include your:

- Name
- Professional role
- Whether you have has any previous involvement in developing previous programmes like this or using them with patients
- Whether you are involved or have been involved in undertaking prehabilitation activity with patients

People will use this information to do the research or to check your records to make sure that the research is being done properly.

We will keep all information about you safe and secure. Once we have finished the study, we will keep some of the data so we can check the results. We will write our reports in a way that no-one can work out that you took part in the study.

What are your choices about how your information is used?

You can stop being part of the study at any time, without giving a reason, but we will keep information about you that we already have. We need to manage your records in specific

ways for the research to be reliable. This means that we won't be able to let you see or change the data we hold about you.

Where can you find out more about how your information is used?

You can find out more about how we use your information

- at www.hra.nhs.uk/information-about-patients/
- by asking one of the research team
- by sending an email to or calling the study team under 'local study team contact below.

What will happen to the results?

The development group process and analysis will be presented at academic conferences and published in academic journals. The research is also part of PhD project and the data will be submitted anonymously as part of a final thesis.

Who is organizing and funding the study?

South Tees Hospitals, Northumbria University and Teesside University are organising the study.

The study is funded by Macmillan Cancer Support and Sport England.

Who has reviewed the study?

The study has approval by North West-Preston research ethics committee (21/NW/0219)

Further information

For further information regarding the study, advice around participation or to discuss a problem please contact the study team or the chief investigator:

Your local study team:

[INSERT LOCAL TEAM CONTACT]

Chief investigators:

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