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# A primary care trial of a tailored interactive website for the self-management of respiratory infections.

**Submission date**
31/08/2011

**Recruitment status**
No longer recruiting

**Registration date**
31/08/2011

**Overall study status**
Completed

**Last Edited**
04/05/2016

**Condition category**
Respiratory

[X] Prospectively registered
[_] Protocol
[_] Statistical analysis plan
[X] Results
[_] Individual participant data

## Plain English summary of protocol

Background and study aims
Many people with respiratory illnesses such as coughs, colds, influenza, sore throats or sinusitis go to see their general practitioner (GP), taking up large amounts of time and NHS resources. The majority of these illnesses do not require treatment and will get better on their own. However, people go to their doctor because they do not have good information about how long these illnesses normally last or how severe the symptoms can be. The study aims to improve the information made available to patients about how they can manage these illnesses without visiting their doctor and also when they should seek medical advice.

Who can participate?
Participants need to be over the age of 18, have no serious mental health problems, have access to the internet and be the only person from their household taking part in the study.

What does the study involve?
Recruitment will be through letters sent out by GPs inviting people to take part in the study. Participants will be placed randomly into one of two groups (treatment and control). Both groups will be asked to complete monthly online questionnaires about any respiratory illnesses they have. The treatment group will have immediate access to an interactive website which will give them advice about how to manage their illness based on the answers they give to questions asked by the website. The control group will be allowed to use the website when the study has ended. A small number of people from the treatment group will be interviewed to find out what they think about the website. A review of the relevant parts of the patient's notes will be carried out six months after the end of the study for both groups.

What are the possible benefits and risks of participating?
Participants may find that they are more able to cope with respiratory illnesses without consulting their GP and be more aware of symptoms that indicate when they should seek medical advice. There is a very slight risk that patients may not seek medical advice for a serious illness; however, the questions on the website have been developed by experts to ensure patients are given clear instructions about when they should consult a health professional.

Where is the study run from?
The study is being run by Primary Medical Care, University of Southampton (UK)

When is the study starting and how long will it run for?
The study is hoping to recruit about 2300 people from October 2011 through to Spring 2012. Recruits will be in the study for six months but the review of their notes will take place 12 months after they are recruited.

Who is funding the study?
National Institute for Health Research (NIHR) (UK)

Who is the main contact?
Mrs Susan Broomfield (Study Manager)
seb4@soton.ac.uk

# Contact information

### Type(s)
Scientific

### Contact name
Mrs Susan Broomfield

### Contact details
Primary Medical Care
Aldermoor Health Centre
Aldermoor Close
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SO16 5ST
-
seb4@soton.ac.uk

# Additional identifiers

### EudraCT/CTIS number

### IRAS number

### ClinicalTrials.gov number

### Secondary identifying numbers
10049

# Study information

### Scientific Title
A primary care trial of a tailored interactive website for the self-management of respiratory infections.: a randomised controlled trial

## Acronym
Internet Doctor

## Study objectives
This study will be trialling a theoretically-based website providing interactive and personalised advice on:
1. Whether and why the patient needs/does not need to consult the general practitioner (GP)
2. How to self-care for respiratory tract infections (RTIs) and manage concerns. The study will recruit a minimum of 2266 patients to the website through their primary care network. During the trial patients information on RTIs and influenza like illnesses (ILIs) will be collected, along with doctors notes for visits and treatment. The study will provide evidence on the cost-effectiveness of using a web-intervention to alleviate the drain on primary care resources.

## Ethics approval required
Old ethics approval format

## Ethics approval(s)
Southampton and South West Hampshire Research Ethics Committee A, 11/03/2011, 11/H0502/10

## Study design
Randomised; Interventional; Design type: Diagnosis

## Primary study design
Interventional

## Secondary study design
Randomised controlled trial

## Study setting(s)
GP practice

## Study type(s)
Treatment

## Participant information sheet
Not available in web format, please use the contact details below to request a patient information sheet

## Health condition(s) or problem(s) studied
Topic: Primary Care Research Network for England; Subtopic: Not Assigned; Disease: All Diseases

## Interventions
1. Baseline: Participants complete online questionnaires prior to randomisation
2. End of Study: Participants complete online questionnaires
3. Monthly questionnaires: Patients asked to report RTIs in previous month (both groups)
4. Use of website: Treatment arm log on if they have an RTI to report symptoms and access Internet Doctor

## Intervention Type

Other

### Phase
Not Applicable

### Primary outcome measure
25% reduction in GP visits for RTIs; Timepoint(s): 12 months

### Secondary outcome measures
1. Whether the use of the website alters antibiotic expectations and use
2. The cost effectiveness of the website

### Overall study start date
01/10/2011

### Completion date
31/03/2012

## Eligibility

### Key inclusion criteria
1. Aged 18 or over
2. Access to the internet

### Participant type(s)
Patient

### Age group
Adult

### Lower age limit
18 Years

### Sex
Both

### Target number of participants
Planned Sample Size: 2266; UK Sample Size: 2266

### Key exclusion criteria
1. Serious mental health problem
2. Terminal illness
3. Someone from the household is already enrolled on the study

### Date of first enrolment
01/10/2011

### Date of final enrolment
31/03/2012

# Locations

### Countries of recruitment
England

United Kingdom

### Study participating centre
### Aldermoor Health Centre
Southampton
United Kingdom
SO16 5ST

# Sponsor information

### Organisation
University of Southampton (UK)

### Sponsor details
Primary Medical Care
Aldermoor Health Centre
Aldermoor Close
Southampton
England
United Kingdom
SO16 5ST
-
notprovided@email.com

### Sponsor type
University/education

### ROR
https://ror.org/01ryk1543

# Funder(s)

### Funder type
Government

### Funder Name

National Institute for Health Research (NIHR) (UK) - Research for Patient Benefit (RfPB) programme (Grant Codes: RP-PG-0407-10098)

### 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

### Publication and dissemination plan
Not provided at time of registration

### Intention to publish date

### Individual participant data (IPD) sharing plan

### IPD sharing plan summary
Not provided at time of registration

### Study outputs

| Output type | Details | Date created | Date added | Peer reviewed? | Patient-facing? |
|---|---|---|---|---|---|
| Results article | results | 20/04/2016 | | Yes | No |