

DISC Trial

Instructions for taking Photographs of Your Hand

For participants in the sub-study, you will need to take photographs at the beginning (Baseline) and at 3 months, 6 months, 12 months and 24 months after receiving your treatment, unless you hear otherwise from your local study contact identified in your patient information leaflet. For all other participants, you will only be asked to take photos if you attend appointments remotely (i.e. by telephone or video call).

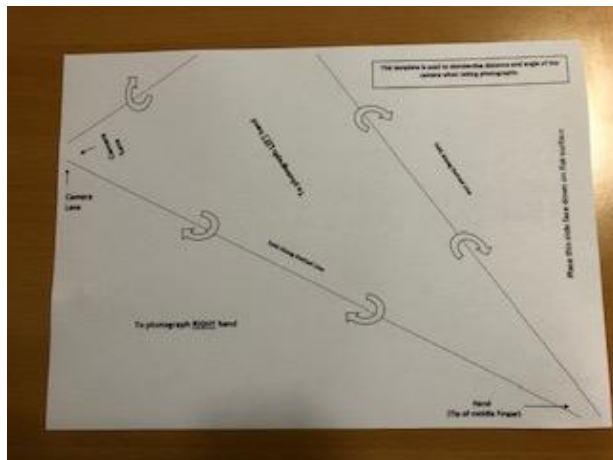
If both hands are affected by Dupuytren's contracture please take a photograph of each hand at the beginning. You only need to take photographs of the hand selected for the DISC Trial after treatment.

The easiest way is to ask a friend or family member to take the pictures using a camera phone or a regular camera. You will need to take 3 photographs of the hand.

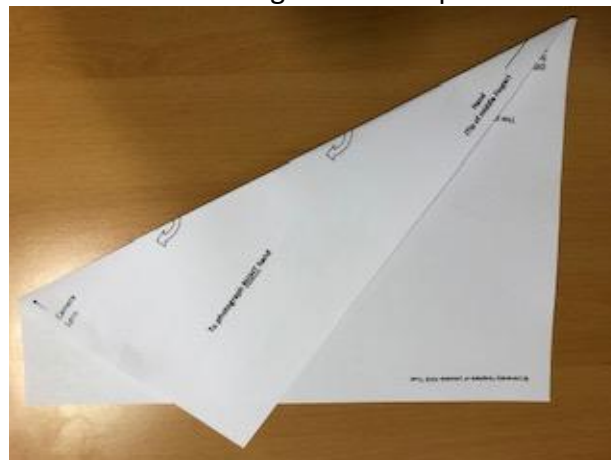
It is important that you take the photograph of your hand following the instructions enclosed as this will make it easier for us to measure your bent finger and collect other information. There is also a helpful video available at: <http://bit.ly/DISCphotographs>

Please turn over for instructions on setting up the Template:

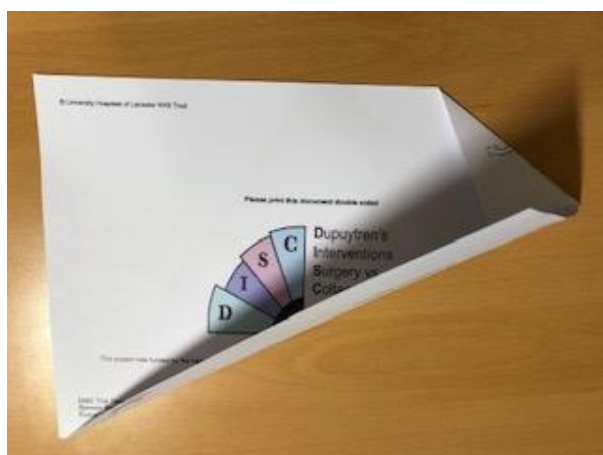
1. Place the template on a flat surface



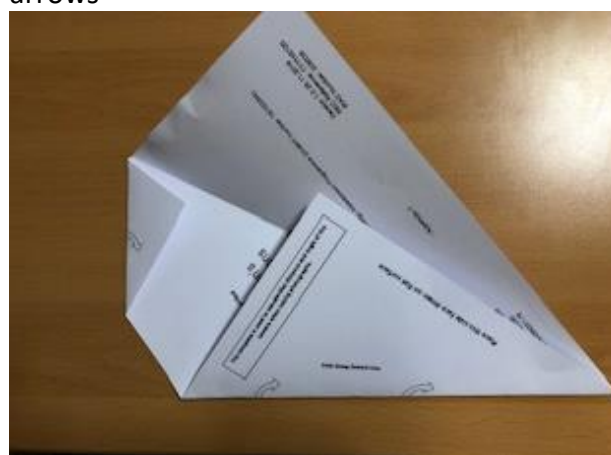
2. Fold along the dotted line labelled 'to photograph RIGHT hand' in the direction of the arrows so the writing is on the top.



3. Fold along the dotted line labelled 'Camera Lens' in the direction of the arrows



4. Fold along the dotted line labelled 'to photograph LEFT hand' in the direction of the arrows



5. Stand template up and place on grid

For photographs of right hand ensure wording stating **'to photograph RIGHT hand'** is facing you.
For photographs of left hand ensure the wording stating **'to photograph LEFT hand'** is facing you.

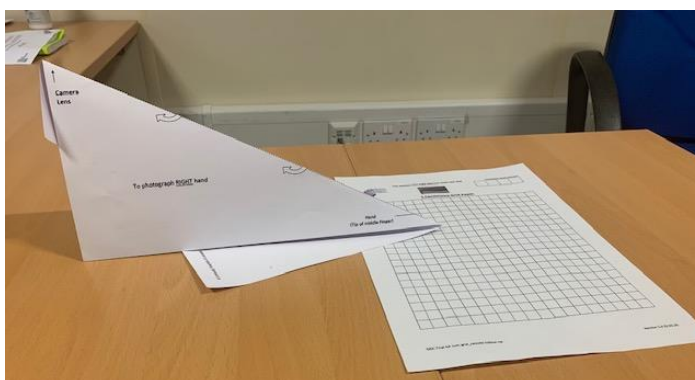
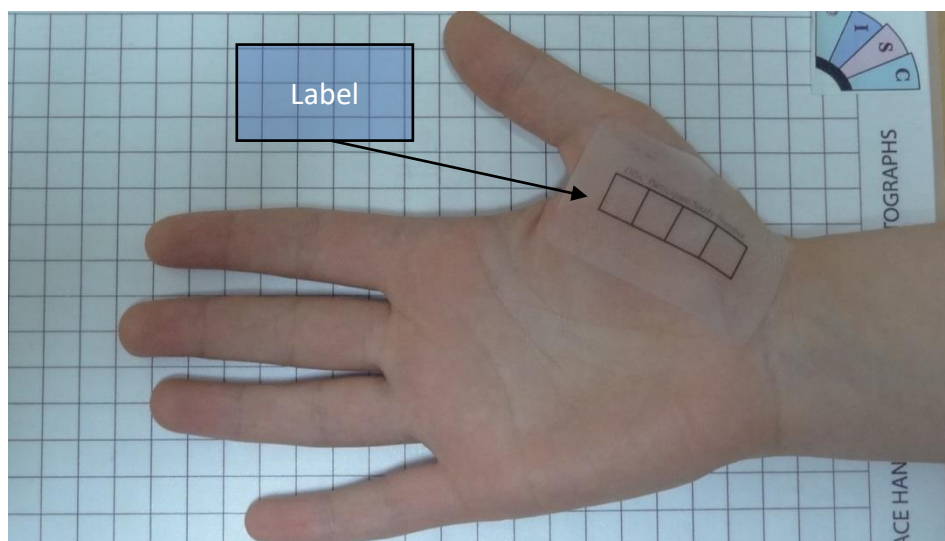


Photo identification

The research team at hospital will have provided you with the following label completed with your unique Participant Study Number.

| DISC Participant | | Study Number | |
|------------------|--|--------------|--|
| | | | |

Please peel of a label and stick it at the base of your thumb as shown in this photograph:

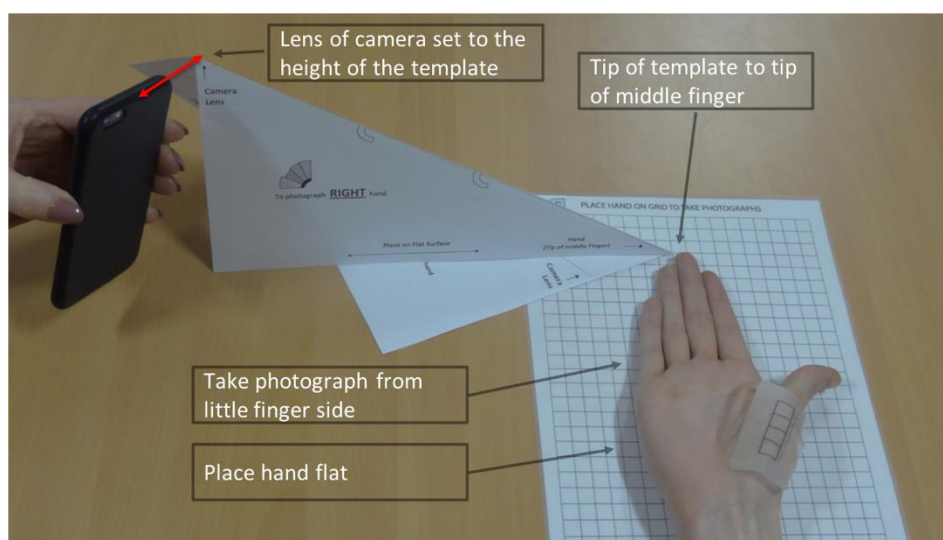


To allow us to know who the photographs belong to, please ensure the label is included in all photographs taken (as shown in the following photographs)

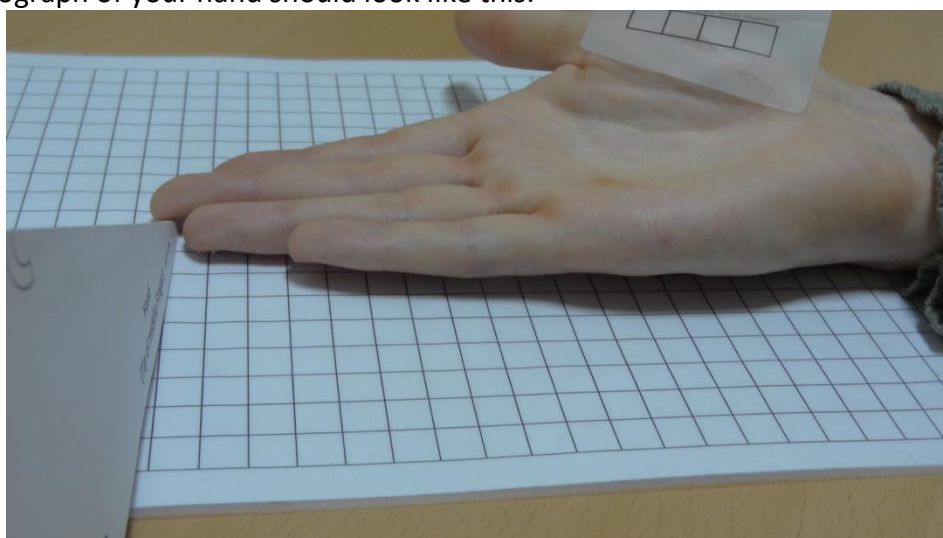
Photograph 1

1. Place hand on a flat surface, palm facing up on the grid.
2. Straighten all fingers as much as possible
3. Photograph from the side of the hand with **Little** finger **closest** to camera
4. The provided triangle template will show you how far away and how high to position the camera LENS. Tilt the camera towards the hand.
5. Adjust the zoom of camera so that the entire hand is in the frame to include all finger tips and the wrist.

An example of how to position template, camera and hand is shown below.



The photograph of your hand should look like this:

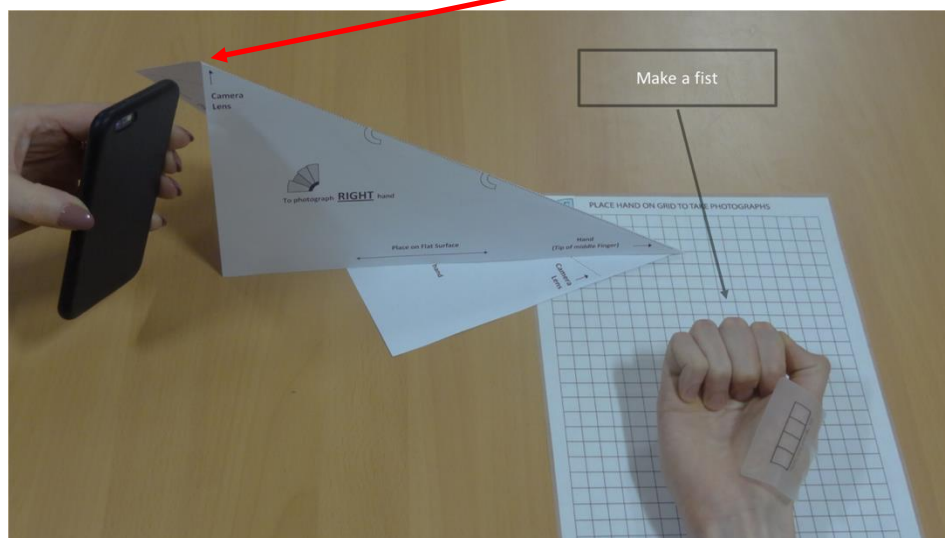


Please ensure finger tips and wrist are included in the photograph

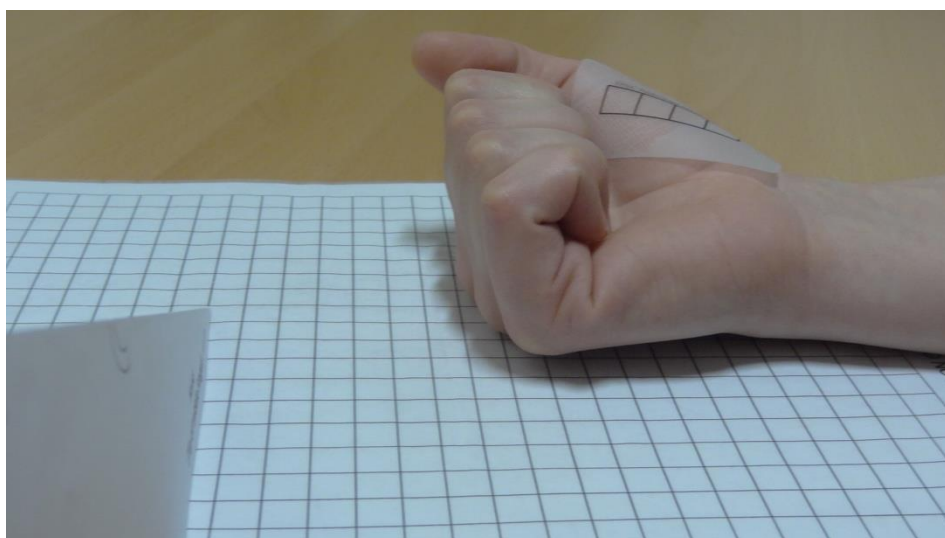
Photograph 2

6. Keep the hand and camera in the same position and make a tight fist.

Use template to place camera lens this high



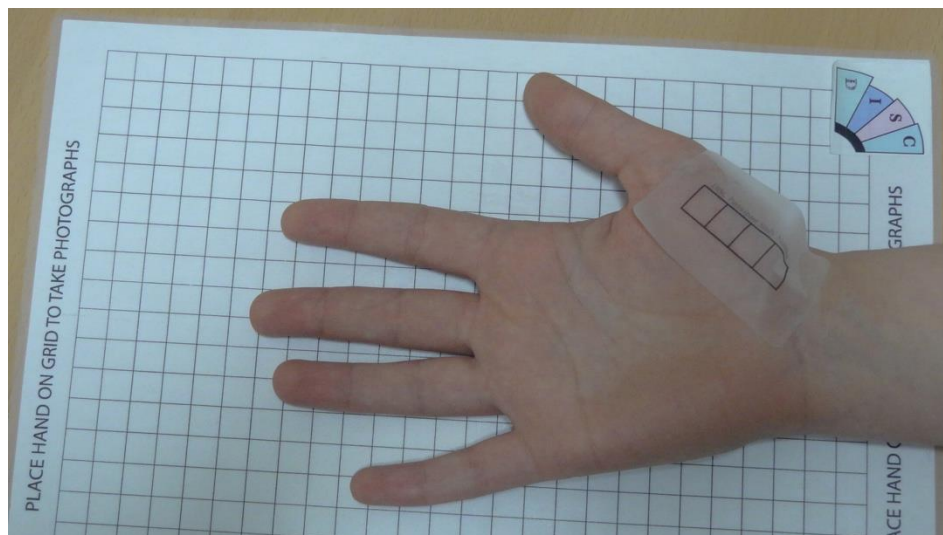
The photograph of your hand should look like this:



Photograph 3

7. Now lay your hand completely flat on the table and straighten all fingers as much as possible. Place your camera directly above the hand and take the photograph.

The photograph of your hand should look like this:



How to return your photographs to us:

There are a number of ways of returning the photographs to us:

1. Take photos with a camera phone and **email** to us at DISCatATOMS@uhl-tr.nhs.uk.
2. Take photos with a camera phone and **text** to us at 07950 891617.
3. Take photos from digital camera, upload to a computer and **email** to DISCatATOMS@uhl-tr.nhs.uk.
4. Take photos from any camera, print and **post** in a pre-paid envelope.

Please include your DISC Study Number with the photographs. It is helpful if you could also include your name and date of birth, however you do not have to include this.

Please note options 1 and 3 will **NOT** incur any cost.

Costs may be associated with options 2 and 4. As part of the trial, we will pay you £40 each at the 1-year and 2-year follow-up visits- this will cover any costs incurred in sending your photographs to us.

If you take your photographs at home **before** you attend the hospital for your study visit, the research team at the hospital can help with the printing/sending of photographs when you attend clinic. **Just Ask.**