# Report supplementary material 3

# Staff: participant information Sheet

**‘Fit for surgery’ or ‘fit for life’? Exploring the potential of using the perioperative encounter to promote regular exercise and physical activity: an expanded evidence synthesis**

1. **About the research**

The Patient Safety Research Unit, University Hospitals of Morecambe Bay NHS Trust, alongside colleagues at the University of Lancaster, Sheffield Hallam University and patient and public involvement representatives have been funded by the NIHR to undertake this study.

Our aim is to examine a broad range of evidence and knowledge to identify, and set in context, interventions applied during the perioperative period (the point at which surgery is first contemplated to the point at which postoperative return-to-function is complete) to promote physical activity in the medium to longer term. We will do this through comprehensive literature searching and synthesis and by analysis of relevant approaches in practice.

1. **Why have I been asked to take part?**

As well as exploring the current evidence for using the perioperative encounter to promote physical activity our study will consider the context of this encounter and the models of care in which any interventions occur. It may also be that we can learn from other interventions or health encounters that do not directly relate to the perioperative period.

As such, we would like to learn from the lived experiences of those using these sorts of services as well as the tacit knowledge and experiences of frontline practitioners, the timings of interventions, the models of interventions being delivered and the institutional, political, economic and community contexts in which this all takes place.

Your service or a service in which you are involved supports adults, who are, or could be, on an extended pre- or post-surgery pathway, to be more physically active. As such, your views and experiences, and the way this service operates, would be a valued contribution to our work.

1. **What will it involve?**

**We will ask you to support us with one or more of the following:**

1. **Remote focus group discussions with patient and service ‘champions’**

We will conduct several online focus group discussions (up to ten people per session). We will invite you to attend one of these. We will use these discussions to explore the essential components that have made it possible for a service to establish themselves within, or with, NHS Trusts, across teams and with communities. We will be interested in what you see as the key elements of success (or otherwise) within services, and explore how services, in this Covid-era, have been able to adapt and respond (through remote and digitally-delivered provision or otherwise) and continue to support patients to access their care. We expect these group discussions to last no more than two hours.

1. **Support recruiting patient ‘champions’ for the remote focus group discussions (described above)**

We will ask you to help us to recruit one to three patient or client participants to join the remote focus group discussions. They can be participants who have used your service, are currently using your service, or who have been identified as someone who would benefit from your service. We will ask that you share with them information (that we will provide you) about the study and what will happen if they agree to be involved. If at that stage they are interested in taking part we will ask you to invite them to join a remote group meeting, in which our experienced patient representative and one of our researchers (who will both deliver the focus groups) will meet with all prospective patient participants to familiarise patients with the focus group process and with the discussion group facilitators. This will be an opportunity to go over the patient information sheet and consent form, and for patients to ask any questions. We will seek verbal consent during this meeting and will accept attendance at the subsequent recorded focus group as final consent to participate. During this meeting we will also ask patients if they are happy to complete a short survey. We will provide them with a link to this online.

1. **Collection of policies and information about your service**

It would be helpful if you were able to share certain documentation and information relating to your service or programme. This will help us to understand the structure of your service, what you do, and how it fits within the wider local health context in your area. This might include pathways, service specifications, information about your staff, or patient demographics, and patient outcomes. If there are any reports or evaluations of your service this would also be helpful. We will not be asking you to include patient identifiable information and you are under no obligation to supply any information in order to take part in the study. We will collect your answers to questions using an online survey. The information you provide will be used in our analysis, to help us to develop case studies, and in a final published report. As an individual you will not be identified but we may wish to identify your service. This will not be in any form an evaluation but an opportunity to present a better understanding of the different services promoting or providing physical activity support to patients across the UK. We hope that this survey will take no more than 30 minutes of your time.

1. **What are the possible benefits of taking part?**

Although there are no *direct* benefits to you and your service, it is hoped that we will be able to contribute to future knowledge. We may be able to influence the future care of patients by advising on what we have learnt about different approaches and contexts when working with patients during the perioperative period to increase levels of physical activity.

We would hope that participation in a learning discussion with colleagues and patients involved in similar services to your own might provide some professional benefits.

**5. What are the possible disadvantages and risks of taking part?**

We aim to take up as little of your time as possible though it is inevitable that we will take up some of your time. If you participate in a focus group discussion this may take up to 2 hours.

**6. What if there is a problem?**

If you have any concerns about the study, please speak to one of the research team who will do their best to answer your questions. If you have further questions following your involvement, please use the contact details at the beginning of this sheet. If you remain unhappy and wish to complain formally, please contact our Trust’s Patient Advice and Liaison Service (PALS) on 01539 795497 who will be able to listen to you and advise you further.

Like all research that takes place in the NHS this study is covered by the NHS indemnity scheme. If you are harmed due to someone’s negligence then you may have grounds for legal action for compensation against the University Hospitals of Morecambe Bay NHS Trust but you may have to pay your legal costs. Regardless of this, if you wish to give feedback (good or bad) about any aspect of the way you have been treated during the course of this study then you should get in touch using the contact details on the front in the first instance.

**7. How we will handle your information**

We will need to use information from you for this research project.  This information will include your contact details and your feedback about the service provided. People will use this information to do the research and to make sure that the research is being done properly. People who do not need to know who you are will not be able to see your name or contact details. Your data will have a code number instead.

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.
* If you agree to take part in this study, you will have the option to take part in future research using your data saved from this study.

**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/](https://www.hra.nhs.uk/information-about-patients/)
* Our policy available from <https://www.uhmb.nhs.uk/privacy-policy>
* By asking one of the research team, or
* By sending an email to [DataProtectionOfficer@mbht.nhs.uk](mailto:DataProtectionOfficer@mbht.nhs.uk)

**How to contact us**

If you would like any further information about this study, please contact:

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**Thank you very much for you interest in our study.**