



Name
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Date

Dear Dr _____,

Re: PWP Name Date of birth: _____

This is to notify you that your patient above is participating in our research trial, and has been randomised to Group _____. Please find enclosed the original signed consent form to be kept with the patient's medical notes. The study is evaluating the effects of a specialist multidisciplinary rehabilitation programme (with or without additional care assistant support) on people with Parkinson's, in their own homes. Assessment time-points are at baseline, 6, 24 and 36 weeks post-randomisation. All normal treatment will continue as usual during the study.

There are three study groups:

- People in Group A will receive rehabilitation in their own homes, from a specialist Parkinson's team, over six weeks. The team comprises a Parkinson's specialist nurse, physiotherapist, occupational therapist and speech and language therapist. They can call on other professionals as required. The team will form a tailored care plan, in discussion with the patient and anyone who helps with his/her care. They will receive visits from the healthcare professionals over the six week period, according to their assessed needs.
- People in Group B will receive the same treatment as those in Group A, and additional visits and follow up telephone calls from a care assistant for another four months.
- People in Group C will be given information about Parkinson's from the Parkinson's Disease Society booklets, and an assessment from a member of the specialist team at the end of the study.

For further details about the study, please refer to the information sheet enclosed. Please do not hesitate to contact me should you have any queries.

Thank you for your attention in this matter.

Yours faithfully,

Heather Gage
Principal Investigator

Sharlene Ting
Research Fellow/Project Manager



SPIRITT is a collaboration between the University of Surrey, NHS Surrey, Royal Surrey County Hospital NHS Trust, Guildford Parkinson's Disease Research Group, University of Hertfordshire and the Nuffield Orthopaedic Centre NHS Trust.
The study is funded by the NIHR Service Delivery and Organisation (SDO) Programme