

## Participant Information Sheet

### Interviews with participants as part of the REFORM study

#### Invitation to take part in an interview

You have already kindly agreed to take part in the REFORM study which is evaluating a package of podiatry care which aims to improve balance and prevent falls in older adults.

We are now inviting you to take part in interviews which will look at your experience of being part of the study and your thoughts on preventing falls.

Before you decide whether or not to take part it is important to understand why the research is being done and what it will involve. Please read this information sheet carefully. If there is anything you wish to discuss in more detail or that is unclear please contact us.

#### Why am I being invited to take part?

When you were originally approached to take part in the REFORM study, you agreed that we could contact you again about other REFORM studies we were conducting.

We want to talk to a variety of older adults from the study about their views on preventing falls and their experience of being part of the study.

We hope to interview about 15 participants who are taking part in the study.

#### Why is it important to know what older adults think about falls prevention

In the REFORM study we are looking at a package of podiatry care to see if it will improve patient's balance and reduce the number of falls they have. We are interested in finding out what those over the age of 65

think about how we can improve balance, prevent falls and what patients thought of the treatment they received.

#### What will I need to do if I take part?

If you are happy to take part, you will need to give about one hour of your time for each interview. If you decide to take part you may be interviewed on two occasions. A researcher will contact you to arrange a date and time to suit you.

For the first interview, the researcher will come to your home to interview you, if that is best for you. Alternatively we can easily arrange for the interview to take place at the University of York, if you prefer. The second interview will take place over the telephone. You will be asked to sign a consent form.

There are no right and wrong answers to any questions we will ask in these interviews. We just want to find out about your thoughts on improving balance, preventing falls and your experience of taking part in the study.

The interviews will be recorded using a digital voice recorder so that we can keep an accurate record of everything you say. The recording of the interview will be copied to a secure University of York computer. The interview will then be typed-up by a secretary.

We will inform your GP if we become aware of any healthcare issues which come to light as a result of the interview.

#### What are the possible benefits of taking part?

The results of the interviews may help podiatrists and researchers understand how podiatry care can be delivered to patients over the age of 65 in order to help improve their balance and reduce the number of falls they have.

### **What are the possible disadvantages of taking part?**

If you take part you will need to give roughly two hours of your time.

### **What if something goes wrong?**

While we anticipate that no harm or distress will occur to anyone as a result of taking part in this study it is important to state that there are no special compensation arrangements. If you are harmed due to someone's negligence, then you may have grounds for legal action but you may have to pay for it. Regardless of this, if you wish to complain, or have any concerns about any aspect of the way you have been approached or treated during the course of this study, the normal National Health Service complaints mechanisms are available to you.

### **Do I have to take part?**

It is entirely up to you to decide whether or not to take part. Participation in the study is voluntary. If you do decide to take part, you will be asked to sign a consent form. If you decide not to take part, no one will mind and it will not affect your participation in the REFORM study.

### **What happens when the interviews and observations finish?**

When the interviews finish, we will write up the information and publish it in journals that will be read by health professionals and researchers. We may also present the findings at conferences, anonymised excerpts from the interview may be used as part of the presentation. We will look at the results of the interviews together with the results of the main study. We will be happy to give you a summary of the results.

### **If I take part, will all the information be kept confidential?**

Yes, only the research team will know that you have taken part in the interview. Your name will not be written on the transcripts. You will be anonymous in any written reports of the research. We may use written

quotations from the interviews in presentations and teaching. All recordings will be stored securely for a period of 5 years after the study is finished; then it will be destroyed.

### **Who is organising and funding the study?**

This study is being organised by researchers at the University of York. The research has been funded by the Department of Health, National Institute of Health Research Health Technology Assessment programme.

### **Who has reviewed and checked the study?**

All research in the NHS is looked at by an independent group of people, called a Research Ethics Committee to protect your safety, rights, wellbeing and dignity. This research has been reviewed and approved by NRES Committee East of England – Cambridge East Research Ethics Committee.

### **What do I do now?**

A researcher will telephone you in the next few days to find out if you would like to take part. The researcher can give you more information if you need it and will be happy to answer any of your questions.

### **Thank you for taking the time to read this information.**

If you have any questions about the study please contact us. A friend or relative may speak to us on your behalf if you wish. There is an answering machine available 24 hours a day, so please leave a message and a member of the research team will contact you as soon as possible.

#### **Contact details:-**

**Researcher:**

**Tel:**

**Address:**