



## **Exploring how recently graduated physiotherapists support people in primary and community care living with a long-term condition**

### **INFORMATION SHEET**

Thank you for showing an interest in this project. Please read this information sheet carefully before deciding whether or not you agree to participate. If you decide to do so we thank you. If you decide not to do so there will be no disadvantage to you and we thank you for considering our request.

#### **What is the Aim of the Project?**

Physiotherapists are well placed to offer support for people living with long-term conditions. In New Zealand, in recent years this has extended the spaces where physiotherapists practice, the communities where they work, and the type and style of delivery of care they provide. Yet with the complexities raised above, there is a need to consider what is required by a physiotherapist to offer this reimagined support. From an equity lens, and from an Aotearoa perspective, the nature of what this support is and how people/physiotherapists learn and are equipped to provide that support is an important component of focus.

Research question: How do recently graduated physiotherapists support people in community care living with long-term conditions? And what do they draw upon to offer that support?

#### **Who are we?**

This study is in part fulfilment of a physiotherapy Honours degree at the University of Otago, Dunedin. Mackay Rodger is the BPhy Honours student, who along with his supervisors, Professor Leigh Hale, Dr Mandy Wilkinson, and Donna Keen, will be conducting this research. Other students may contribute later to help analyse deidentified data under the research team's supervision.

#### **What Type of Participants are being sought?**

We are seeking 10-15 NZ physiotherapists. Participants will be recent graduate (5 years since graduation) physiotherapist currently or recently working in a primary care setting. The participants will be University of Otago, School of Physiotherapy recent graduates. Participants will have a patient case load that reflects people living with long term conditions.

#### **What will Participants be Asked to Do?**

Interviews will be conducted via Zoom by the student researcher (Mackay Rodger); his physiotherapy supervisors (Hale) will not be present at the interview but one of the other supervisors may attend (Keen or Wilkinson). The interviews are expected to take between 30-60 minutes. As we do not wish to miss anything important you talk about, we will, with your permission audio-record the interview using the Zoom software.

An open-questioning technique will be engaged. Thus, while a general interview guide will be followed, the precise nature of the questions to be asked have not been determined in advance but will depend on the way in which the interview develops. Consequently, although the University of Otago Human Ethics Committee is aware in general what we wish to ask you about, the Committee has not been able to review the precise questions to be used. In the event that the line of questioning does develop in such a way that you feel hesitant or uncomfortable you are reminded of your right to decline to answer any particular question(s) and also that you may withdraw from the project at any stage without any disadvantage to yourself of any kind.

Following the interviews, the auto-transcribed files will be downloaded from the Zoom website and checked for accuracy by the student researcher listening and editing as necessary. At this stage the transcripts will be deidentified by removing any personal information such as names or other identifying information. The audio-recordings will not be stored or transcribed in the Zoom cloud.

There is no reimbursement offered for participation in this study.

### **What Data or Information will be Collected and What Use will be Made of it?**

In the initial part of the interview, to provide a background context, we will find out a little about you (your age, ethnicity, gender) and your physiotherapy work (the clinical settings you have worked in, how long you have been in physiotherapy practice). Information from each participant's interview will be analysed and the findings combined with those of other participants so that we can learn about how recent graduates offer support to support people living with long term conditions. This information will inform physiotherapy practice in NZ and the teaching of support in New Zealand entry level physiotherapy education programmes.

Your personal data collected will be securely stored in such a way that only the above named researchers will be able to gain access to it. Data obtained as a result of the research will be retained for at least 5 years in secure storage by Prof Hale in a locked filing cabinet (hard copy) or on a password protected computer (electronic). Any personal information held on participants (such as contact details, audiorecordings) will be destroyed at the completion of the project even though the data derived from the research will be kept for much longer. Deidentified data will similarly be securely stored but will be available to the wider research team and students who will assist with the analysis (as mentioned above). No commercial use of the data will be made.

The information from this project will form part of Mackay's written and examined thesis and we will seek publication in a relevant peer reviewed journal. Further to this, the findings will inform discussion and debate at professional discussions (e.g. Physiotherapy New Zealand events) and research forums (e.g. annual wānanga of the Health Research Council funded programme "Taunakitanga Takitini: reframing self-management support for all in Aotearoa").

You will not be identified personally in any report or presentation of the findings of this project. We will use our best efforts to preserve your anonymity in these reports and presentations.

### **Can Participants Change their Mind and Withdraw from the Project?**

Participation in this study is entirely voluntary. You may withdraw yourself from participation in the project at any time and without any disadvantage of any kind. However, it will not be

possible to withdraw your data from the study after August 1<sup>st</sup> 2026 due to the Honours student thesis submission date.

You will also have the opportunity to verify or correct any of the information you provide in case you think that it has been incorrectly recorded. The information could be your personal details you provided or your responses to the researchers' questions.

### **What if Participants have any Questions?**

If you have any questions about this project, either now or in the future, please feel free to contact:

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This study has been approved by the University of Otago Human Ethics Committee. If you have any concerns about the ethical conduct of the research you may contact the Committee through the Human Ethics Committee Administrator (ph 03 479 8256). Any issues you raise will be treated in confidence and investigated and you will be informed of the outcome.