



Development of a Programme to Facilitate Engagement in Physical Activity During the First 12 Weeks Following CABG Surgery

INFORMATION SHEET FOR PARTICIPANTS

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

What is the aim of this research project?

After discharge from hospital following coronary artery bypass graft (CABG) surgery, engagement in physical activity is important in both the short term, to optimise the person's recovery back to full function and return to daily activities, and in the long term, to improve their quality of life and reduce risk of further heart disease and death. However, engagement in physical activity during the first three months following CABG surgery has many potential barriers, such as fatigue, pain, fear of doing damage, low self-confidence and uncertainty. In addition, for many people access to help and support to engage in physical activity from health professionals during this period is limited, especially for those who are unable to access supervised outpatient cardiac rehabilitation programmes due to barriers such as distance, transport, and other life commitments such as work and involvement with whānau.

The aim of this study is to develop a programme that prepares and supports people who have undergone CABG surgery to engage in physical activity during the early recovery period (first three months) following their discharge from hospital. The programme will be developed through the creation of resources (e.g. information, people's stories, tools for reflecting on progress) and a framework for the provision of support (for example from health professionals, whānau or others who have had CABG surgery).

In order to achieve this aim, our research team will consult with both people who have previously had CABG surgery and the health professionals responsible for their care. By consulting with these groups of people the aim is to create a programme that is designed to address the needs of the people who have undergone CABG surgery, but is also perceived by health professionals' to be feasible to implement in the clinical setting.

This project is being undertaken by Emily Gray as part of the requirements for her PhD studies. The project is supervised by University of Otago academic staff members at the School of Physiotherapy, Dr Margot Skinner and Professor Leigh Hale.

Who are we seeking to participate in the project?

We are seeking people who have undergone CABG surgery at Dunedin Public Hospital in the past two years (January 2018 to December 2020). If you underwent heart valve surgery or had heart valve surgery at the same time as the CABG procedure, you will not be eligible to participate in this study.

If you had CABG surgery more than two years ago and you are interested in participating, please register your interest with the research team as we may need to extend the timeframe if we are not able to recruit enough people to the study.

What will Participants be asked to do?

Should you agree to take part in this project, there are ***four options that you can choose to participate in. You can choose to take part in as many or as few of these options as you prefer.*** Some of the options only require a limited number of participants. Therefore, because we are seeking a wide representation of ages, genders, ethnicities and living localities (e.g. urban and rural) amongst these participants, you may not be required to undertake a particular option even if you consent to doing so.

Option 1: Interview

We are seeking 15 people to take part in an individual 30 – 40 minute face-to-face interview. The purpose of the interview is to explore your recovery experiences following CABG surgery, your perceptions of how prepared and supported you felt to be able to engage in physical activity following discharge from hospital, and your ideas about how to best prepare and support people to engage in physical activity following discharge from hospital in the future. You are welcome to have a support person/whanau present during the interview. The interview will be undertaken by the student researcher and will take place in your home, or at another place such as the School of Physiotherapy or a local community facility, depending on your preference.

Option 2: Questionnaires

We are seeking 30 or more people to complete two written questionnaires. Each questionnaire will take no longer than 30 minutes to complete. The questionnaires will contain options and examples of components that could be included in a programme that is designed to prepare and support people to engage in physical activity following CABG surgery. The purpose of the questionnaires is to ask you to indicate your preferences regarding these options. You will also be able to indicate your own ideas on the questionnaire if you wish to. Everyone who consents to participate in these questionnaires will be able to do so.

Option 3: Focus Groups

We are seeking **THREE** people who are willing to take part in two 90 minute focus group sessions. Other participants in the focus groups will be health professionals (doctors, nurses and physiotherapists) who are responsible for providing healthcare to people following CABG surgery. The purpose of these focus groups is to discuss the findings from the questionnaires (as described above) and to come to a group decision about what will or won't be included in the final programme.

All of the focus groups will take place in Dunedin. If you are selected and you live outside of Dunedin, your travel and accommodation costs will be covered by the research team.

It may be possible that the questionnaires and focus groups may need to be repeated if the focus group participants and/or the research team consider that significant revisions need to be made that require additional feedback from the participants.

Option 4: Share your story

Having access to other peoples' stories and experiences has previously been shown to be helpful for improving knowledge and building people's self-confidence to manage their own health. If the participants in this study agree that peoples' stories will be a valuable inclusion in the programme, we will be seeking 5 – 10 people from those who take part in an interview (option 1) who are willing to share their story in order to provide encouragement and support to people undergoing a similar experience in the future. Your story would be recorded, typed up word for word and then shared in written form. Ideally we would like to have a photograph and/or video of you to accompany your story, but this is entirely up to you. You can also choose whether your real name is used or a made-up name. These options are available on the consent form for you to indicate your preferences regarding the use of your photograph, video and real name. Please note that if you agree to share your story, the story may be included in a booklet, smartphone app and/or website and therefore will be able to be accessed by the public for an indefinite length of time. If you agree to share your story, a member of the research team may need to visit you for a second time in order to gather more information.

Is there any risk of discomfort or harm from participation?

Interviews:

Because you will be asked to share your personal experiences of your recovery following CABG surgery, this may cause you to feel anxious or uncomfortable.

Focus Groups:

Because it is possible that the health professionals in the focus group may have been directly involved in your care before and/or after your CABG surgery, there is the possibility that you may feel intimidated or hesitant to share your views and ideas with the group. In order to make sure that everyone feels respected and that they can contribute honestly, the research group will use a particular technique that starts by allowing everyone time to share their ideas first before any whole group discussions begin. The researchers will also inform

the whole group at the start of the session that everyone's contributions are to be valued and respected and that anything shared within the group is to be kept confidential.

Please note that if at any time during a focus group session or interview you feel uncomfortable or hesitant about answering any questions, you do not have to. It is entirely up to you what you tell us, and you may also withdraw from the project at any stage without disadvantage to yourself of any kind.

There is no anticipated risk of participating in the questionnaires other than potential tiredness or fatigue.

What data or information will be collected and what use will be made of it?

You will be asked to provide information such as your age, gender, ethnicity and living locality (e.g. urban or rural). This information will be used to describe the participants as a whole group and to ensure that the people selected to take part in the interviews, focus groups and sharing their stories represent a wide range of these factors.

All interviews and focus group sessions will be audio-recorded and subsequently typed out word for word by one of the research team or a professional firm who specialise in doing this confidentially. Your name and any other personal information that may identify you will be removed from the transcript prior to any analysis of the data. If you take part in an interview, you will be sent a copy of the typed transcript and a summary of the key information (as interpreted by the research team). You will be given the opportunity to check the transcript and summary for accuracy and be given the opportunity to correct or add to this as you choose.

The interviews and focus group transcripts will be then reviewed by the research team and searched for themes or ideas relating to the study aim as previously described.

If you agree to share your story, the research team will extract information from your interview that they determine may be helpful for providing encouragement or support for other people undergoing CABG surgery. You will be sent a copy of the extracted information and given the opportunity to correct, or add to it as you choose. As stated above, your written story may be made available in a booklet, app and/or on a website, and therefore will be able to be accessed by the general public for an indefinite length of time in the future. If you prefer, all information in your story can be completely anonymised by using a made-up name and not including your photograph.

Data from the questionnaires will be collated, analysed and presented anonymously, as a group. The summary results from the questionnaires will be used to inform the focus group discussions, where a group of people who have previously had CABG surgery and health professionals responsible for their care will discuss and make a final decision, as a group, about what will or won't be included in the final programme.

Only the researchers named below, the student and staff members working on this project, will have access to the raw data or information of this project.

The outcomes of the study will result in a programme (a framework of resources and support) that will be tested in future research projects. The findings of this study may also be published in a scientific journal and presented at national and/or international conferences.

The data collected will be securely stored in such a way that only the members of the research group will be able to gain access to it. Data obtained as a result of the research will be retained for **at least 10 years**. Electronic data will be stored on Dr Skinner's password-protected computer and the paper surveys and handouts will be stored in a locked filing cabinet in Dr Skinner's office.

What about anonymity and confidentiality?

Except where you have consented to use of your real name, photograph and/or video when sharing your story, all attempts will be made to maintain your anonymity in the reporting of the project findings. If you agree to share your story, you will be asked to sign an express waiver form that clarifies your consent regarding the use of your story, real name, photograph and/or video after you have had an opportunity to review the materials relating to your story that have been collated by the research team.

Can Participants change their mind and withdraw from the project?

You may withdraw from participation in the project at any time without any disadvantage to yourself.

Any questions?

If you have any questions now or in the future, please contact either:

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This study has been approved by the University of Otago Health 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 (phone +64 3 479 8256 or email gary.witte@otago.ac.nz). Any issues you raise will be treated in confidence and investigated and you will be informed of the outcome.