

PLAIN LANGUAGE STATEMENT

CENTRE FOR HEALTH, EXERCISE AND SPORTS MEDICINE
DEPARTMENT OF PHYSIOTHERAPY



Title: The PEAK Study: **Physiotherapy, Exercise and physical Activity for Knee** osteoarthritis – additional video conferencing survey

Responsible Researcher: Prof Rana Hinman

Co-investigators: Prof Kim Bennell, Prof Trevor Russell, Prof Nadine Foster, Dr Jessica Kasza, Prof Anthony Harris, Mr Alexander Kimp, Mrs Penny Campbell, Ms Belinda Lawford

Introduction

Thank you for participating previously in the PEAK clinical trial. As you were allocated videoconferencing consultations with your physiotherapist in the PEAK trial, we would like to invite you to complete a brief survey about how you felt about receiving videoconferencing consultations. The following few pages will provide you with further information about the project, so that you can decide if you would like to take part in this research.

Please take the time to read this information carefully. You may ask questions about anything you don't understand or want to know more about.

Your participation is voluntary. If you don't wish to take part, you don't have to. If you begin participating, you can also stop at any time.

What is this research about?

Telehealth is a widely used healthcare delivery method that has become increasingly common since the COVID-19 global pandemic. As a participant in the PEAK Study, you volunteered for the study unaware that video conferencing was a service delivery option and did not necessarily realise that you would be taking part in telehealth consultations, until your group allocation was revealed to you. Previous research suggests that people may be less willing to use telehealth services compared to traditional in-person care. Understanding how individuals feel about using telehealth, and why, may help clinicians and health service providers design telehealth services so as to better meet the needs of patients.

Why do we want to do this research?

This single brief survey will help us better understand how people with knee osteoarthritis feel about video conferencing when offered physiotherapy care via this method. Findings from this study will help clinicians and health service providers design telehealth services so as to better meet the needs of patients. Findings may also help inform the content of informational material describing telehealth care services.

Who can participate?

You can participate in the study if you took part in the PEAK Study and were allocated to receive physiotherapy consultations via video conferencing (Zoom) and have passed the final 9-month evaluation point for the PEAK trial.

What will I be asked to do?

You will be asked to complete a single brief questionnaire (10 mins), which will ask you three questions about your feelings about video conferencing as part of the PEAK Study. The questionnaire can be completed and returned online via REDCap, the same data software that you used to complete the PEAK Study questionnaires.

What are the possible risks?

Some of the questions you will be asked to complete require you to consider your feelings towards video conferencing. It is unlikely, but possible, that some people could find these questions difficult emotionally, although we have not found this to be a problem in other similar studies. If you feel uncomfortable about any of the questions, you can discuss this with one of the researchers (see contact details below).

What are the possible benefits of taking part?

This study will help inform the design of telehealth services for physiotherapy care of people with knee osteoarthritis. By participating in this study, you will be helping us to understand the types of information about telehealth that potential users of such services may require, including both verbal and written information about telehealth care.

Do I have to take part?

Your participation in this study is completely voluntary. If you do not wish to take part, you are under no obligation to do so. Also, if you decide to take part but later change your mind, you are free to withdraw from the study at any stage. You may also withdraw any unanalysed data previously supplied by you. Your decision about whether to participate or continue in the study will not affect your relationship with the researchers or the University of Melbourne. The researchers are not involved in any other aspect of your health care. Your decision to participate or not, or to withdraw, will be completely independent of your dealings with your usual doctor(s) and/or other health professional(s).

Will I hear about the results of this study?

Once all study participants have completed the study and we have analysed the data, we can send you a summary of the overall study results if you wish. There will be a tick box at the conclusion

of the survey for you to indicate this. The results may not be available for some time after you complete the survey, as the study will take several years for all participants to complete.

What will happen to information about me?

We intend to protect the confidentiality of your responses fully, and comply with the law. Information that could identify you, such as your name and address, must be obtained to allow research staff to stay in touch with you over the course of the study. This information will be kept in a password-protected computer file separate from any data that you supply. Your identity will not be revealed in the final report or any publication or presentation that arises from the study. The study data will be kept securely in the Department of Physiotherapy at the University of Melbourne for 15 years, before being destroyed.

How is the research funded?

This study is being funded by a National Health and Medical Research Council (NHMRC) Project Grant (#1157977).

Where can I get further information?

If you would like more information about the project or have any concerns during the study, please do not hesitate to contact the trial coordinator, Penny Campbell, via phone on 03 9035 5702 or via email at penelope.campbell@unimelb.edu.au.

Who can I contact if I have any concerns about the project?

This research project has been approved by the Human Research Ethics Committee of The University of Melbourne. If you have any concerns or complaints about the conduct of this research project, which you do not wish to discuss with the research team, you should contact the Manager, Human Research Ethics, Office for Research Ethics and Integrity, University of Melbourne, VIC 3010. Tel: +61 3 8344 2073 or email: HumanEthics-complaints@unimelb.edu.au. All complaints will be treated confidentially. In any correspondence please provide the name of the research team or the name or ethics ID number of the research project.

About the researchers:

Professor Rana Hinman is an experienced Physiotherapist in the Centre for Health, Exercise and Sports Medicine in the Department of Physiotherapy at The University of Melbourne.

Professor Kim Bennell is an experienced Physiotherapist and Director of the Centre for Health, Exercise and Sports Medicine in the Department of Physiotherapy at The University of Melbourne.

Professor Trevor Russell is a Professor in the Division of Physiotherapy within the School of Health and Rehabilitation Sciences at the University of Queensland and co-directs the Centre for Research in Telerehabilitation at the University of Queensland.

Professor Nadine Foster is a National Institute of Health Research Professor of Musculoskeletal Health in Primary Care and Director of Keele Clinical Trials Unit at Keele University, UK.

Professor Anthony Harris is a Director of the Centre for Health Economics at Monash University.

Mr Alexander Kimp is a physiotherapist and research scientist, experienced in developing study protocols and study documents.

Mrs Penny Campbell is a research scientist, experienced in the co-ordination of physiotherapy trials for knee osteoarthritis.

Dr Belinda Lawford is a post-doctoral musculoskeletal researcher, mostly focusing on osteoarthritis, with particular expertise in telehealth and qualitative methodologies.