



## PARTICIPANT INFORMATION SHEET

### Study title

Optimising healthcare for stroke survivors - a study of health professional perspectives on minimising treatment burden and maximising patient capacity.

### What is the purpose of the study?

Research has shown that people who have had a stroke can find it difficult to follow treatments recommended by their doctors, nurses and therapists. For example, medication regimes can be complicated, information on treatments lacking and communication between GPs and hospital doctors poor. This nine-month project is part of a wider programme of work aimed at developing interventions that can reduce the burden of treatment felt by stroke survivors and improve their abilities to self-manage health problems. In this project, we aim to understand from the perspective of healthcare professionals, service planners and policy makers why problems described by people with stroke may arise, and how we can develop new ways of providing healthcare for people with stroke.

### Why have I been chosen?

You have been chosen as a potential participant because you either provide healthcare to stroke survivors or you are involved in the planning of this healthcare. We plan to interview approximately 20-25 people who provide stroke care or are involved in planning stroke services and policies.

### Do I have to take part?

It is up to you to decide whether or not to take part. If you do decide to take part, you will be given this information sheet to keep and be asked to sign a consent form (you will also be given copy of the signed consent form). If you decide to take part, you are still free to withdraw at any time and without giving a reason.

### What will happen to me if I take part?

If you choose to take part, you will be interviewed once in a location that is convenient to you, for example your place of work. The interview will last approximately one hour.

### What are the possible disadvantages and risks of taking part?

You will be giving up your time to take part in this research project. Any travel expenses will be reimbursed. There is a small risk that you may find discussing certain experiences

upsetting, for example a difficult clinical experience in the past or personal experience of stroke services. The person conducting the interview will direct you to your GP or local counselling services if this is required.

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

You will receive no direct benefit from taking part in this study. The information that is collected will help us better understand the factors that may prevent or enable the provision of stroke care that reduces the burden of treatment felt by stroke survivors and maximizes their capacity to manage their health. It will inform the development of future interventions for people with stroke.

### **Will my taking part in this study be kept confidential?**

All information which is collected about you, or responses that you provide, during the course of the research will be kept strictly confidential. You will be identified by an ID number, and any information about you will have your name and address removed so that you cannot be recognized from it. Please note that assurances on confidentiality will be strictly adhered to unless evidence of serious harm, or risk of serious harm, is uncovered. In such cases the University may be obliged to contact relevant statutory bodies/agencies.

### **What will happen to the results of the research study?**

We aim to publish the results of this study in a peer-reviewed journal, and will present this work at national and international conferences. You will not be identified in any report, publication, or presentation. Articles published in peer reviewed journals are made available free of charge on the University of Glasgow website <https://eprints.gla.ac.uk/>

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

This project is being organised by the Institute of Health and Wellbeing at the University of Glasgow. The work is being funded by (*insert funder here*).

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

This project has been reviewed by the MVLS Ethics Committee at the University of Glasgow.

### **Contact for Further Information**

Dr Katie Gallacher  
[Katie.gallacher@glasgow.ac.uk](mailto:Katie.gallacher@glasgow.ac.uk)  
0141 330 8323  
General Practice and Primary Care  
Institute of Health and Wellbeing  
1 Horselethill Road  
G12 9LX  
University of Glasgow

**What if I have a complaint about the study?**

There is a standard complaints procedure which can be followed if you have any complaints related to this study. Please contact - Professor Kate O'Donnell, Department of General Practice and Primary Care, 1 Horselethill Road, University of Glasgow, G12 8RW, telephone no 0141 330 8329. This contact is independent to our study team.

**Thank you for considering taking part in this study.**