

Lung Screen Uptake Trial (LSUT): Randomised Controlled Trial Testing Targeted Invitation

Materials

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ONLINE DATA SUPPLEMENT

LSUT Control Group

Invitation letters and leaflet

These invitation letters and leaflets were created by the Department of Behavioural Science and Health, and Lungs for Living Research Centre within the Division of Respiratory Medicine, at University College London (UCL) and are copyrighted and licensed under CCBY. Image licenses should be sought separately.

<<date4>>

Dear <<Title>> <<Firstname>> <<Surname>>

Free NHS Lung Health Checks

We are working with University College Hospital to start offering Lung Health Checks to patients in your age group. A leaflet with information about the Check is included with this letter.

Your lungs work hard every minute of your life. As you get older, it's worth checking things out.

No need for you to do anything, this letter is for your information only. We will start to invite patients automatically in the next few weeks so look out for an invitation in the post.

Kindly be aware that our GP practice will not be able to answer any questions about the Lung Health Checks because the lung clinic at University College Hospital is organising them.

Contact information for the clinic will be sent to any patients who are invited.

Yours sincerely

<<Usual GP>>

Our ref: <<GP-TPN>>

<<date4>>

Dear <<Title>> <<Firstname>> <<Surname>>

Free NHS Lung Health Check

I'm inviting you for a Lung Health Check at University College Hospital. Our records show that you are either a smoker or have smoked in the past.

Your lungs work hard every minute of your life. As you get older, it's worth checking things out.

The checks are for smokers and ex-smokers aged 60 to 75. You are invited whether you feel fine or not and whether or not you have any lung problems.

What to expect

A specially trained nurse, who will be able to answer any of your questions, carries out the Lung Health Check. It should take approximately 60 minutes.

During the Lung Health Check you will be asked to blow into two machines. You may also be offered a lung CT scan.

Date and time of your Lung Health Check

<<1st appointment day>>, <<1st appointment date>> at <<1st appointment time>>

What you need to do now

Please read the enclosed information leaflet. Then:

- Take a moment to plan your journey so you arrive on time (see the map on the back)
OR
- If you **do not want** the appointment, or want to **change the date** or time, call the lung clinic for free on **0808 281 9525** or call/text **07469 118 308** or email **lungscreen@ucl.ac.uk** as soon as possible.

Kindly be aware that the GP practice will not be able to answer questions about the appointments - only the lung clinic can cancel or organise appointments, and answer any questions. **Please bring this letter to your appointment.**

Yours sincerely

<<Usual GP>>

Please turn over
Our ref: <<GP-TPN>>

Information about the Lung Health Check

For more information, see the leaflet *Lung Health Check: Information on what's involved*

Need more information before your appointment?

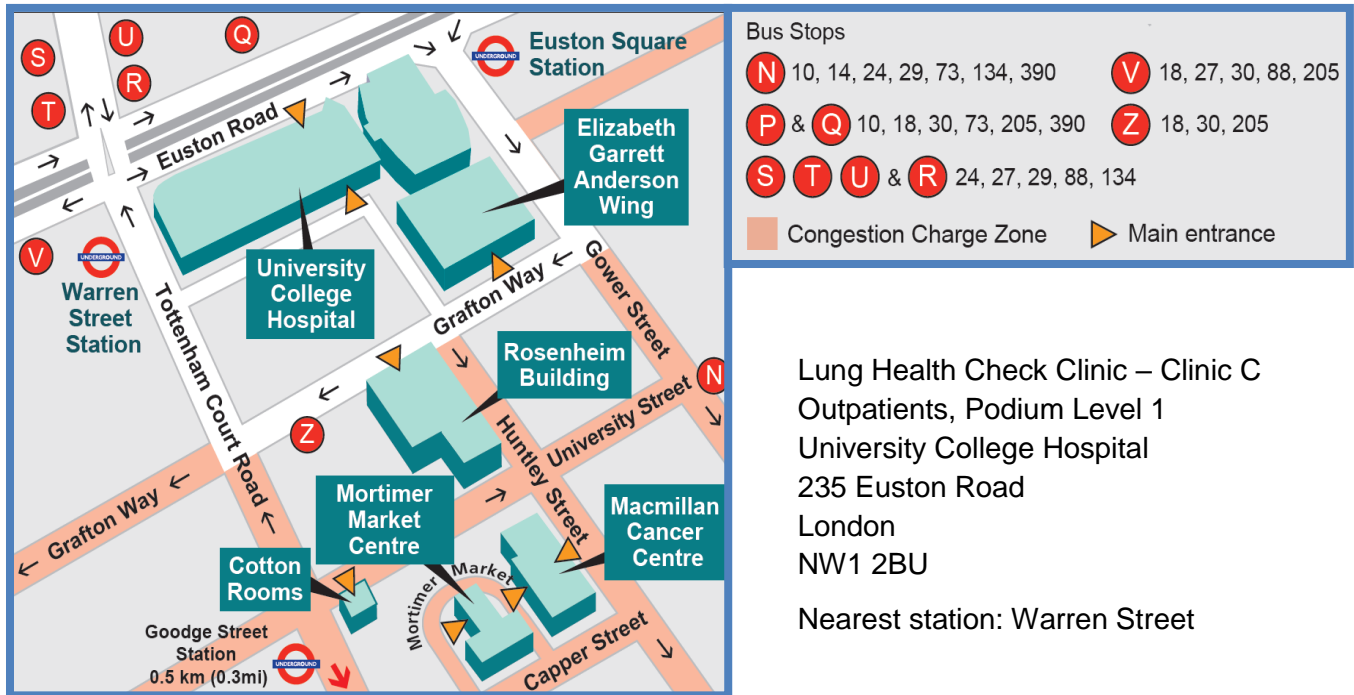
Call us free on **0808 281 9525** or call/text **07469 118 308** or email us at **lungscreen@ucl.ac.uk**.

Please contact us if you think you need:

- Help getting to the appointment
- An interpreter
- Any other support

If you would like to bring a friend or family member for company, you are welcome to do so.

Planning your journey to University College Hospital



Please go to the 1st floor in the outpatients lift, turn left over the walkway into outpatients. Check the screen for directions or ask at reception.

<<date4>>

Dear <<Title>> <<Firstname>> <<Surname>>

Reminder: Free NHS Lung Health Check

I recently wrote to you inviting you for a free Lung Health Check.

The lung clinic records show that you did not attend, so I have made another appointment for you at University College Hospital.

During your appointment you will be offered some tests to better understand how your lungs are working, whether there are any problems, and if necessary, what can be done to help you.

The checks are for smokers and ex-smokers aged 60 to 75. You are invited whether you feel fine or not and whether or not you have any lung problems.

Date and time of your Lung Health Check

<<2nd appointment day>>, <<2nd appointment date>> at <<2nd appointment time>>

What you need to do now

- Take a moment to plan your journey so you arrive in good time (turn over to see a map)

OR

- If you **do not want** the appointment, or want to **change the date** or time, call the lung clinic for free on **0808 281 9525** or call/text **07469 118 308** or email **lungscreen@ucl.ac.uk** as soon as possible.

Please bring this letter to your appointment.

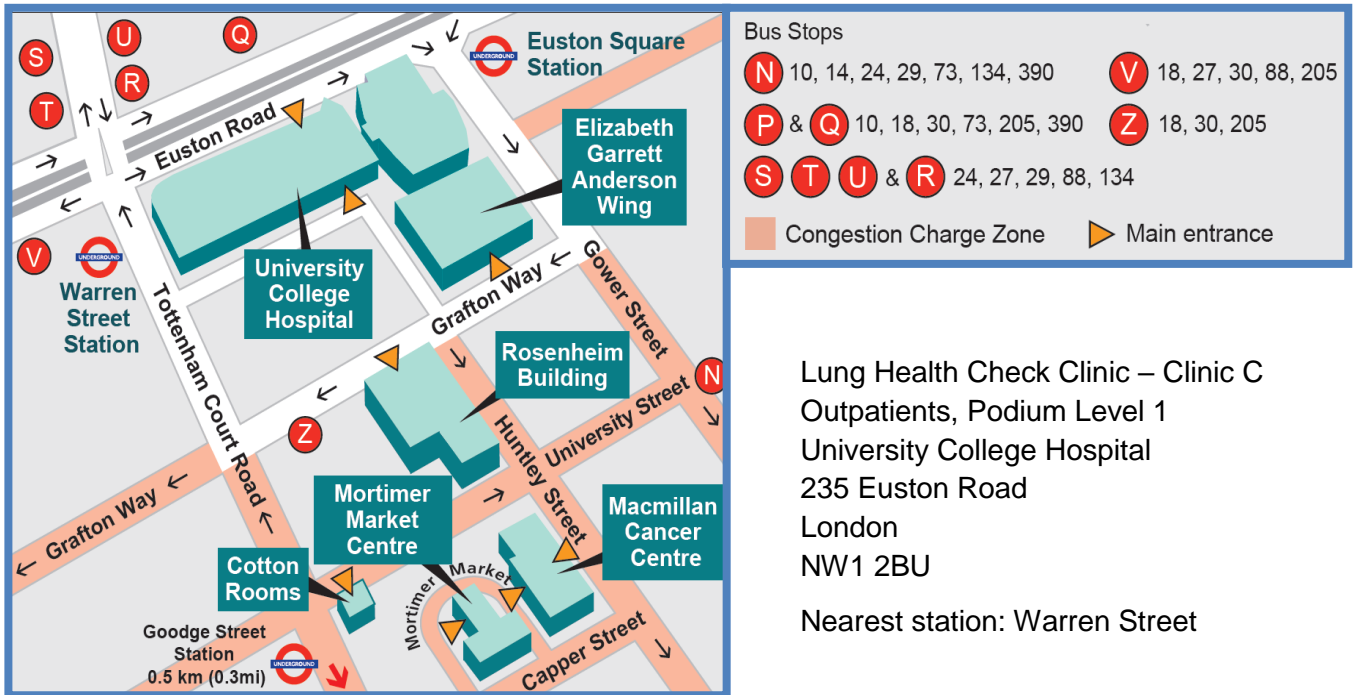
You can bring a friend or family member with you.

Yours sincerely

<<Usual GP>>

Please turn over
Our ref: <<GP-TPN>>

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Need more information before your appointment?

For more information call our freephone advice service on **0808 281 9525** or call/text **07469 118 308** or email us at lungscreen@ucl.ac.uk



Lung Health Check:

Information on what's involved

If you are unable to read this leaflet because English is not your first language, please ask someone who speaks English to telephone the Freephone helpline on **0808 281 9525** for further information and help.

Bengali ইংরেজী আপনার প্রথম বা মাতৃভাষা না হওয়ার কারণে আপনি যদি এই চিঠি বা সঙ্গে দেওয়া প্রচারপত্র পড়তে না পারেন, তাহলে ইংরেজী বলতে পারে এমন কাউকে বলুন আরো বিস্তারিত তথ্য ও সাহায্যের জন্য **0808 281 9525** নম্বরে ফ্রীফোন বা বিনা খরচের হেল্পলাইন-এ টেলিফোন করতে।

Turkish İngilizce'nin anadiliniz olmaması nedeniyle bu mektubu veya ilişikteki broşürü okuyamayacak olursanız, daha fazla bilgi ve yardım için, lütfen, İngilizce bilen birisinden, ücretsiz olarak telefon edilebilen **0808 281 9525** numaralı yardım hattını aramasını rica edin.



Lung Health Checks

A new NHS Lung Health Check is being offered to people aged 60 to 75 who smoke or used to smoke.

This booklet is designed to **help you decide** whether to have a lung health check. It is your choice whether you attend.

It aims to answer the following questions:

Why am I being invited?

What happens when I arrive at the appointment?

What are the different tests?

What are the possible benefits and risks?

What is lung cancer?

Who can I contact if I have a question?

Signs and symptoms of lung cancer

In the very early stages of lung cancer, there are **often no symptoms**. This is partly because the lungs are large and do not feel pain.

Warning signs to look out for include:

a **persistent cough** or change in an existing cough

feeling **short of breath**

coughing up **blood**

pain or ache when breathing or coughing

unexplained **tiredness** or **weight loss**

What is lung cancer?

Lung cancer begins when **cells** in the lungs, windpipe (trachea) or airways (bronchi) **start to grow abnormally**.

The cells form a cluster (known as a nodule), which grows bigger and turns into a tumour.

In most cases this happens slowly and (without screening) can take up to five years before it is diagnosed.

How common is it?

Lung cancer is the **second most common** cancer in the UK. Survival from lung cancer improves the earlier it is found. Over eight out of ten lung cancers are caused by smoking. Risk of lung cancer is also increased in those who are older, have been exposed to other people's smoke, have been exposed to asbestos, or have been diagnosed with a lung problem like COPD (which includes chronic bronchitis and emphysema).

What can I do to reduce my risk?

The single best thing you can do to prevent lung cancer is not smoke. If you do smoke and would like to stop there is lots of help out there.

Ask your GP about free local support available, or contact **NHS smokefree** on 0800 0224 332 or visit www.nhs.uk/smokefree

What is a lung health check?

Lung health checks test for the early signs of lung conditions. Lung conditions and lung cancer are easier to treat when found early, and there is now good evidence that screening for early stage lung cancer using CT scans saves lives.

Why am I being invited?

Lung health checks are being offered to people aged 60 to 75 who smoke or used to smoke. These people are most likely to benefit because they are more at risk of lung disease. Medical records indicate that you are either a smoker or have smoked in the past.

It does not matter if you already have a lung problem. Please let the nurse know about this at your appointment.

What happens when I arrive at the appointment?

A nurse will greet you, discuss all the different tests and answer any questions. The nurse will help you choose which tests you would like by explaining how you might benefit from them. You can choose when you want to have the tests - then or at a later date. You may not be offered a CT scan if it is not suitable for you and the nurse will discuss this with you.

What are the different tests?

Lung function test

This is a simple test (called spirometry) for which you blow into a hand-held machine. The test **checks for problems with the lungs** that may be caused by conditions like asthma, lung tissue scarring, sarcoidosis and COPD (which includes chronic bronchitis and emphysema). It measures:

How much air you can take into and blow out of your lungs

How strong your breathing muscles are

CO (carbon monoxide) test

The nurse will ask you to hold your breath for 15 seconds (or as long as you can) and then blow into a hand-held machine. It measures the level of carbon monoxide in your breath, to find out how much there is in your blood. Carbon monoxide is a poisonous gas produced by tobacco smoke, unsafe gas boilers and pollution.

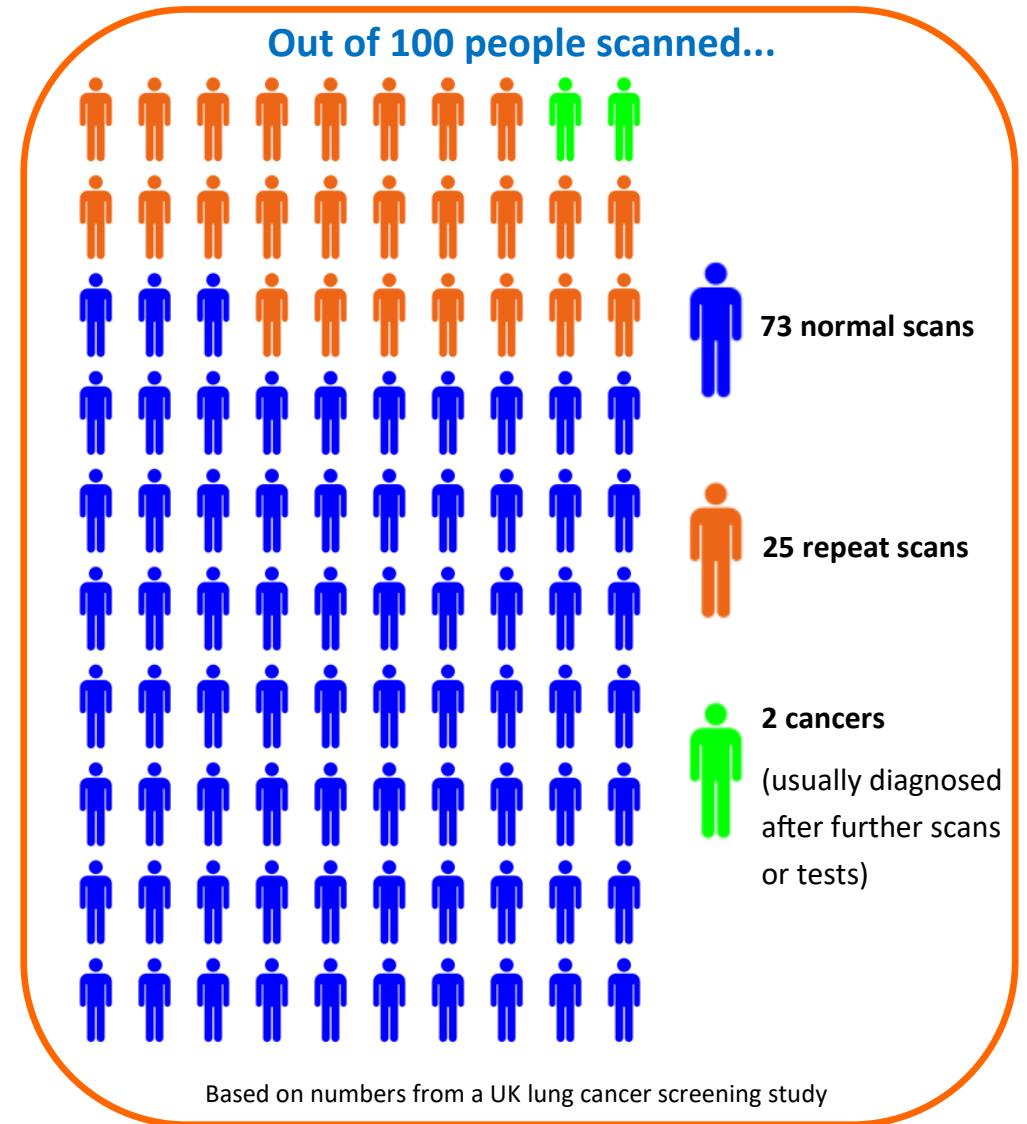
Samples of blood, breath, sputum and cheek cells

We are carrying out research to see whether the early signs of lung disease can be found in the blood, breath, cells from the lining of the cheek and sputum samples. These tests are not part of your lung health check and it is completely up to if you want to have them.

Samples of breath are taken by breathing normally into a machine

Cheek cells are collected by rubbing a swab (which looks a bit like a large cotton wool bud) against the inside of the cheek

Any sputum brought up by an existing cough is collected in a pot



How reliable is lung cancer screening?

Like all cancer screening tests, lung cancer screening is not completely accurate and some cancers will be missed. Nodules found in the middle of the chest and some small cancers are harder to see. Some cancers start to grow after screening.

What are the possible benefits?

When found early, lung conditions are **easier to treat** and lung cancer is **more likely to be cured**.

A study in North America has shown that using CT scans to find lung cancer early **saves lives** of people aged 55 to 75 who smoke or used to smoke. Screening using CT scans prevented 20% more deaths from lung cancer than using chest x-rays.

What are the possible risks?

The low dose CT scan will expose you to a **small amount of radiation**. It is the same as about one year's worth of radiation from the natural environment. The risk of a CT scan causing a cancer is very low compared with the benefits of detecting lung cancer early. If a further CT scan is needed then this will expose you to more radiation.

In some cases, people will be **diagnosed and treated for lung cancer that would never have caused the person harm**. If they had not been screened, they would never have known about the cancer or have had any treatment.

Waiting for the results of these tests can be worrying. People with an unclear result will need to be monitored and have a further scan. This can be a worrying time and in most cases they will not have lung cancer. If you are confused about any of the tests or have any concerns at any point, please contact the lung clinic and we will help.

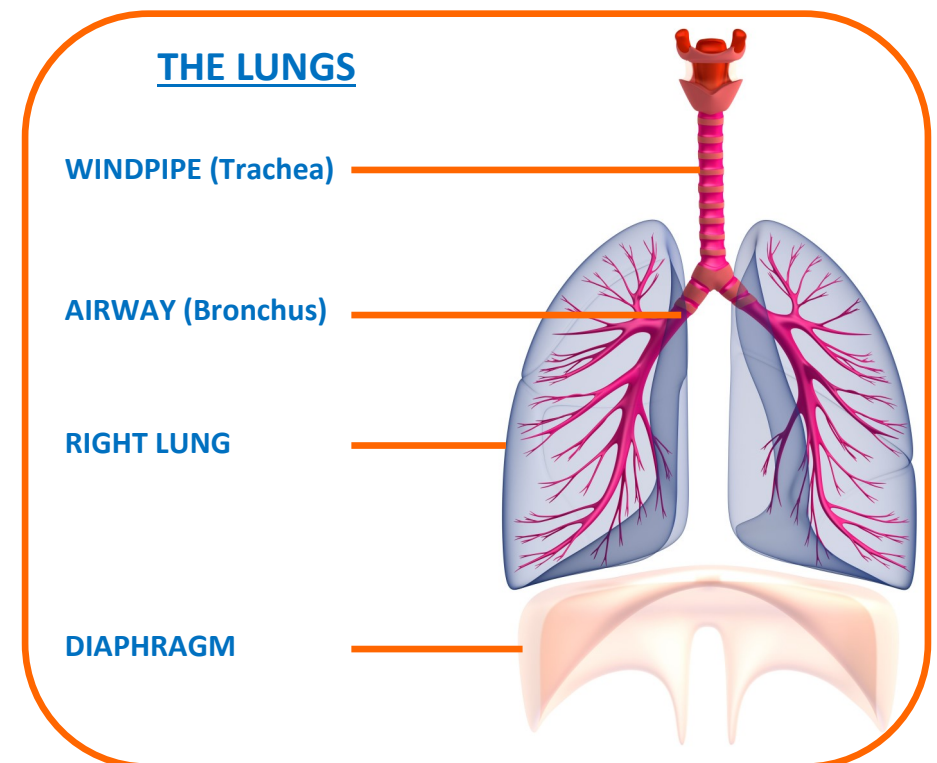
Further tests and treatment all carry risks as well as benefits.

Should you be offered any of these, a specialist NHS doctor will discuss the risks and benefits. If you would like to know more information about these before having a CT scan, please speak to the nurse during your appointment.

Low dose chest CT (computed tomography) scan

A chest CT scan is a **type of x-ray** which takes detailed pictures of the lungs. These pictures are processed by a computer and then checked for the early signs of lung cancer by specially trained doctors (known as radiologists).

Whether or not you are offered a CT scan will **depend on your lifestyle, medical and family history**. The nurse will help you to choose whether the test is right for you and you may want to postpone it to a different day.





What is having a chest CT scan like?

The CT scan will take about **10 minutes**. You will be asked to lie flat on the bed of the scanner. The bed will move slowly backwards and forwards while the scanner circles your chest. Specially trained staff will sit the other side of a screen where they can talk to you and control the scanner.

Only your chest will be scanned and you will not go into a tunnel (this is for a different scan called an MRI scan). The scan is pain free and you will not need an injection. If you do have any concerns about the scan then please contact the lung clinic or speak to the nurse at your appointment.

RESULTS WILL BE SENT TO YOU & YOUR GP IN 2 WEEKS

Normal result This means that no signs of lung cancer or other abnormalities could be seen on the scan. Approximately three quarters of people will have a normal result. While this is good news, it is still possible that lung cancer could develop in the future or that the scan may have missed it. It is important to be aware of the symptoms of lung cancer and to go to your GP quickly if you have any concerns.

Unclear result This usually means the scan has shown a small area of white shadowing in the lung, This is probably something harmless but there is a chance it might be something serious. You will be invited to an appointment with a specialist doctor to discuss the result. The best way to make sure that there is nothing to worry about is to have another scan after an interval to make sure there are no signs of lung cancer. **Most people with an unclear result will not have lung cancer.**

Abnormal result This means there is something abnormal on the scan that needs more tests to find out what it is. It could be cancerous or it could be harmless. You will be invited to an appointment with a specialist doctor who will discuss the results and arrange further tests.

Incidental finding This means there are signs of other problems on the scan that may need treatment or medical advice. If you already have a lung problem, this might be why and you may not need any extra care. You may be advised to make contact with your GP to make an appointment to find out more.

LSUT Intervention Group

Invitation letters and leaflet

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No need for you to do anything, this letter is for your information only. We will start to invite patients automatically in the next few weeks so look out for an invitation in the post.

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Contact information for the clinic will be sent to any patients who are invited.

Yours sincerely

<<Usual GP>>

Our ref: <<GP-TPN>>

<<date4>>

Dear <<Title>> <<Firstname>> <<Surname>>

Free NHS Lung Health Check

I'm inviting you for a Lung Health Check at University College Hospital.

Your lungs work hard every minute of your life. As you get older, it's worth checking things out.

The checks are for people age 60 to 75 who have ever smoked. You are invited whether you feel fine or not and whether or not you have any lung problems.

What to expect

A specially trained nurse, who will be able to answer any of your questions, carries out the Lung Health Check. It should take approximately 60 minutes.

During the Lung Health Check you will be asked to blow into two machines. You may also be offered a lung CT scan.

Date and time of your Lung Health Check

<<1st appointment day>>, <<1st appointment date>> at <<1st appointment time>>

What you need to do now

Please read the information on the back of this letter. Then:

- Take a moment to plan your journey so you arrive on time (see the map on the back)
OR
- If you **do not want** the appointment, or want to **change the date** or time, call the lung clinic for free on **0808 281 9525** or call/text **07469 118 308** or email **lungscreen@ucl.ac.uk** as soon as possible.

Kindly be aware that the GP practice will not be able to answer questions about the appointments - only the lung clinic can cancel or organise appointments, and answer any questions you have. **Please bring this letter to your appointment.**

Yours sincerely

<<Usual GP>>

Please turn over
Our ref: <<GP-TPN>>

Information about the Lung Health Check

For more information, see the leaflet *M.O.T. for your lungs*

What happens during the Lung Health Check?

- You will be welcomed by a nurse who will tell you everything you need to know about the lung health check and answer any questions.
- You will be asked to blow into two machines which show how well your lungs work and whether there are any problems that need taking care of. The nurse will tell you about the benefits and risks.
- You will be asked if the nurse can take samples of blood, breath, sputum and cheek cells (by rubbing something that looks like a cotton wool bud against the cheek). You can choose whether or not you would like to have these samples taken.
- You may also be offered a lung scan. Called a 'CT Scan', it is a type of chest X-ray. It checks for early signs of lung cancer. You don't have to have the scan and you can make your mind up after talking to the nurse.

Need more information before your appointment?

Call us free on **0808 281 9525** or call/text **07469 118 308** or email us at **lungscreen@ucl.ac.uk**

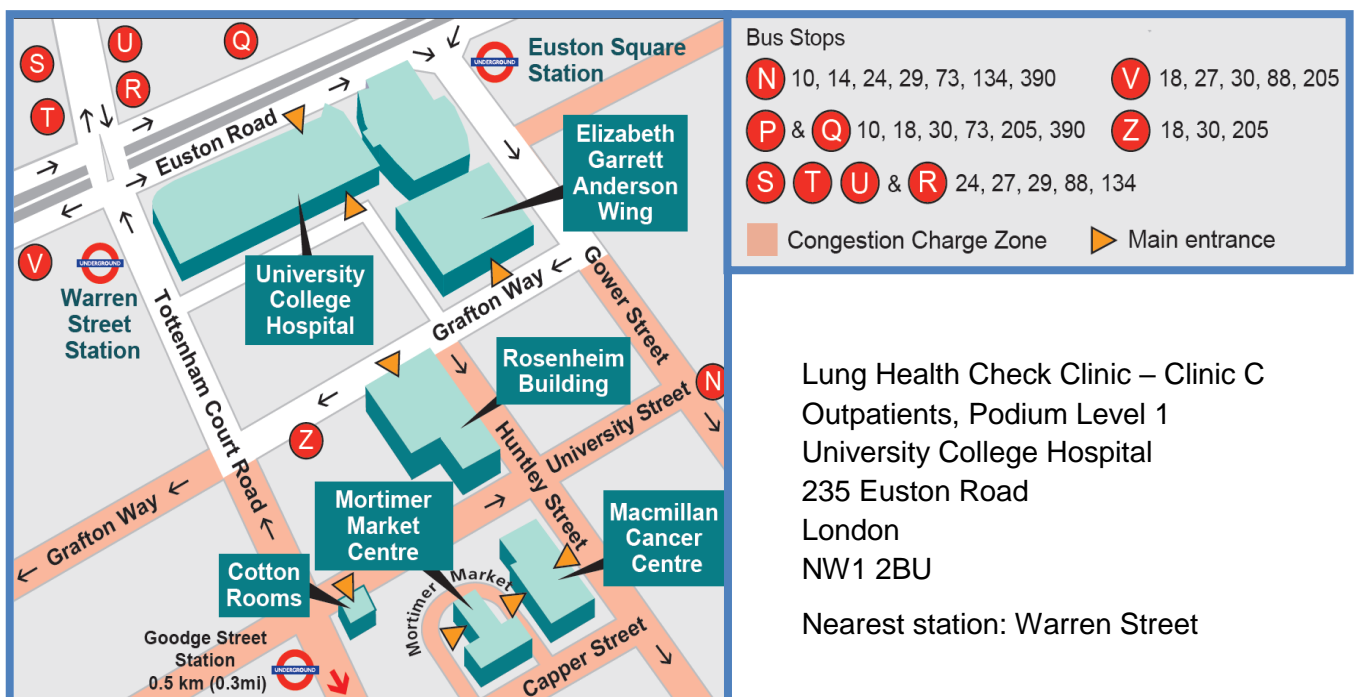
Please contact us if you think you need:

- Help getting to the appointment
- An interpreter
- Any other support

A detailed information booklet will be provided at your appointment, but please visit **www.lunghealthcheck.co.uk** or contact the lung clinic if you would like this information earlier.

If you would like to bring a friend or family member for company, you are welcome to do so.

Planning your journey to University College Hospital



Please go to the 1st floor in the outpatients lift, turn left over the walkway into outpatients. Check the screen for directions or ask at reception.

<<date4>>

Dear <<Title>> <<Firstname>> <<Surname>>

Reminder: Free NHS Lung Health Check

I recently wrote to you inviting you for a free Lung Health Check.

The lung clinic records show that you did not attend, so I have made another appointment for you at University College Hospital.

During your appointment you will be offered some tests to better understand how your lungs are working, whether there are any problems, and if necessary, what can be done to help you.

The checks are for people age 60 to 75 who have ever smoked. You are invited whether you feel fine or not and whether or not you have any lung problems.

Date and time of your Lung Health Check

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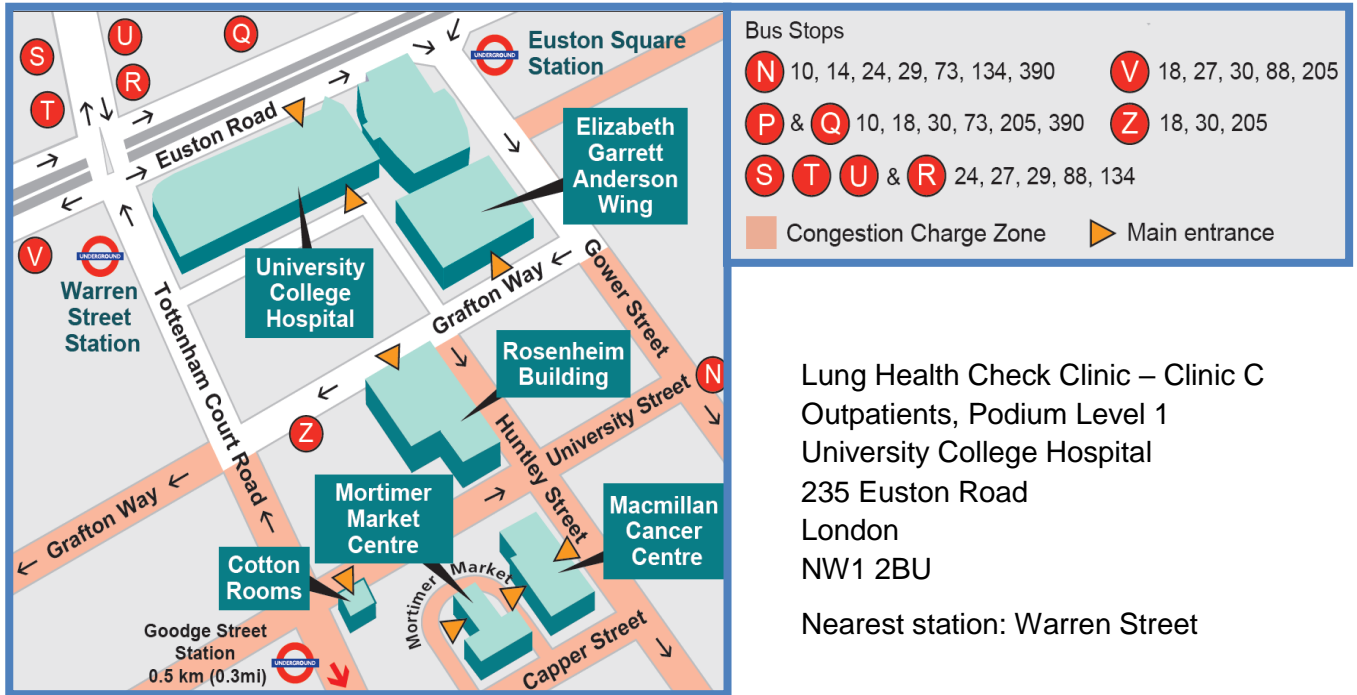
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Yours sincerely

<<Usual GP>>


Please turn over
Our ref: <<GP-TPN>>

Planning your journey to University College Hospital



Lung Health Check Clinic – Clinic C
 Outpatients, Podium Level 1
 University College Hospital
 235 Euston Road
 London
 NW1 2BU
 Nearest station: Warren Street

Please go to the 1st floor in the outpatients lift, turn left over the walkway into outpatients.
 Check the screen for directions or ask at reception.



WHAT YOU'LL GET

First you'll be asked some questions about your breathing and how you feel to find out about your overall lung health.

Then by blowing into two hand-held machines, you'll be told whether there are any problems that need taking care of.

The nurse may also talk to you about having a lung scan to check for any early signs of lung cancer, and will ask if they can take samples of blood, breath, sputum and cheek cells (by rubbing a swab along the inside of the cheek). You can decide about this on the day or later.

You'll have plenty of time to chat to the nurse and ask any questions.

Bring a friend, family member or partner with you on the day if you want to.

"These lung checks are a brilliant idea - a great way to give hard-working lungs a service"



*Bernie, Nurse
University College Hospital*

LUNG HEALTH CHECKS

GPs in the local area are inviting people aged 60 to 75 for the Lung Health Check.

Look out for an invitation in the post.

For more information call our freephone advice service on **0808 281 9525** or call/text **07469 118 308** or email us at lungscreen@ucl.ac.uk



If you are unable to read this leaflet because English is not your first language, please ask someone who speaks English to telephone the Freephone helpline on **0808 281 9525** for further information and help.

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M.O.T. FOR YOUR LUNGS

A **new** NHS Lung Health Check for people aged 60 to 75

Please read if you are aged 60-75



M.O.T. FOR YOUR LUNGS

People aged 60 to 75 are being offered a new LUNG HEALTH CHECK.

Run by specially trained nurses, they are an easy way to find out how well your lungs are working.

And, if needed, you'll get care and treatment to help breathe new life into your lungs.

The checks are for people aged 60 to 75 who have ever smoked. You are invited whether you feel fine or not, and whether or not you have any lung problems.

You can bring a friend, family member or partner with you, if you'd like.



"If they can give me some extra years with my grandkids, I might even be lucky enough to be able to walk them down the aisle."

Bernard, 69, London

BENEFITS OF THE LUNG HEALTH CHECK

- ✓ **Free**
- ✓ **Local and easy to get to** (at either the Homerton or University College Hospital)
- ✓ **Talk through your questions** over a cup of tea
- ✓ **Find out** about having a lung scan
- ✓ **No judgements** on smoking



"I started smoking when I was 14. When you go back 40-odd years, we didn't know that cigarettes caused all these problems. It's good to know no one is going to give me a hard time at the Lung Health Check."

Maggie, 60, London

LOOKING AFTER YOUR LUNGS

HOW THE NHS CAN HELP

Your lungs work hard every minute of your life.

As you get older, it's worth checking things out.

GOOD IDEA

The Lung Health Check can spot problems early - often before you notice anything, when treatment could be simpler and more successful.

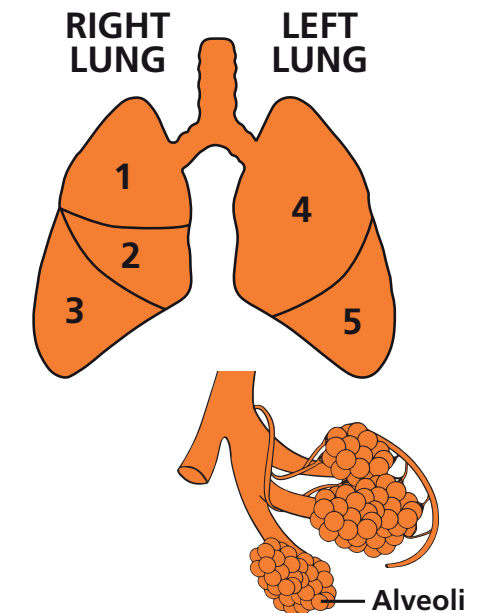


YOUR LUNGS COULD BE EASIER TO FIX THAN YOU THINK

You have two lungs, made up of 5 sections called lobes.

Each lobe is made up of thousands of tiny grape-like sacs, called alveoli.

If there is a problem on one bit of the lung, early treatment can focus just on the bit that is affected.



E2 Supplementary File (online only)

Table S1 Frequencies and chi square analyses for the educational status of the attenders, their prior knowledge, and their engagement with, and impressions of, the respective leaflets

	Intervention (n = 492) ^a	Control (n = 508) ^a	Sig.
Education, % (n)			
Finished school aged ≤15 years	52.3 (257)	52.8 (268)	.879
CSEs/O'levels	11.2 (55)	9.6 (49)	
A'levels/Further education/Other	15.5 (76)	15.9 (81)	
Degree/Further degree	21.0 (103)	21.7 (110)	
Nurse rating of background knowledge, % (n)			
No knowledge/Virtually no knowledge	9.7 (44)	7.2 (34)	.565
Very little knowledge	36.2 (164)	38.1 (180)	
Moderate level of knowledge	34.2 (155)	34.7 (164)	
Fairly good level of knowledge	16.8 (76)	17.8 (84)	
Very comprehensive/Near perfect knowledge	3.1 (14)	2.1 (10)	
Nurse rating of detail of explanation needed, % (n)			
Very brief discussion required	4.4 (20)	4.2 (20)	.991
Fairly brief discussion required	34.4 (155)	33.8 (159)	
Fairly detailed discussion required	41.5 (187)	42.5 (200)	
Very detailed discussion required	19.7 (89)	19.5 (92)	
Leaflet received in the post, % (n)			
'MOT for your Lungs' leaflet (intervention group)	64.1 (307)	3.1 (15)	.000
'Lung Health Check' leaflet (control group)	11.5 (55)	81.3 (399)	
Both leaflets	1.0 (5)	0.8 (4)	
Neither leaflet	23.4 (112)	14.9 (73)	
Amount read before the appointment^b, % (n)			
None	15.3 (47)	10.3 (41)	.143
A little	5.5 (17)	6.0 (24)	
Some of it	12.4 (38)	15.5 (62)	
Most of it	10.7 (33)	14.8 (59)	
All of it	54.4 (167)	52.8 (211)	
Don't know/Can't remember	1.5 (5)	0.8 (3)	
Amount understood of the leaflet^b, % (n)			
None	3.4 (9)	3.6 (13)	.010
A little	6.1 (16)	2.2 (8)	
Some of it	6.5 (17)	12.9 (47)	
Most of it	14.9 (39)	17.0 (62)	
All of it	69.0 (180)	64.3 (234)	
Overall impression of the leaflet, % (n)			
Useful	92.1 (246)	95.2 (416)	.103
Informative	92.1 (245)	94.7 (414)	.188
Difficult to understand	6.4 (17)	6.9 (30)	.877
Too complicated	5.3 (14)	5.7 (25)	.866
Too little information	14.0 (37)	6.9 (30)	.002

NOTE: ^aMaximum sample size, missing data and 'don't know' responses were excluded on an item-by-item basis; ^bAnalyses restricted to those who recalled receiving the leaflet (n=707); ^cAnalyses restricted to those who recalled receiving the leaflet and excluding 'N/A' responses (n=625)

Table S2 Decision-making outcomes by invitation group

	Intervention (n=388) ^a	Control (n=415) ^a
Objective knowledge score (out of 9), mean (SD)	5.7 (2.3)	5.5 (2.3)
Low Literacy Decisional Conflict Scale, % (n) answering yes		
Uncertainty		
Do you feel sure about whether to be screened or not?	95.6 (368)	94.6 (389)
Are you clear about whether being screened for lung cancer is the best choice for you?	96.9 (374)	95.9 (394)
Informed		
Do you know the benefits of lung cancer screening?	93.0 (360)	91.1 (377)
Do you know the risks and side effects of lung cancer screening?	83.2 (321)*	76.2 (314)*
Values clarity		
Are you clear about which benefits matter most to you?	91.6 (349)	89.6 (361)
Are you clear about which risks and side effects matter most to you?	84.2 (324)	84.6 (347)
Supported		
Do you have enough support from others to make a choice about whether or not to be screened for lung cancer?	89.0 (340)	88.8 (364)
Are you choosing without pressure from others?	93.0 (358)	91.1 (378)
Do you have enough advice to make a choice about whether or not to be screened for lung cancer?	95.6 (369)	95.4 (393)
Decisional satisfaction		
How satisfied are you with your decision about being screened for lung cancer? % (n) satisfied/very satisfied	99.2 (378)	98.8 (405)
Do you feel the decision you made about being screened was the best choice for you personally? % (n) answering yes	98.7 (376)	97.3 (399)
Nurse satisfaction		
How satisfied are you that the patient has understood the harms and benefits of screening enough to make an informed decision? % (n) satisfied/very satisfied	98.7 (376)	97.3 (399)

NOTE: ^aMaximum sample size, missing data were excluded on an item-by-item basis; *X², p<.05

Definition of abbreviations: SD = standard deviation