PHOSP-COVID - Tier 3 Sub-Study

PHOSP-COVID - Rehabilitation for lasting symptoms of COVID-19

PARTICIPANT INFORMATION SHEET

Chief Investigator:	Professor Christopher Brightling
Lead Investigators:	Dr Rachael Evans and Professor Louise Wain on behalf of the Leicester NIHR BRC and national consortium
Local Lead Sub-Study Investigator:	Dr Enya Daynes University Hospitals of Leicester NHS Trust

Invitation:

The post-hospitalisation study (PHOSP-COVID study) was set up in August 2020 to look at how different patients recover from COVID-19, a condition caused by a type of virus called SARS-CoV-2, or coronavirus for short.

We would like to invite you to take part in a PHOSP-COVID research sub-study. This sub-study involves adults who have been admitted to hospital with suspected or confirmed COVID-19 infection who are still experiencing COVID symptoms. As you fit these criteria, we would like to invite you to our trial for rehabilitation.

Before you decide it is important for you to understand why the research is being done and what it would involve for you. Please take time to read this information carefully. Please use the contact details provided at the end of the document to talk to your local study team if anything is unclear or if you would like more information. Participation in this study is completely voluntary. The decision you make **will not** affect your current or ongoing care or treatment in any way.

What is the study about?

This is a sub-study to the PHOSP-COVID study to explore COVID rehabilitation for people who have lasting symptoms. As COVID-19 is a new disease, and some people have remaining symptoms we want to understand if a rehabilitation programme can improve symptoms.

We want to understand:

- If an exercise and education programme can help improve symptoms following a COVID-19 admission compared to no programme.

- If a face to face programme or web based programme can improve symptoms following COVID-19
- The impact these programmes have on your immune system (measured by optional blood tests) and muscle function (measured by optional biopsies).

Why have I been invited to take part?

You have been invited to take part because you were admitted to hospital with confirmed or suspected COVID-19 and are still experiencing COVID symptoms. You may also already be part of the PHOSP-COVID study and have agreed to receive information about Tier 3 sub-studies. We want to offer you a programme to improve your symptoms and we want to see if this can help compared to no programme. A lot of the information we are interested in will have been collected as part of your normal care or, if you are already taking part in the PHOSP-COVID study it will have been collected during your main PHOSP-COVID study visits. We will also ask your permission to do additional tests that are not part of your normal visits to the clinic or normal PHOSP-COVID research study visits (if you are already taking part in the study).

Do I have to take part?

No, participation in the sub-study is voluntary. It is up to you to decide whether or not to take part. If you do decide to take part you will be asked to sign a consent form. If you decide to take part you are free to withdraw from the sub-study at any time and without giving a reason. If you do not take part, or if you withdraw from the sub-study, this will not affect the standard of care you receive and you will still be offered a recovery programme as part of normal clinical care.

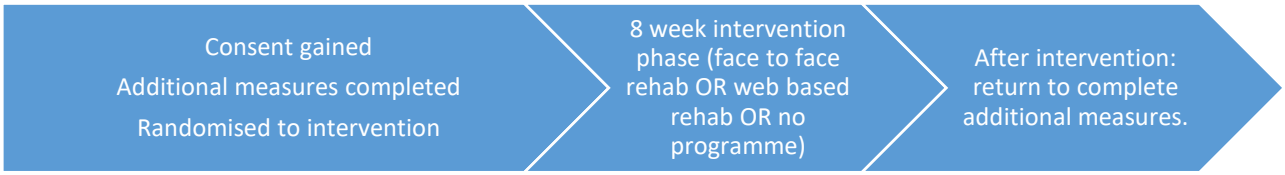
What will happen if I take part in this sub-study?

If you agree to take part you will be asked to attend the research site for a minimum of two visits lasting approximately 2 hours each. You will be allocated to receive one of three different rehabilitation programmes: (1) a **web based programme** (accessed via the internet), (2) **face to face programme** (where you will undertake the rehabilitation programme face to face at the hospital clinic) or (3) **no programme** which means you would receive exactly the same as what is currently offered as part of clinical care. If you are unable to do one of the programme options (face to face or web based) you are still eligible to take part.

How we allocate you to a programme is by a process called 'randomisation' and is just like flipping a coin or picking a name out of a hat. You will receive your allocated programme for 8 weeks. If you receive no programme we will offer you one of the other programmes after the research trial (i.e. in 8 weeks' time).

If you are allocated to receive face to face rehabilitation this will be conducted at the research site and lasts approximately 1.5 hours per session, twice a week for 8 weeks. If you are offered web based rehabilitation you will access this via a website that supports you to work through the programme and keeps a record of your progress. Please speak to the researcher to see which options you feel you may be able to participate in.

Everyone will be asked to undertake additional testing and measures. We will take these measures before and after your allocated programme. If you are allocated to receiving no programme, you will undertake the measures 8 weeks apart. You will be asked to complete some questionnaires, walking tests,and tests of your strength. Descriptions and further information about the tests we would like you to do can be found at the end of this document. There are a few completely optional extra assessments that you will be invited to do; (1) blood tests, (2) a muscle biopsy procedure which would require a small sample to be taken from your thigh, (3) a cardiopulmonary exercise test, and (4) a wearable vest to assess your breathing.



In addition, we will ask your permission to collect information from your routine health records such as your signs and symptoms, medications that you are taking, and the results of any blood test, questionnaires, laboratory results or imaging that your doctors have ordered. This will include all clinical records and case notes relating to your COVID-19 hospitalisation, as well as all of your GP, hospital and adult social care records from before and after your COVID-19 hospitalisation. This will enable us to collect data on your health. We will continue to collect relevant data for our research for 25 years and will only collect data that is required for the research

Can I take part if I am already taking part in another research study?

If you are already enrolled in another research study, this may affect your ability to take part in this study so let us know if you are taking part in another study. Similarly, if you wish to take part in another study you may need to tell them about this one.

How will we use information about you?

This sub-study involves many research and deliver partners, such as universities, hospitals, laboratories, data processing and logistic operators. To deliver the sub-study we will need to share your personal information with some PHOSP-COVID partners and sites, and Loughborough University (only if you agree to provide the optional blood samples). We will only share the minimum information with these partners to undertake the task they are performing. They are bound by the same rules as us to keep your information confidential

and safe. People who do not need to know who you are will not be able to see your name or contact details. Your data will have a code number instead. This means that your data or samples will be labelled with a unique code. Any researchers receiving data or samples will not be able to identify you.

For example, we would like to obtain information held centrally about you, by the NHS, to do this, we will need to share your NHS number and other details so that they can find your records. We will request information from the past, as well as information collected throughout the study period, as well as future information collected over the next 25 years.. We will write our study reports and publications in a way that no-one can work out that you took part in the study.

We will keep the minimum personally identifiable information about you indefinitely. This is for safety reasons and because it is a valuable record of this outbreak event. The information will be held securely and be under the control of the University of Leicester as the Sponsor and Data Controller.

A copy of your consent form will be kept with any samples that are retained; this is to demonstrate you gave us your consent to keep them. As with all of the study documents, these will be stored securely and the minimum number of people will have access.

We will gain your permission to inform your GP of your participation in the study.

Once we have finished the study we will transfer a copy of our research data into a Trusted Research Environment, also known as a "Data Safe Haven". This is to allow as many researchers as possible to learn from the data we have collected and to conduct their own future ethically approved studies. Any link between the data and you will be stored separately and securely, meaning that researches accessing the Date Safe Haven will not be able to identify you.

What are your choices about how your information is used?

You can stop being part of the sub-study at any time, without giving a reason, but we will keep information about you that we already have.

If you choose to stop taking part in the sub-study or any of the optional parts, we would like to continue collecting information about your health from central NHS records/ your hospital/ your GP. If you do not want this to happen, tell us and we will stop.

We need to manage your records in specific ways for the research to be reliable. This means that we won't be able to let you see or change the data we hold about you.

Where can you find out more about how your information is used?

If you would like to know more about how we will process your information you can review a Privacy Notice on our website, or ask a study team member for a printed copy https://www.phosp.org/
How data is used in research is complicated, if you have any questions, please ask one of the research team, or you can access further details via:

- www.hra.nhs.uk/information-about-patients/
- https://www2.le.ac.uk/offices/ias/dp/data-protection
- by sending an email to PHOSP@leicester.ac.uk, or
- by ringing us on <<insert study team number>>.

The Data Protection officer can be contacted on:
Data Protection Officer
University of Leicester,
University Road,
Leicester,
LE1 7RH
0116 229 7640
dpo@le.ac.uk

Are there any benefits to taking part in this study?

The rehabilitation programmes are been designed with the aim of helping people manage their lasting symptoms of COVID-19 and you may experience some benefit in taking part, however benefits are not guaranteed. The information we learn may help in caring for other patients in the future.

We will act on any test results including questionnaires that require follow-up. Most commonly this will be informing you and your GP of a particular result. Otherwise, you and your GP will not receive the outcome of any test or assessment.

What are the risks of being in the study?

If you take part in the sub-study and we collect data from your records there is minimum risk, all information will be pseudonymised (no one will know that this information relates to you).

If you are asked and you agree to provide extra blood samples, it means that more blood samples will be taken than are needed for normal care. Whenever possible these blood samples will be taken at the same time as other blood samples to reduce the number of extra procedures. There is a risk of pain or discomfort when blood samples are taken.

There is also a risk of pain, discomfort, and/or bruising if you are asked and agree to have a muscle biopsy taken (optional extra). These procedures are detailed later in the information sheet.

What if something goes wrong?

It is unlikely that you will be harmed by taking part in this sub-study. If you wish to complain about any aspect of the way in which you have been approached or treated during the course of this sub-study, you should contact your local investigator Dr Enya Daynes on 0116 258 2758 or you may contact the study coordinator Dr Molly Baldwin on 0116 258 3652.

If something does go wrong and you are harmed during the research and this is due to someone's negligence then you may have grounds for legal action for compensation against the University of Leicester but you may have to pay your legal costs. The normal NHS complaints service will still be available to you (if appropriate).

What will happen to the samples that I give?

All samples (blood and muscle biopsy, where applicable) will be collected according to recognised guidelines, stored under appropriate conditions and in line with all relevant legislation, and tested and analysed using documented protocols and procedures. The Executive Board for the study will regularly review the ongoing blood sample collection, storage, processing and analysis. Processing of muscle samples for gene expression, epigenetics, telomere length, proteomics and other biomarkers will be subject to funding. Blood samples you provide during the study will be either analysed on the day of collection or frozen and stored confidentially in a coded and anonymised form in the secure sample storage facility at the National Centre for Sport and Exercise Medicine, Loughborough University, in accordance with the Human Tissue Act 2004. They will be used to analyse various inflammatory and immune measures linked to the outcomes of this study.

Some samples and information from the study may be shared and made available to other researchers and partners, here and around the world. They will manage the samples and data safely and securely.

With your permission, we would also like to store your samples after this sub-study has ended, to use them for future ethically approved research that is different to this sub-study. If you agree your consent form will be retained until the sample has been used up or destroyed, this so we can show you provided your consent for us to keep it. The consent form will be transferred with the sample wherever it is kept.

Samples stored after this study ends will be stored in line with all relevant legislation, this may be in a secure central repository. If you wish to find out further information on how we are using samples please speak with a member of the study team.

Can I request that I be withdrawn from the study at any point?

Yes, you can withdraw from this sub-study at any time without giving a reason and without this affecting your care. We would like to ask you to complete a withdrawal form that is accessible via the PHOSP-COVID website https://www.phosp.org/. This is so we are clear whether or not we can continue to access your electronic healthcare records. We would like to continue to access your records for up to 25 years. If you do not want this to happen, you can tell us on the withdrawal form. If you do decide to withdraw then any information and samples already collected will remain and be used in the sub-study. No further samples or data collected will be performed and we will not contact you again about this sub-study. If you are taking part in the main PHOSP-COVID study, you can withdraw from this sub-study but may continue to be part of the main PHOSP-COVID study in the Tier 2 study visits.

Will I be reimbursed or receive any payment for participating in this study?

You will be reimbursed for travel for study visits before and after the programme. If you undertake any research specific visits at the research unit then car parking reimbursement or other reimbursement for travel can be provided.

Who is organising and funding the research?

This is a research study organised by the NIHR Leicester Biomedical Research Centre and sponsored by the University of Leicester. The trial is being funded by the National Institute for Health Research UK Research and Innovation. None of the doctors will be paid themselves for including you in the trial.

Who has reviewed the trial?

All research that involves NHS patients or staff, information from NHS medical records or uses NHS premises or facilities must be approved by an NHS Research Ethics Committee before it goes ahead. This trial has been approved by Leeds West Research Ethics Committee. Approval does not guarantee that you will not come to any harm if you take part. However, approval means that the committee is satisfied that your rights will be respected, that any risks have been reduced to a minimum and balanced against possible benefits and that you have been given sufficient information on which to make an informed decision.

What if I would like further information about the study?

If you would like more information about the study you can contact the Local Investigator Dr Enya Daynes on 0116 258 2758 or Enya.Daynes@uhl-tr.nhs.uk or telephone the Local Research office on 0116 258 3652.

Investigations and Procedures:

Below is a table describing what tests and procedures you will be undertaking as part of this sub-study:

Test/ Procedure	**Is the test/procedure a core part of the PHOSP-COVID sub-study?**	**How many times will you be asked to undertake these tests/procedures?**
Walking test- Maximal walking test by an externally paced bleep to see your level of exercise ability. You will be able to stop the test at any time. You will be assessed for safety prior to commencement of the test.	Yes	Twice. Before and after your rehabilitation programme (8 weeks). Or 8 weeks apart if receiving no programme.
Questionnaires- There will be a number of questionnaires that you can complete on your own or with help from the researcher.	Yes plus we would like to take some additional questionnaires	
Strength- the strength in your legs and hands will be tested through a resistance machine. You will provide a maximal strength test.	Yes	
Physical activity monitoring- We will ask you to wear a monitor for 14 days around your waist	Yes	
Blood test- this is a simple blood test that you may have had before. We will take a sample of blood from you (most commonly on your forearm). We will only take up to 50ml (less than 3 tablespoons) of blood. This may cause some mild discomfort and occasionally some bruising.	No- optional extra	
Muscle Biopsy- this is a small sample of	No- optional extra	

muscle taken from the edge of your thigh muscle. Local anaesthetic is used to numb any pain, though this may sting as it is injected. We then make a small cut in the skin (about 5mm) and use a needle to take a sample of your muscle (up to the size of a pea). The procedure is very safe, though your leg may ache for a day afterwards. There may also be some bruising around the site of the biopsy, called a haematoma.		
Cardiopulmonary exercise test- this is an exercise test performed on a bike or treadmill in which you will wear a device to monitor your heart rate, oxygen levels and blood pressure.	No- optional extra	
Wearable vest- this measures your breathing and heart rate over a week, this is worn like a sports bra.	No-optional extra	

Thank you for reading this.

Please keep a copy of this information sheet for your records.

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INFORMED CONSENT FORM

Participant number:_____

		Please initials the appropriate box
1	**Information about the study has been provided to me:** I confirm that I have read and understand the above information sheet for the PHOSP-COVID sub-study, Version 2.0, dated 24 May 2022. I have had the opportunity to consider the information, ask questions and have had these answered satisfactorily, and I agree to take part in the study.	
2	**Voluntary participation:** I understand that my participation is voluntary and that I am free to withdraw at any time without giving any reason. If I am part of the main PHOSP-COVID study, I can continue under these circumstances if I want to. I understand that even if I withdraw from the sub-study, the data and samples collected from me will be used in analysing the results of this sub-study. I understand that my identity will remain pseudo-anonymised and my data will be labelled with a study number instead.	
3	**Access to my information:** I agree that information including all assessments and interventions performed as part of my routine clinical care and held on national databases before, during and for up to 25 years after my COVID-19 hospitalisation can be shared with the study team where this is relevant to my participation in the PHOSP-COVID study. The medical information may be located in local or national health and research organisations. I understand that information that identifies me will be passed securely to such bodies to make this possible. I understand I can opt out of this at any time by writing to the study team.	
4	**Transfer of personal data:** I understand and agree that to facilitate this sub-study, the research team may need to share my personal information with other organisations.	

5	**Data storage:** I give permission for my data to be stored in a data safe haven and shared with PHOSP-COVID partners as described in the information sheet. I agree that my research data and samples from the sub-study may be made available to other approved researchers and academic partners for future ethically approved research. This could include researchers in other countries and in commercial companies. I understand that such researchers will not be able to identify me from my data or samples.		
6	**Study visits:** I understand that there will be additional visits for the rehabilitation programme (if allocated to the face to face programme) and an additional follow up at eight weeks for all participants.		
7	**Re-contact for future studies:** I agree to be contacted directly about other ethically approved studies based either on the results of sample analyses, on my health status, or on other personal characteristics (for example, age, ethnicity, biological sex). I will not be obliged to take part in any such study once contacted.	**Yes**	**No**
8	**Use of data from other research studies I may be participating in:** I understand that my personal data may be shared with researchers running other research projects I participate in. Data that I provide for other research studies may be collected and analysed along with the data that I have provided for this study. I understand and agree.		
9	**Data regulation:** I understand that data collected during the study, or obtained from samples, may be looked at by regulatory authorities, authorised individuals from the University of Leicester, this hospital, NHS Trust, funding bodies, regulatory authorities or public health agencies, where it is relevant to my taking part in this research. I give permission for these individuals to have access to my records.		
10	I agree that my GP will be informed of my participation in this study.		

11	I understand that healthcare professionals will be made aware of any abnormal tests or assessment results where this is relevant to my ongoing clinical care.		
12	I agree to take part in the above study.		
13	I agree to the optional muscle biopsies. I agree that my muscle samples may be sent elsewhere in the world to be analysed. I also agree that my samples may be used in additional ethically approved research in the future, including after the end of this sub-study, if necessary in different parts of the world. My samples will be stored securely and researchers that use my samples will not be able to identify me from my samples.	**Yes**	**No**
14	I agree to the optional cardiopulmonary exercise test.	**Yes**	**No**
15	I agree to the optional wearable vest.	**Yes**	**No**
16	I agree to having blood samples. I agree that my blood samples may be sent elsewhere in the world to be analysed. I also agree that my samples may be used in additional ethically approved research in the future, including after the end of this sub-study, if necessary in different parts of the world. My samples will be stored securely and researchers that use my samples will not be able to identify me from my samples.	**Yes**	**No**

Complete this section if obtaining consent from the patient

_____	_____	_____
Name of Patient (PLEASE PRINT)	**Date of signature** (dd/mm/yyyy)	**Signature**
_____	_____	_____
Name of person obtaining consent (PLEASE PRINT)	**Date of signature** (dd/mm/yyyy)	**Signature**

If a patient is not able to read the text and/or sign for themselves but has capacity to give consent.

Witness/translator declaration: I confirm that the information concerning this research was accurately explained to the patient in language they can understand, and that the declaration was given freely by the participant.

_____	_____	_____
Name of witness/translator (PLEASE PRINT)	**Date of signature (dd/mm/yyyy)**	**Signature**

WHEN COMPLETED THE ORIGINAL MUST BE RETAINED IN THE LOCAL INVESTIGATOR SITE FILE. A COPY SHOULD BE PLACED IN THE MEDICAL RECORDS AND A COPY SHOULD BE PROVIDED TO THE PARTICIPANT.