

C R I B

Cardiac Rehabilitation in Bowel Cancer

BOWEL CANCER PATIENT INFORMATION SHEET

Study Title: The use of cardiac rehabilitation services to aid the recovery of bowel cancer patients

You are invited to take part in this rehabilitation programme. This sheet is to provide you with the information you need to see if you would like to take part in the study.

Please ask if you have more questions or need more information.

What is the purpose of the Study?

Studies have shown that exercise is likely to reduce the risk of the bowel (colorectal) cancer returning and to reduce fatigue and depression. Often patients don't know if it is safe to exercise. Cardiac rehabilitation, which involves exercise and health advice, is already offered to people recovering from a heart attack. Cardiac rehabilitation gives people confidence to exercise and improves wellbeing. This study is to see if people recovering from bowel cancer can also benefit from this programme.

Why you?

You have been asked to join the study as you are recovering from surgery for bowel cancer. We have also asked others who have come in for similar surgery.

Ethical Approval

The North of Scotland Research Ethics Committee has reviewed the study. There will be monitoring from the University of Stirling and NHS Highland that this research project is being properly conducted.

What happens next?

You will be asked to complete a consent form to confirm your willingness to take part in the study. This will take place in hospital, the rehabilitation facility or your own home. A member of the research team will witness your signature. You will then be contacted by a rehabilitation physiotherapist, who will meet you and assess if the programme is suitable for you. If the programme is suitable, you will be given an appointment for the next available weekly rehabilitation class.

We will ask you to come in to answer some questions for us. When we have done this, you will be allocated to either take part in the study and attend the rehabilitation group, or you will be part of our control group, and will not be required to attend the classes.

Please keep a copy of this information sheet.

Do I have to take part?

No. It is up to you to decide if you want to take part. If you do decide to join the study you can stop at anytime without giving a reason. If you do stop you may be asked if you are willing to give a reason as this may help plan future studies.

If you do not want to join the study, or leave the study, you will continue with all normal follow up care.

What if I wish to complain about the study?

You can submit a written complaint about any part of the study to: Feedback Team, NHS Highland, PO box 5713, Inverness IV1 9AQ or telephone 01463 705997.

If you believe you have been harmed by taking part in the study you can make a complaint and seek compensation through the University of Stirling (see below). You can also complain through the usual NHS process. If you are harmed due to someone's negligence you may have grounds for a legal action, but you may have to pay your legal costs. The NHS has no legal liability unless the harm is caused by someone's negligence.

Who do I contact for further information about the study?

Dr Gill Hubbard is the Principal Investigator for the study. If you wish independent advice please contact Professor Billy Lauder, Head of the School of Nursing, Midwifery and Health.

Dr Gill Hubbard
XXXX
Tel: XXXX
Email: XXXX

Independent contact
Professor Billy Lauder
XXXX
Tel: XXXX
Email: XXXX

Thank you for taking the time to read this and to consider taking part in the study.