

Participant Information Form

Project title: Feasibility, validity and reliability of remotely delivered 1-minute sit-to-stand test in patients with cardiac conditions

Name of Researchers:

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Prof Tom Briffa, Co-investigator, The University of Western Australia, WA, Australia
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Dr Matthew Hollings, Co-investigator, University of Sydney, NSW, Australia
A/Prof Ivan Lin, Co-investigator, The University of Western Australia, WA, Australia
Miss Aimee Tingey, Co-investigator, The University of Western Australia, WA, Australia
Prof Sandra Thompson, Co-investigator, The University of Western Australia, WA, Australia

Invitation:

You are invited to take part in this research project.

You are asked to take part in this project because you have been diagnosed with a heart condition.

Aim of the Study (What is the project about?)

The delivery of exercise training and education via telehealth (such as video call) is generally well-accepted; however, there is still limited evidence for valid and reliable methods of assessing fitness in this way. The most common way to assess fitness in people with heart conditions attending an in-person cardiac rehabilitation program is the 6-minute walk test.

The 6-minute walk test can be done using a video call; however, it requires significant space and time to complete. An alternative assessment is the 1-minute sit-to-stand test. This test has been used successfully in other health conditions, such as those with lung disease, to assess fitness during in-person visits.

The current project seeks to determine if this test can be used to assess fitness in people with heart conditions and whether it can be successfully and safely conducted using a video call.

What does participation involve?

If you decide to take part in this study, you will be asked to complete a short survey (less than 10 minutes) by telephone to assess your eligibility. Please note, you must be aged over 18 years to participate.

If you are eligible and once you have agreed to participate, you will attend the WA Centre for Rural Health for a single 30-60-minute session.

During this session you will complete two, 1-minute sit-to-stand tests (one in-person, one remote in a random order) and a 6-minute walk test with at least 10 minutes between tests, waiting for your heart rate and blood pressure to return to baseline levels. The order of the 1-minute sit-to-stand and 6-minute walk test will also be randomised. During the rest periods, you will complete three questionnaires, namely the Specific Activity Questionnaires, International Physical Activity Questionnaire and EuroQol-5D-5L quality of life questionnaire.

The remote 1-minute sit-to-stand test will be completed in a separate room in the same building. The 1-minute sit-to-stand and 6-minute walk tests will be conducted by an Accredited Exercise Physiologist with current first aid qualification and follow standard guidelines.

Voluntary Participation and Withdrawal from the Study

Being a part of this study is completely voluntary, and you can withdraw from this study at any time without giving an explanation. Any data already collected will be destroyed if you choose to withdraw. This decision will not affect your current or future relationship with your healthcare providers, the researchers, anyone from the University of Western Australia, or any other university staff involved.

Your privacy

Any contact information you provide will be stored separately from the data collected in this study.

We are planning for the study findings to be published. You will not be individually identifiable in these publications.

The data will be kept for a minimum of 7 years in line with the WA University Sector Disposal Authority (WAUSDA) in a non-identifiable format, in a password protected computer or a secure server. Data will be archived at the conclusion of the project in UWA OneDrive, as currently recommended for Confidential research data at UWA and undergoes regular backup. Digital data will be securely destroyed after the appropriate retention period, as outlined above.

Possible Benefits

Participation is unlikely to result in individual improvements but will provide you with knowledge of your current fitness, physical activity levels and quality of life.

Participation will also contribute new research knowledge to improve heart disease assessment and management in Australia, especially for those living in rural and remote areas.

You have the right to receive the overall results of this study. After all of the data in the study are completed, you will be sent a summary of the results.

Possible Risks and Risk Management Plan

Aside from the time it takes you to complete the survey and participate in the assessments, there are no costs associated with taking part in this study.

The assessments used are the same those you may be asked to complete in normal clinical practice with your healthcare provider. As such, we do not anticipate that there will be any additional risks associated with these assessments that you would otherwise experience in your usual care. If any assessment makes you feel discomfort, you are free to stop at any time.

Any person considering participation in this research project, or agreeing to participate, may raise any questions or issues with the researchers at any time.

In addition, any person not satisfied with the response of researchers may raise ethics issues or concerns, and may make complaints about this research project by contacting the Human Ethics Office at the University of Western Australia on (08) 6488 3703 or by emailing to humanethics@uwa.edu.au

Contacts

If you would like to participate or discuss any aspect of this study please feel free to contact Dr Nikky Gordon by phone 9956 0228 or email nikky.gordon@uwa.edu.au.

Sincerely,

Dr Nikky Gordon
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(08) 9956 0228
SOLVE-CHD Postdoctoral Research Fellow

Approval to conduct this research has been provided by the University of Western Australia, in accordance with its ethics review and approval procedures. Any person considering participation in this research project, or agreeing to participate, may raise any questions or issues with the researchers at any time. In addition, any person not satisfied with the response of researchers may raise ethics issues or concerns, and may make any complaints about this research project by contacting the Human Ethics office at UWA on (08) 6488 3703 or by emailing to humanethics@uwa.edu.au. All research participants are entitled to retain a copy of any Participant Information Form and/or Participant Consent Form relating to this research project.