

# Guide on how to approach potential participants for the POPPY study



## 1. Participant information sheet (PIS)

Patients must be initially approached and receive a PIS from a member of their usual care team (e.g. admissions clerk, admissions nurse, anaesthetist) *before* a member of the research team talks to them. It is important to make sure that the care teams are fully aware of the study and its value so that they are enthusiastic to inform their patients having day surgery of the POPPY study.

## 2. Confirm eligibility

Inclusion Criteria:	Exclusion Criteria
<ul style="list-style-type: none"> <li>• Aged 18 years or older on day of surgery</li> <li>• Access to a smartphone</li> <li>• Day-case surgery</li> <li>• An anaesthetist must be present for case</li> <li>• The procedure must involve one or more of: sedation, regional anaesthesia, central neuraxial anaesthesia or general anaesthesia</li> <li>• Able to read and understand English</li> </ul>	<ul style="list-style-type: none"> <li>• Less than 18 years of age on day of surgery</li> <li>• No access to a smartphone</li> <li>• No anaesthetist involved with the procedure (such as local anaesthesia provided by a surgeon)</li> <li>• Overnight stay (admission to hospital)</li> <li>• Participant lacking capacity for consent</li> <li>• Diagnostic and/or minimally invasive procedures, for example:               <ul style="list-style-type: none"> <li>○ radiology, endoscopy, cardiology procedures</li> <li>○ pain injections</li> <li>○ ophthalmic procedures</li> </ul> </li> <li>• Pregnancy or obstetric related procedures (being pregnant is not an exclusion criterion if surgery is unrelated to pregnancy)</li> <li>• Currently breast feeding*</li> <li>• Prisoners</li> </ul>

\*Ask those of childbearing age if they are currently breastfeeding

## 3. Approaching potential participants

Ensure you have:

- PIS (you can use the patient's copy for reference)
- Consent form
- Electronic device to complete data entry.

*"Hello, I would like to discuss with you the possibility of joining a research study today if that is okay.*

*The POPPY study is a national study looking at how people recover after day surgery with a focus on medications people take for pain and how people get back to normal everyday activities after surgery.*

*The study will use text messages to collect information on your recovery on days 1, 3, 7 and 97 after surgery. We don't have good information nationally on this and we are looking to address this with the aim to improve care for patients in the future.*

*May I tell you a little more about the study to see if you would be interested to take part?"*

## 4. Discussing the study in more detail

We suggest you go through the PIS with the potential participant. Please answer any of their questions.

Please highlight the importance that they complete the follow up SMS questionnaires on days 1, 3, 7 and 97 post-op. Explain that many of the questions are repeated so that we can assess their recovery and familiarity with the questions should make it easier to answer them each time.

## 5. Proceed to consent

Complete paper consent form. One copy for the participant along with a copy of the PIS, one copy in the medical notes.

## 6. Complete day of surgery pre-op information on Newcastle PROMS database

Ensure all information is correct before submitting data.

## 7. Patient undergoes surgery

## 8. Complete day of surgery post-op information on Newcastle PROMs database

This **MUST** be completed, at the latest, by 09:30 on day 1 post-op.