



The Royal Bournemouth and Christchurch Hospitals



NHS Foundation Trust

Participant Information Sheet

Resilience Training for Surgeons

You are being invited to take part in a research project. Before you decide it is important for you to understand why the research is being done and what it will involve. Please take time to read the following information carefully and discuss it with others if you wish. Ask us if there is anything that is not clear or if you would like more information. Take time to decide whether or not you wish to take part.

A research team from Bournemouth University has designed a training programme to help enhance surgeons' resilience and ability to cope effectively when adverse events arise. PhD student Stephen Richer (with the support of the Adverse Events Team) will be facilitating the training course.

Who is organising/funding the research?

Bournemouth University and Royal Bournemouth Hospital

What is the purpose of the project?

Adverse events that occur during surgical practice impact upon personal and professional lives. Surprisingly, little is known about the nature of this impact, the factors that influence it, and the means by which it might be mitigated. We have developed a brief training programme designed to help surgeons enhance their resilience and ability to cope effectively when adverse events arise. The programme is based on Acceptance and Commitment Training (ACT), a contemporary, empirically supported approach to psychological well-being. This builds upon the national survey of surgeons launched in 2016 by the Bournemouth University Adverse Events Team.

Why have I been chosen?

Potential outcomes of this project are an increase in resilience and effective coping strategies and it would clearly maximise benefit if this was implemented as early in one's career as possible. Furthermore, much of the literature around adverse events indicates that those in training are more likely to suffer the impact of such events (Shanafelt, 2012).

Do I have to take part?

It is up to you to decide whether or not to take part. If you do decide to take part, you will be given this information sheet to keep and be asked to sign a participant agreement form to consent to take part. Having signed the consent form, you are still free to withdraw from the study at any time (up to the point of the data being made anonymous) and without giving a reason. Deciding to take part or not will not impact upon/adversely affect you.

What would taking part involve?

This study is in the form of a randomised controlled trial. This means that each participant will either be randomly assigned to the resilience training condition or to the control condition. The latter will take the form of a waiting list control, so will involve a delay before being offered the resilience training.

For this study, we are offering a one-to-one Acceptance and Commitment Training-based course to assess how well it can enhance surgeon's resilience /psychological flexibility. ACT involves teaching psychological skills to deal with thoughts and feeling that may be difficult. Furthermore ACT can help to clarify values, things that are truly important and meaningful to the individual, and use this knowledge to guide and motivate individuals to change their lives for the better.

This training would be given in 3 training sessions each lasting approximately 2 hours, over an 8 week period. The training would take place at a location and a time convenient to you. All we ask is that you will be available on 3 occasions at approximately 4 week intervals. There is no cost for the training and participation will be anonymised.

You will be asked to complete questionnaires prior to the start of the training and at the end of each of the 3 training sessions. You would also be asked to complete the questionnaires 3-months after the

training has ended. We will be using the data from these questionnaires to measure the efficacy of the training. Questionnaires concern such areas as health, wellbeing and resilience.

What are the advantages and possible disadvantages or risks of taking part?

ACT has been demonstrated to increase resilience. An advantage of taking part is that as a trainee surgeon this ACT training may help you to cope better should you be confronted with adverse events or other sources of stress during the course of your work. Furthermore, if there are no immediate benefits for those people participating in the project, it is hoped that this project may lead to further research in this area and consequently help future generations of surgeons.

Available evidence suggests ACT is a safe process. However in the unlikely event that participants experience an unexpected, uncomfortable response during the session, 'grounding techniques' will be utilised by the trainer. Furthermore, the contact details of an experienced Clinical Psychologist, Helen Bolderston (a member of the supervision team) will be made available to participants, as will details of the BMA's Doctors for Doctors website and helpline (who can offer ongoing counselling).

How will my information be kept?

All the information we collect about you during the course of the research will be kept strictly in accordance with the Data Protection Act 1998. You will not be able to be identified in any reports or publications without your specific consent.

All personal data relating to this study will be held for 5 years from the date of publication of the research or presentation of the results to the sponsor, whichever is later. Bournemouth University will hold the information we collect about you in hard copy in a secure location and on a Bournemouth University password protected secure network where held electronically.

We will restrict access to your personal data to those individuals who have a legitimate reason to access it for the purpose or purposes for which it is held by us.

In psychological research, confidentiality of responses from participants is of paramount importance. However, in the very rare instances where participants reveal information that could entail potential harm to themselves or others, researchers have a duty of care which could entail having to break confidentiality

The information collected about you may be used in an anonymous form to support other research projects in the future and access to it in this form will not be restricted. It will not be possible for you to be identified from this data.

What type of information will be sought from me and why is the collection of this information relevant for achieving the research project's objectives?

Along with standard demographic information, standardised questionnaires will be administered. These will enable the research team to assess the efficacy of the training course. These questionnaires concern such areas as health, wellbeing and resilience.

Will I be recorded, and how will the recorded media be used?

Training sessions will be audio recorded as a further safeguard and assessment tool. In order to ensure the ACT training process is being delivered accurately and correctly, randomly selected sessions will be assessed by an independent ACT assessor to rate fidelity to the established ACT training process. Once assessed, recorded material will be destroyed. Although randomly selected, any recording sessions that are found to identify you or anyone else in any way will not be used for assessment. If a recording session is randomly selected and does identify you or anyone else, it will not be used and a different session will be randomly selected. No other use will be made of the recordings without your written permission, and no one outside the project (aside from the ACT assessor) will be allowed access to the original recordings.

Contact for further information

Stephen Richer – sricher@bournemouth.ac.uk – tel. 07955869800

Mr Kevin J Turner MA DM FRCS (Urol) – kevin.turner@rbch.nhs.uk

Dr Helen Bolderston – hbolderston@bournemouth.ac.uk

Professor Sine McDougall – smcdougall@bournemouth.ac.uk

Dr Kevin Thomas – kthomas@bournemouth.ac.uk

In case of complaints

If you have any concerns regarding this study, please contact Professor Keith Phalp (Acting Executive Dean of the Faculty of Science & Technology) by email to researchgovernance@bournemouth.ac.uk.

Finally

If you decide to take part, you will be given a copy of the information sheet and a signed participant agreement form to keep.

Thank you for considering taking part in this research project.

Bournemouth University is the sponsor for this study based in the United Kingdom. We will be using information from you in order to undertake this study and will act as the data controller for this study. This means that we are responsible for looking after your information and using it properly. Bournemouth University will keep identifiable information about you for 5 years after the study has finished.

Your rights to access change or move your information are limited, as we need to manage your information in specific ways in order for the research to be reliable and accurate. If you withdraw from the study, we will keep the information about you that we have already obtained. To safeguard your rights, we will use the minimum personally-identifiable information possible.

You can find out more about how we use your information by contacting Stephen Richer, sricher@bournemouth.ac.uk