PARTICIPANT INFORMATION SHEET & CONSENT FORM (PATIENT)

HREC project number:	HRE2024-0703
Project Title:	Redefining integrating care to improve health outcomes for people with multimorbid chronic conditions in rural, remote and very remote Western Australia: Multimorbidity Integrating Care Study.
Chief Investigator:	Asso Prof Dan Xu, Principal Research Fellow Curtin School of Population Health and Curtin Medical School, Faculty of Health Sciences, Curtin University.
Co-Investigators/Project manager & officers:	Christopher Reid, Tim Carey, Cara Sheppard, Andrew Maiorana, Rochelle Menzies, Jacquie Garton-Smith, Lewis MacKinnon, Delia Hendrie, Daniel Rock, Kieran Hennelly, Marie Consolatrice Sage Ishimwe, Jacquita Affandi, Ninh Ha, Sayyida Anees, Amna Mushtaq.
Version Number:	1.1
Version Date:	08 May 2025

Your GP practice is participating in a research study, and we are inviting you to consider taking part. This project is funded by medical research future funds (MRFF). This project involves researchers from Curtin University, Department of Health Western Australia, Royal Flying Doctors Service of Western Australia, University of Western Australia, and Puntukurnu Aboriginal Medical Service. Before you decide, it is important that you understand why the research is being done and what it would involve for you. Please take time to read this information and discuss it with others if you wish. If there is anything that is not clear, or if you would like more information, please ask us.

What is the purpose of the study?

This study aims to determine if using telehealth services in rural, remote, and very remote areas can improve health outcomes for people with multiple chronic conditions. It will focus on improvements in overall health, quality of life, and whether healthcare providers are following recommended guidelines. The impact of this study includes: 1) Identification of strategies to reduce health complications like heart disease, stroke, mental health issues, diabetes, and frequent hospitalisation; 2) Demonstrate if telehealth can positively impact both patients' health and the cost of care based on a reduction in health complications. Ultimately, the goal is to establish a multimorbidity telehealth service model and prove its effects on health outcomes, quality care, and cost of care in country Western Australia.

Why have I been invited?

- You have two or more chronic health conditions, such as diabetes, hypertension (high blood pressure), cardiovascular disease (heart diseases); chronic kidney diseases; and overweight/obesity.

Do I have to take part?

- No. Taking part in this study is entirely voluntary and will not compromise your treatment in any way.
- You can withdraw if you later change your mind, without giving a reason. However, once data has been collected and processed (e.g., through interviews or surveys), it will not be possible to withdraw previously provided information, as it may already be anonymised or integrated into the analysis.

What will happen to me if I decide to take part?

- We will ask you to sign a consent form before joining the study.
- Participation in both Stage 1 and Stage 2 of the study is voluntary. You may choose to participate in one or both stages, and you can withdraw from the study at any time.
- In stage 1, your practice will be asked to complete an audit with the assistance of a Curtin University study coordinator to identify through GP electronic medical records of your medical history in the medical notes and Chronic Disease Care Plan (CDCP).
- Through your medical notes and CDCP, your GP practice staff with the assistance of the study coordinator will extract relevant guideline adherence indicators and clinical outcomes from your electronic medical records and CDCP. This will include reviewing whether your blood pressure is monitored for hypertension and cardiovascular disease (including the most recent measurements), tracking your weight and height for obesity (including the most recent measurements), monitoring long-term blood sugar levels for diabetes (including the most recent measurements), assessing kidney function for chronic kidney disease (including the most recent measurements), reviewing prescribed medications, and evaluating lifestyle factors such as smoking, nutrition, alcohol use, physical activity, and sleep habits.
- Your practice will assist research staff to manage all your research source data with transfer to a secure web-based data collection system.
- After collecting data from your medical records, your GP practice staff/Research staff will administer a survey to learn more about how chronic conditions have affected your quality of life. The survey will take up to 10 minutes to complete and can be administered either in person at the practice by the GP practice staff or online by a research staff member, based on your preference. With three survey data collection points over the course of the study, the total time commitment for surveys will be around 30 minutes over two years.
- After we collect the first round of survey data from you, we will repeat this 12 months later and then 24 months later, as part of stage 2 of the study.
- You may also be contacted for a 30-minute interview. If so, the research coordinator will reach out to schedule a convenient time. The interview will be conducted online via Microsoft Teams and will be audio-visual recorded. Once transcribed the audio recordings will be destroyed. It will focus on your views and experiences with chronic disease care plans, as well as the enablers and challenges of using telehealth for care, if applicable.
- Your visits to the practices will be part of usual care and billed according to practice's usual arrangements.

What should I consider?

- You may not be eligible for the study if you do not have either the adequate number of chronic diseases or the pre-defined chronic diseases.

Are there any possible disadvantages or risks from taking part?

- You will have to give up some time to complete the survey.
- In-person surveys will be administered by GP practice staff during routine appointments, following the practice's usual COVID-19 safety protocols, such as social distancing and hygiene measures in place at the time.

What are the possible benefits of taking part?

- You will be updated on the results of the study once it is completed, which is examining the impact of chronic disease care plans via a telehealth service model on patients 'health outcomes and cost of care. You may help improve the care given to those with chronic conditions in the future.

Will my taking part in the study be kept confidential?

- Yes. Data can only be accessed by responsible study staff, where it is relevant to your participation in this research.

Will I be reimbursed for taking part?

- No.

What will happen to my data?

- We will be using information from you to design the research plan and analyse the data for answering research questions only. Research is a task that we perform in the public interest. Curtin University is the data controller. This means that we, as Curtin University researchers, are responsible for looking after your information and using it properly. Data will be re-identifiable. Data will be stored for 7 years.
- Audio recordings of interviews are identifiable; however, all interview transcripts will be fully de-identified with no personal identifiers or codes retained. The audio recording will then be destroyed.
- Re-identifiable survey data will be coded.
- The research team will keep a confidential master list linking your name to a corresponding code, which will only be accessible to delegated research team members. The Curtin University project manager will notify your practice of your code so that information about you is not identifiable.
- You can find out more about how we use your practice information by contacting the Curtin University Research Team on 1800 971 022 or email mics@curtin.edu.au.

What happens to the results of this study?

- The results of this study will be published in relevant research journals and conferences. No identifiable information will be published. Some of the research being undertaken will also contribute to the fulfilment of an educational requirements of Marie Consolatrice Sage Ishimwe's PhD project, specifically fulfilling the requirements for the Degree of Doctor of Philosophy in Public Health at Curtin University.

What if there is a problem?

- If you wish to make a complaint or have any concerns about any aspect of the way you have been approached or treated during this study, you should contact the Ethics Officer on (08) 9266 9223 or the Manager, Research Integrity on (08) 9266 7093 or email hrec@curtin.edu.au.

How have patients and the public been involved in this study?

- The research team developed the research topic and what research questions should be asked.
- Potential participants were involved in reviewing the Participant Information Sheet.

Who has reviewed the study?

- Curtin University Human Research Ethics Committee (HREC) has approved this study. Should you wish to discuss the study with someone not directly involved, in particular, any matters concerning the conduct of the study or your rights as a participant, or you wish to make a confidential complaint, you may contact the Ethics Officer on (08) 9266 9223 or the Manager, Research Integrity on (08) 9266 7093 or email hrec@curtin.edu.au.

Further information and contact details:

- Please contact the Curtin University Research Team on 1800 971 022 or email mics@curtin.edu.au.

CONSENT FORM

HREC project number:	HRE2024-0703
Project Title:	Redefining integrating care to improve health outcomes for people with multimorbid chronic conditions in rural, remote and very remote Western Australia: Multimorbidity Integrating Care Study.
Chief Investigator:	Asso Prof Dan Xu, Principal Research Fellow and Academic Coordinator of General Practice Research and International Collaboration, Curtin School of Population Health/Curtin Medical School, Faculty of Health Sciences, Curtin University.
Co-Investigator(s):	Christopher Reid, Tim Carey, Cara Sheppard, Andrew Maiorana, Rochelle Menzies, Jacquie Garton-Smith, Lewis MacKinnon, Delia Hendrie, Daniel Rock, Kieran Hennelly, Marie Consolatrice Sage Ishimwe, Jacquita Affandi, Ninh Ha, Sayyida Anees, Amna Mushtaq.
Version Number:	1.1
Version Date:	08 May 2025

- I have read the information statement listed above and I understand its contents.
- I believe I understand the purpose, extent and possible risks of my involvement in this project.
- I consent to take part in this research project.
- I have had an opportunity to ask questions, and I am satisfied with the answers I have received.
- I understand that this project has been approved by Curtin University Human Research Ethics Committee and will be carried out in line with the National Statement on Ethical Conduct in Human Research (2007).
- I understand I will receive a copy of this Information Statement and Consent Form.

Please indicate whether you would like to be contacted to participate in any of the following components of this study by ticking the boxes below:

☐ I would like to be contacted to participate in interviews.

☐ I would like to be contacted to participate in interviews with audio-visual recording.

☐ I would like to be contacted to participate in surveys and CDCP and telehealth services. model.

Participant Name	
Participant Signature	
Date	