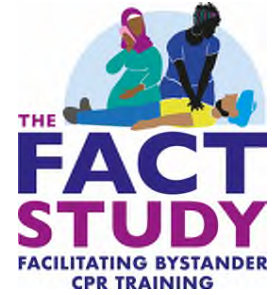


The FACT Study:

Facilitating Bystander Cardiopulmonary Resuscitation Training in high-risk areas



Invitation to take part in a community workshop

- We would like to invite you to take part in a free local Community CPR Awareness and Training Workshop.
- This workshop is part of a research study to find out how well a workshop like this works for your community and other communities like yours.
- There will be about 15 people at the group, and it will take about two hours. Refreshments will be provided.
- The workshop will have 2 parts:
 1. Talking about what is a cardiac arrest and how members of the public can feel more confident to help someone having a cardiac arrest.
 2. Training on how to do CPR and use a heart restarter machine.
- We can arrange to have an interpreter workshop – let us know if this would be helpful.

- We will ask you to fill in a questionnaire at the end of the workshop about your experience.

Important things that you need to know

- We will keep any information you give us (your data) safe and confidential.
- You can choose to stop taking part at any time.
- If you have any questions, please let us know.
- If you would like this leaflet in a different language, then please let us know.

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How can I contact the study team?

If you have any questions about the study, now or in the future, then please contact the FACT study team:

FACT Study Manager, Warwick Clinical Trials Unit

Tel No: 02476 151712

Email: facts@warwick.ac.uk

What is this study about?

Why is this important?

We know that if someone nearby knows how to do **CPR** and use a machine to restart their heart, it can be the difference between life and death for someone who has a **cardiac arrest**.

In some areas people are more likely to have a cardiac arrest, and in some of these areas there is also less chance of a **bystander** doing CPR or using a **heart-restarter machine** before an ambulance arrives. We are calling these high-risk areas. They may be areas where people might feel marginalised or have fewer opportunities and have a mix of people from diverse communities living there. We have already worked with some communities to discuss how to improve things and what to include in the workshop that will be relevant and helpful for people from Black African and Caribbean and South Asian Communities.

What do we want to do?

The free workshop will help people feel confident in getting involved in helping a person who is having a cardiac arrest.

We want to create a space to discuss any worries people have about getting involved and give suggestions about how to work through them.

We want to give you information about what CPR and heart-restarter machines are and training in what to do.

Key Words:

Cardiac arrest:

When someone collapses because their heart stops beating and they stop breathing.

CPR:

Cardiopulmonary resuscitation – pressing up and down on the chest of someone who has had a cardiac arrest. It helps to pump blood around the person's body when their heart can't.

Bystander:

People who are nearby when someone else is having a cardiac arrest.

Heart-restarter machine:

A machine which can give an electrical shock to the heart of someone who is in cardiac arrest.

Also called: Defib, AED (Automated External Defibrillator), PAD (Public Access Defibrillator)

How can I help?

Come along to the workshop and give us your feedback on it by completing a questionnaire. By doing this you can help us find out if this way of working with your community helps make information and training more available to communities like yours.

What does taking part involve?



What are you asking me to do?

We would like to invite you to attend a workshop with around 15 people. The workshop will take about two and a half hours, including time to complete the questionnaire. It will be run on the day by the study team members and qualified CPR trainers. You won't need to prepare anything in advance, simply turn up. Refreshments will be provided on the day.

The workshop will include learning about what a cardiac arrest is, and why it is important to know how you could help. There will be plenty of opportunities to talk about any concerns people have and why helping is relevant to your community. There will also be the chance to have some training in CPR, which will include using a training dummy.

The other people invited to the workshop will be others from your local community. The researchers may make some notes about how it they think it went as part of the research.

We will also ask you to complete a questionnaire at the end of the workshop. This will include questions about things like your age, gender, ethnic group, religion and employment status. It will also ask about your thoughts on what you learned during the workshop, and what you liked or would change about it.

In the two weeks after the workshop, we want to interview a few people to speak to them in more detail about how they think it went. A researcher might ask you if you would be interested in doing that too. You can take part in the workshop even if you don't want to do an interview.

The researcher may make notes, known as field notes, which are their own reflections on the study and things people say to them. These notes will not contain anything that could identify you or other people.

Do I have to take part?

Not at all. Taking part in the workshop is completely voluntary. You can stop taking part in the workshop at any point, and don't have to give a reason.

What are the possible benefits for me?

You will receive training on how to provide CPR and use a heart-restarter machine. Taking part in research to help understand how improve things may benefit other people in the future.

What are the possible disadvantages for me?

Talking about cardiac arrest and bystander CPR can be hard and may be upsetting. The researcher will check to see if you are OK during the session and stop if the conversation is upsetting you. You will be able to take a break at any time. There will be information at the workshop to take away about available support services, in case you need them.

Expenses and payments

You will be paid £25 per hour for your attendance at the workshop. Everyone will be refunded for any travel expenses to and from the session.



What will happen if I don't want to carry on being part of the study?

You might want to stop taking part in the study – if so, you don't have to give a reason. This would not affect you in any way.

Before the workshop:

If you change your mind before attending the workshop, please let us know by telephone/email and we will remove your information from the participant list.

During the workshop:

If you change your mind during the workshop, you are free to leave at any point - just tell the researcher leading the discussion or another member of the research team know before you go.

After the workshop

If you complete the questionnaire at the workshop and then change your mind about that information being in the study. Get in touch with us within one month and we can take your questionnaire out of the study. After one month we will be analysing the data. This involves grouping all the answers people have given together so it won't be possible to take out your individual information then.

How are members of the public involved in designing and running this study?

We have been working closely with people from lots of different minority group backgrounds in lots of different ways:

Running the study:

- Several members of our research team are members of the public from minority backgrounds and are involved with their local communities through charity organisations, faith groups and volunteering.
- We have set up a Public Advisory Group with members from a range of communities to give regular advice on the project.

Designing the project:

- Members of the research team and members of the public from their communities helped us design the project.

Setting up the study:

- We have been working with our research team member from the West Bromwich African Caribbean Resource Centre and our other team members involved in their local communities to make sure a wide range of people and communities are represented.
- All our documents get checked by members of the public to make sure they make sense.

Overseeing the project:

- We have an independent committee, called the Study Steering Committee. Their job is to make sure that the study is run properly on behalf of the funder, and to give the team advice. It includes members of the public, to make sure your voices are heard, as well as people who work with organisations involved with CPR training, and researchers.

What will you do with my data?

Data is the word we use to describe any information we get from you as part of the study – this includes your personal data (your contact details), the questionnaire you fill in, and any field notes that the researcher may make.

Why do you need my data?

We want to look at what you think about our Community CPR Awareness and Training Workshop, to see if there are ways that you think we can make this better.

We want to be able to improve things concerning bystander CPR in local communities across the country, and it is important that we make sure that we get your thoughts on how we can do this in the best way possible.

How will you look after my data?

- Any data you give us will be kept safe and confidential.
- Only people who need to see your data for the study will have access to it.

The data from the questionnaire will be put together with other people's questionnaire answers. This is called a data set. The data set will be anonymous and so will not contain any information that can identify you. This anonymous data might be used in future research.

For more information on how we look after your data, ask for our 'Details about my Data' leaflet' or head to our website at www.warwick.ac.uk/go/factstudy

What else do I need to know?

Who is organising and funding the study?

King's College London is responsible for the study and is working with the University of Warwick to run the study. Our lead researcher is Dr Claire Hawkes, from King's College London.

This study is funded by the National Institute for Health Research (NIHR) Health and Social Care Delivery Programme (Reference: 131623). <https://fundingawards.nihr.ac.uk/award/NIHR131623>

The views expressed are those of the author(s) and not necessarily those of the NIHR or the Department of Health and Social Care.

More details about the NIHR's work can be found here: (<https://www.nihr.ac.uk/explore-nihr/funding-programmes/health-and-social-care-delivery-research.htm>).

Who has checked the study to make sure it will be done properly?

This study has been checked and approved by King's College London's Health Faculties Research Ethics Sub-Committee (RESC), who are in charge of making sure that studies like this are run properly. They will check and approve any changes that need to be made as well.

Health Faculties RESC reference number: HR/DP-22/23-34656

Will I find out the results of the study?

Yes. We will let all the people and groups involved in the study know what we learn. We will speak to the community groups and organisations involved in training and campaigning to get more people trained.

We will also write about our results in professional journals.

There will be a summary of our results on our website www.warwick.ac.uk/go/factstudy.

What if I'm not happy?

If you are unhappy about any part of this study then please contact the study team, who will do their best to answer your questions.

If this project has harmed you in any way or if you wish to make a complaint about the conduct of the project you can contact King's College London using the details below for further advice and information:

The Chair, Health Faculties Research Ethics Sub-Committee, rec@kcl.ac.uk

Franklin Wilkins Building,
5.9 Waterloo Bridge Wing, Waterloo Road,
London, SE1 9NH

If your complaint is about how we have handled your personal data, you can contact the University of Warwick's Data Protection Officer who will investigate the matter:
DPO@warwick.ac.uk

If you are not satisfied with our response or believe we are processing your personal data in a way that is not lawful you can complain to the Information Commissioner's Office (ICO).

What do I do next?

I don't think this is for me

That's not a problem at all. We really appreciate you taking the time to read this leaflet.

I want to learn more

If you would be interested in taking part, then we would love to hear from you. Get in touch with the study team using the following details:

FACT Study Manager

Warwick Clinical Trials Unit

Tel No: 02476 151712

Email: facts@warwick.ac.uk

Thank you for taking the time to read this leaflet



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