

[ Participant address ]

[insert date]

## An invitation to take part in a research study to support people at home after being in intensive care – the iRehab Trial

Dear [insert name],

I am writing to you because our records show that you were treated on a breathing machine in intensive care and you were discharged home from [Insert hospital name] in the last few weeks. We are looking for adults to take part in a new research trial about rehabilitation exercise and support. You may be eligible to take part in the trial.

Some people recovering from their time in intensive care have breathlessness, poor sleep, difficulty concentrating, pain, fatigue, low mood and other problems after being discharged from hospital. Rehabilitation exercise and support may help with recovery. In many hospitals rehabilitation is not provided as part of standard NHS care when people go home after an admission to intensive care.

This new trial is designed to find out which of two treatments is better at helping people recover:

1. An on-line rehabilitation exercise and support programme
- OR
2. Standard NHS care

To find out more about the trial, please find enclosed a participant information sheet and a consent form. This will provide you with further information on the trial and describe what is involved.

A member of the research team will telephone you in a few days to answer any questions you may have, confirm if you are suitable for the trial and ask if you would like to take part. If you would like to take part, the researcher will take consent over the phone. If you do not wish to take part, you can let the research team know during this phone call. Your care will not be affected in any way if you do not wish to take part. If you would like to get in touch with the research team before then, please find our telephone number at the bottom of this letter.

A website for the trial is available at [www.warwick.ac.uk/irehab](http://www.warwick.ac.uk/irehab).

Yours Sincerely,

[Insert trial team member signature, name and appropriate trust phone number]