

### **Slide 1: Welcome to the iRehab trial.**

Hello. Would you like to take part in a study that is testing a new approach which might improve recovery after critical illness?

The iRehab trial is working to find out if a support and exercise programme will help patients who have been in intensive care and have been discharged home from hospital. It is a very important trial as we are trying to improve care for people after discharge from the intensive care unit.

### **Slide 2: Why are we doing this study?**

People treated in intensive care need a great deal of special care and support. After discharge from hospital, some people find their muscles are still weak and they are not able to exercise or do some everyday things. They can also have confused memories of their time in the intensive care unit. For some people, these can get better on their own, but for other people, they may continue for a long time after leaving hospital. We want to find out if a support and exercise programme can help.

### **Slide 3: provided by Roger who was a patient in the intensive care unit:**

“After I came home from hospital I felt abandoned. It was great being home but after spending many weeks in ICU with 24/7 care, I felt vulnerable and uncertain about what challenges I was about to face. I did know I had a long physical and mental journey ahead to get back to some kind of normality. Unfortunately there was little or no access to any recovery support available to me.”

**Slide 4: provided by Samantha who was a patient in the intensive care unit:**

“After being discharged from hospital, I felt very alone once home. I was very weak and unable to do basic daily tasks independently such as showering or making a simple meal. It would have been really helpful to have someone to talk to and suggest some suitable exercises to help with my recovery”.

**Slide 5: Why have you been asked to take part?**

We want to help people like Roger and Samantha by finding out if a support and exercise programme can improve their journey to achieve a good quality of life.

The trial is going really well but we need some more people to help us finish it in the next few months. We are asking if you would be willing to take part in this trial because you were treated in an intensive care unit and spent some time on a breathing machine.

People can only join the trial if they were discharged from hospital less than three months ago.

**Do I have to take part?**

It is up to you whether or not you decide to take part.

You will be able to ask any questions you might have and if you decide you want to take part we will ask you to complete a consent form. We will give you as much help as you need.

**Slide 6: What will happen if I agree to take part?**

If you are part of the iRehab trial, the hospital where you were treated in intensive care will pass us your contact details and tell us how long you were in hospital for and the type of care you received. We would then contact you and support you to complete some questionnaires about how being in an intensive care unit has

affected your physical and mental health and your quality of life. You can complete the questionnaires either by using your computer, a smart phone or speaking to a member of the research team by telephone. We will give you as much help as you need.

You will also be asked to do a short physical test that involves standing up and sitting down from a chair. This is called a 'sit-to-stand' test and it tells us about your general fitness. A member of the iRehab team will help you with this. These steps will provide a reference point to help us to understand your progress during your involvement. You will need to complete them again at 2 months and again at 6 months.

### **Slide 7: What will I have to do next?**

This will depend on which group you are assigned to. There are two groups.

#### **Group 1: Standard care**

People in the standard care group will be provided with the usual standard care that is currently given to patients who have been in intensive care. In many cases rehabilitation is not provided as part of standard NHS care when people go home from hospital after an admission to intensive care.

#### **Group 2: iRehab Support and exercise rehabilitation programme**

People in this group will be asked to take part in a support and exercise rehabilitation programme. This would be completed from your own home using a computer or telephone. There will be a chance to speak to a trained iRehab specialist each week for six weeks. They will try to help you with your recovery. You will have the opportunity to do some exercise every week. You will also have the opportunity to join a weekly online support group where you can meet with

other people who have been in intensive care, to hear their experiences of recovery and if you are able, you can share your own experiences.


### **Slide 8: What are the benefits of taking part?**

We cannot promise that the trial will help you. However, your input is hugely valuable because the information we get from the trial will be useful in deciding whether or not this rehabilitation programme could help future patients discharged home after an intensive care admission

It will also help inform healthcare staff and future healthcare services about the best treatment to support patients.

### **Slide 9: What to do next?**

We are delighted to give people an opportunity to consider joining this important trial as we are trying to improve care for people after ICU.

	<p>If you would like to join the study, please contact your hospital's Intensive Care Unit research team.</p> <p>Or, you can contact the iRehab Trial team directly at Warwick Clinical Trials Unit on</p> <p><b>Telephone: 02476528046</b></p> <p><b>Email: <a href="mailto:iRehab@warwick.ac.uk">iRehab@warwick.ac.uk</a></b></p>
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Thank you for taking the time to watch this video and for considering taking part in the iRehab trial.