

# GoalPlan Study GP participant information sheet

A video-based research study of care planning for patients with long term conditions



## We invite you to take part in a research study.

- Before you decide whether to take part, 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. Discuss it with others if you wish.
- You are free to decide whether or not to take part in this study.
- Please ask us if there is anything that is not clear, or if you would like more information.

## What is this study about?

Most general practices offer care plans to patients who are likely to have an unexpected hospital stay as part of their involvement in the 'Avoiding Unplanned Admissions' Enhanced Service, or equivalent initiative. However, they do not routinely include talking to patients about setting their own goals. In this study we plan to ask GPs to use a simple way of setting goals with some patients. We will then see how well these goals are met. The approach is called Goal Attainment Scaling, or GAS for short. This study will use a brief version, known as GAS-Light, to help patients to set and monitor their goals.

## Why are we doing this study?

We hope it will help people who have more than one long term health condition to talk to their GP about what is important to them. We plan to compare the progress of people who have a normal care plan with those who have care plans which include specific goals agreed with the patient.

We aim to find out:-

- Do GPs and patients like using care plans with specific goals?
- Do GPs need training in goal-setting for care planning?
- How might goal-setting change health outcomes?

## How to contact us

If you have any questions about this research, please contact the study researcher or the project lead. Their contact details are provided below:-

- Liz Lenaghan (Researcher)  
Tel: **01603 591694**  
[goalplan.study@nhs.net](mailto:goalplan.study@nhs.net)
- Professor Nick Steel (Project Lead),  
[n.steel@uea.ac.uk](mailto:n.steel@uea.ac.uk)

## Why have I been invited?

You and your practice are eligible to take part in this study.

## Do I have to take part?

No, it is up to you to decide. If you decide to take part and then change your mind, you can stop at any time.

## What does it involve?

- There will be six practices in this study. Three practices will be randomly chosen to continue with their usual approach to care plans. The other three practices will use care plans with goals set between the patient and the GP.
- Each practice will identify up to 100 eligible patients with two or more long term conditions and who are at high risk of unplanned hospital admissions. You will be asked to screen this list for potentially eligible patients.
- Two GPs and ten patients will be recruited per practice in total.
- GPs will be informed if they are in the intervention arm and, if so, will attend a half day training on goal-setting with two other GP colleagues.
- Your practice will provide some information to the research team about the characteristics of the patients taking part in the study, using details routinely recorded in clinical notes. This information will include a summary of each patient's medical background, conditions, and medication. It will also include any events that occur during the study, such as contact with the practice, hospital visits and admissions.

## What will I need to do if I take part?

### • Patient care plan appointment

A researcher will contact you to tell you that one of your patients is taking part and an appointment will be made for you to discuss their care plan. Video and audio equipment will be supplied for you to record the consultation. The care plan appointment will be like a routine appointment with your patient, either at your practice or on a home visit.

If you are in the goal-setting group, you will use the GAS-Light tool. With your consent, the appointment will be recorded. This is to help the research team understand what is helping or hindering care plans, and setting goals for care plans. You can stop the recording at any time. Immediately after the care plan appointment, you will be asked to complete a questionnaire called the Dyadic OPTION Scale about the discussion you had with your patient during the care plan appointment.

### • Second care plan appointment

If you are in the group that is providing care plans with goal-setting, you will have another appointment with your patient to discuss the goals you agreed and any progress against these. This will take place approximately 6 months after the initial

care plan appointment. This will either be at the practice, or a home visit if needed. With your consent, this appointment will also be video or audio recorded.

- **Focus Group**

If you are in the group that is providing care plans with goal-setting, we will invite you to take part in a focus group meeting up to a year after the study started. A separate information sheet will be sent to you about this.

### **What are the advantages of taking part?**

- We cannot guarantee that you will benefit from taking part in this study.
- If you are in the group that is providing care plans with goal-setting, you may feel you achieve more patient centred discussion with your patients.
- You are helping us to find out how to develop care planning and goal-setting in primary care.

### **What are the disadvantages of taking part?**

- You may be disappointed about which group you are randomised to.
- The care planning consultations and the goals your patients set may be difficult to achieve.
- Some people may feel uncomfortable about being recorded.

### **Will my involvement be confidential?**

Yes, the researchers will maintain confidentiality, and will ensure that information gathered during the study is stored in accordance with the 1998 Data Protection Act. Electronic data, including the video and audio recordings, will be stored on secure servers and will be password protected. Paper information will be locked in filing cabinets in locked offices, and will only be accessible to authorised persons. Information will be kept for 15 years after the study finishes. You will not be identifiable in any publications, unless you also agree to the specific additional uses of the recordings described below.

### **Will I receive anything for being in this study?**

You and your practice will be reimbursed for the cost of taking part in this study.

### **What if there is a problem?**

If you want to withdraw from the study, you can do so at any time without giving a reason. If you have a complaint about the study or how you have been treated, please contact the research team (see box on Page 1) or Clare Symms at NHS South Norfolk CCG at [Tel: 01603 257020, Email: clare.symms@nhs.net] in the first instance.

### **What will happen to the results of the research study?**

The results will be used to help improve services and develop training. We will write them up for the National Institute for Health Research (NIHR) and for publications and conferences, as well as for the general public. At the end of the project we will send

you a summary of our results. Full results will be available on the GoalPlan website at [www.uea.ac.uk/medicine/goalplan](http://www.uea.ac.uk/medicine/goalplan).

### **Additional ways that my recording(s) may be used**

As well as using the video or audio recording(s) within the GoalPlan study, we will ask you whether you agree to the recording(s) being used for additional purposes. These are optional, and will only be used if both you and the patient consent.

- **Use of clips in presentations about the GoalPlan study**

If you consent to this option, clips from the video or audio recording(s) may be used in presentations about the GoalPlan study to professional audiences of researchers, health and social care staff, and trainees. Video and audio clips can often help to put across the findings of research in a much clearer way than when using words only.

- **Use of recordings and transcriptions for future research**

The video and audio recordings produced as part of the GoalPlan study, and transcriptions from those recordings, are a valuable source of information. If you consent to this option other professional researchers in the field of health and social care will be able to study your recordings and transcripts for future research about health-related communication.

- **Use of recordings and transcriptions for teaching**

If you consent to this option, the video- and audio-recordings, and transcriptions from those recordings, may be used in teaching. This would include communication skills training with health and social care staff, trainees, and researchers.

### **Who is organising and funding the research?**

The research is funded by the National Institute for Health Research (NIHR) Research for Patient Benefit programme <http://www.nihr.ac.uk/funding/research-for-patient-benefit.htm>. The study's quality is assured by the NIHR's team of scientific experts. The study has been reviewed and approved by the Leicester South Research Ethics Committee (Ref: 16/EM/0411). Patient, public and professional representatives have been involved at all stages of the development and review process. The research is sponsored by NHS South Norfolk Clinical Commissioning Group.

### **What do I do next?**

If you are interested in taking part, please read, sign and return the enclosed **Consent form** using the pre-paid envelope, or call the research team on the number given on the front page.

**Thank you for taking the time to read this information sheet.**