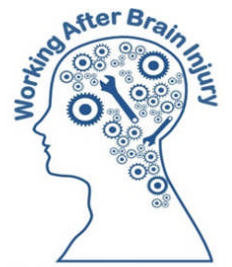




The University of  
Nottingham

UNITED KINGDOM · CHINA · MALAYSIA



FRESH - Facilitating Return to work through  
Early Specialist Health-based interventions

February 2014 NEWSLETTER

<https://www.nottingham.ac.uk/go/fresh>

## **FRESH:** Facilitating Return to work through Early Specialist Health-based interventions

### THE TEAM -

#### Trial Manager:

Mrs Ali Gibson

[amgibson1@uclan.ac.uk](mailto:amgibson1@uclan.ac.uk)

+44 (0)1772 893792

\*\*\*

#### Chief Investigator:

Dr Kate Radford

[kate.radford@nottingham.ac.uk](mailto:kate.radford@nottingham.ac.uk)

+44 (0)115 8230266

\*\*\*

#### Trial Administrator:

Mrs Patricia Dziunka

[patricia.dziunka@nottingham.ac.uk](mailto:patricia.dziunka@nottingham.ac.uk)

+44 (0)1772 8230228

**What is Fresh?** Otherwise known as 'Working after Brain Injury' FRESH is a feasibility randomised control trial designed to test whether a method of supporting people who've had a Traumatic Brain Injury (TBI) to return to work, that was developed and works well in Nottingham, can be delivered in three other NHS trauma centres (Preston, London and Leeds). We want to know if it's possible to train therapists in these centres to deliver it, whether patients are willing to be randomised to receive it and whether we can measure its effects and cost effectiveness compared to usual NHS rehabilitation.

**Study progress** All sites are now open for recruitment but only 5 participants have been recruited to date – 4 in London. Well done London!

Delays over appointing a research assistant and a lack of capacity to support recruitment in the Clinical Research Network have hampered progress in Leeds but research assistant Lindsay Howard was appointed this week. Welcome Lindsay.

A second day of training is scheduled for FRESH therapists on 4th April 2014. Mentoring to support therapists in the intervention delivery is underway.

A focus group to identify the most important outcomes of an NHS vocational rehabilitation intervention was held with service providers last week and one with TBI survivors will run on 21st February.

**FRESH- Top tips for recruitment**—In the original Nottingham study Julie Phillips was the OT responsible for recruiting participants and delivering the intervention. She managed to recruit 70% of eligible patients! Here she shares her top tips for recruitment success.

### Do

- \* Recruit when carers are present so that you get their input. They are usually more concerned than the patient is.
- \* Tell them this is an important Government funded study that is costing £ ½ million Emphasize the fact that the study may help others in the same situation in the future.
- \* Remember many people with TBI have poor literacy skills prior to their injury and the cognitive impact of the injury means you cannot be certain that they can read or understand written information. Leaving an information sheet with them is not enough. You need to explain the study to them. As understanding verbal information is nearly always affected after TBI, doing this with carers present is always better.
- \* Encourage potential participants to consent to a home visit if they want more time to think about it. Make a date with them there and then. Follow this up with a letter and a phone call a few days before the visit.
- \* Make a provisional date for a visit and say you will ring nearer the date to see what they want to do.
- \* Tell them that if they are allocated to receive the extra help and then don't need it, they may only be visited once – it's based on an individual's need.
- \* Unsure how to describe vocational rehabilitation? Ask the therapist involved in delivering it to speak to the patient or simply use the scripts and descriptions we've sent. You can download this information from <https://www.nottingham.ac.uk/go/fresh>

### Don't

- \* Rely on the information sheet or a follow up letter! In the Nottingham Pilot, no one who was sent a letter of invitation post discharge was recruited. Face to face recruitment whilst in hospital is much more successful.

**A Recruitment workshop** is planned for March 13 2014 in Nottingham We hope to bring recruiters together to share tips and experience. Recruiters please put this date in your diary.

### **On Being a Service User in Research**

TBI survivor and service user Trevor Jones talks about his work with the FRESH project team and what being a service user in research means to him. Click to hear what he has to say (two short podcasts): <https://www.nottingham.ac.uk/research/groups/longtermconditions/index.aspx>  
<https://www.nottingham.ac.uk/go/fresh>

### **Good News**

Leeds therapist Nicola Shilleto goes on maternity leave at the end of March. Suzanne Henshall take over as FRESH therapist.



National Institute for  
Health Research

This project is funded by the NIHR HTA Programme (project number 11/66/02). The views and opinions expressed herein are those of the authors and do not necessarily reflect those of the HTA programme, NIHR, NHS or the Department of Health.

©Nottingham University Hospital and University of Nottingham 2013.  
All rights reserved