

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.