Participant Information Sheet/Consent Form

Interventional Study - *Adult providing own consent*

An **Interventional Study** is defined as administration of a drug, device or procedure that is not part of routine care, including all phases of a clinical trial.

Instructions for Creating a Participant Information Sheet/Consent Form

- **This template is a guide only.**
- For projects that do not involve trialling a clinical drug, procedure or device, one of the other participant information and consent form templates should be used.
- If more than one Participant Information Sheet/Consent Form is required for your research project, please label the different forms clearly for the different participant groups. Please note that if there is a sub-study, a separate form is required.
- There are 20 numbered sections in this template. Please ensure that all relevant sections are included and numbered appropriately in your final document. These headings are included to ensure that all the National Statement and ICH/GCP elements are addressed.
- You should delete any headings and sections that are not relevant to your study and/or modify paragraphs so that they are relevant to your study.
- In this template, there are prompts for the content of your Participant Information Sheet/Consent Form (in *orange italics*) and instructions regarding the format of your document (in *blue italics*). Please ensure that you delete all prompts (*orange italics*) and instructions (*blue italics*) from the final document.
- **Preferred language** recommendations for use in your Participant Information Sheet are in black text with a border around paragraphs. Ensure that the border is removed from the 'Preferred language' sections in the final document. Note that this formatting does not apply to section 20 or to the Consent Form.
- If institutional letterhead/logo is to be used, leave space for the letterhead/logo in accordance with the institution's requirements.
- Include the version date of the document in the footer of each page. Do not use the 'automatic' date insertion function
- Use the '1 of X' pagination option. Ensure that all references to version date or pagination in the text are correct and consistent with the information in the footer.
- Do not include a place for initialling the document on each page.
- Study participants should be referred to as 'participants' and not 'subjects' or 'patients'.
- References to the National Statement (NS) and ICH/GCP Guidelines are noted in relevant sections as footnotes for your information only and do not need to be included in the final document.
- This guide proposes preferred language for some sections of the Participant Information Sheet/Consent Form. This preferred language may be the totality of what is required for the section or it may be a series of suggested phrases to be used along with other information in the section, as indicated by the guidelines pertaining to the section.
- The reviewing institution may have additional preferred language or standard clauses that you are required to include. Please check with the relevant HREC administration to determine whether additional requirements apply.
- Language used should be readily understandable by the participant (Grade 8 reading level or below) and include Australian spelling of words.
- If translated Participant Information Sheet/Consent Forms are to be used, please check with the relevant HREC administration in case additional requirements apply.
- You should state whether an interpreter will be used in the consent process and/or during the collection of data.
- Text should be at least font size 11 in an easily readable font style.
- Ensure that all font styles and sizes, bolding, italicisation and underlining are intended and that any variations are consistent throughout the document.
- **Please ensure that your final document is proofread.**

This space is reserved for use by jurisdictions or institutions for instructions regarding version control of Participant Information and Consent Forms or other matters specific to jurisdictions or institution

Royal Brisbane & Women's Hospital

Queensland Government

Participant Information and Consent Form

Title: Intranasal probiotic rinse for purulent chronic rhinosinusitis

Short Title: iPro20

Protocol Number	Version 3: 15 Sep 2020
Project Sponsor	Royal Brisbane and Women's Hospital
Coordinating Principal Investigator/ Principal Investigator	Professor Anders Cervin
Location	Royal Brisbane and Women's Hospital

Part 1 What does my participation involve?

1 Introduction

You have been invited to participant in this research project as you are suffering from chronic rhinosinusitis which has not responded to guideline therapy. The research project is testing a new treatment for chronic rhinosinusitis, which is an intranasal probiotic rinse.

Background

Chronic rhinosinusitis (CRS) is a chronic inflammation and infection of the nose and sinuses. The cause is unclear but is believed to be an inappropriate immune reaction to environmental agents including virus and bacteria. CRS affects about 10% of the population and while it is in most cases self-limiting, it is estimated that about 30% of sufferers from CRS do not respond to guideline therapy, leaving a large group of patients without effective treatment. The mainstay of treatment is still antibiotics, but evidence is lacking that this provides long-term relief.

The healthy nose and sinuses have long thought to be sterile, but new methods for bacterial discovery has revealed that the surface of the healthy nose and sinuses as well as the lung contains a community of friendly bacteria. It is now believed that the community of friendly bacteria play an important role in the immune defence, keeping the disease-causing bacteria in check. There is evidence that this balance is disrupted in chronic rhinosinusitis. Use of a nasal rinse containing friendly bacteria has been shown to reduce the number of acute ear infections in children.

This information Sheet and Consent form provides a summary of your rights. Participating in this research is voluntary; if you don't wish to take part, you do not have to. You will receive the best possible care whether or not you take part. This Participant Information Sheet/Consent Form tells you about the research project. It explains the tests and treatment involved. Knowing what is involved will help you decide if you want to take part in the research. Please read this information carefully and ask questions about anything that you don't understand or want to know more about. Before deciding whether or not to take part, you might want to talk about it with a relative, friend or your local doctor.

If you decide you want to take part in the research project, you will be asked to sign the consent section. By signing it, you are telling us that you:

- Understand what you have read
- Consent to take part in the research project
- Consent to have tests and treatment that are described
- Consent to the use of your personal and health information as described.

You will be given a copy of this Participant Information and consent form to keep for your records.

2 What is the purpose of this research?

The purpose of this study is to provide an alternative treatment therapy for CRS sufferers reducing the need for antibiotics.
The aim of this study is to investigate if adding friendly (probiotic) bacteria in a nasal rinse to the nasal cavity and the sinuses will:

1. Change the bacterial composition in the nose and sinuses with a reduction of the bacteria considered to cause symptoms.
2. Reduce inflammatory substances released in too the nasal cavity from the lining of the nose and sinuses
3. Assess tolerance of the product
4. Reduce clinical signs and symptoms of CRS.

3 What does participation in this research involve?

If you agree to participate in the study, you will trial an 4 weeks of treatment with nasal saline rinses containing 4 different strains of friendly bacteria called Lactobacillus. These strains of Lactobacilli have been chosen after they have been tested to be effective in a laboratory setting to kill off well known disease-causing bacteria in CRS. There is no placebo group and all participants will receive active treatment.

During each visit, the study doctor will complete a medical checklist and examination to make sure it is appropriate for you to continue in the study.
You will be asked to complete some questionnaires. There will be blood tests for markers of inflammation, nasal swabs for collecting bacteria, nasal lavage or sponges to collect nasal fluid for analysis of markers of inflammation, and a nasal video endoscopy under local anaesthesia. Should the microorganisms derived from your specimens or swabs have a health benefit, this consent form also allows for the use of the microorganisms for research diagnostic or therapeutic purposes including commercial use by the University of Queensland. The University of Queensland and partners may receive financial benefit from the outcome of this project. The study participants will not benefit from any commercial development related to their specimens and microorganisms derived from their specimens. These samples will be stored and may be used for future research. Future research may follow on from this study, with the aim to develop further treatment options for CRS. Further studies would be subject to ethical approval by the Hospital Research and Ethics Committee. There are no costs associated with participating in this research project, nor will you be paid.

The study is divided into 3 parts (Screening Period, Treatment Period and Follow-up Period).

Screening period: The study doctor must first check that you meet all the criteria for participation in this study.

Treatment Period: The treatment period is approximately 4 weeks and you will be required to attend the study clinic 2 times during the treatment period. The visits dates will be determined by your screening visit date. Typically, the study visits should not take more than 3 hours, but this may vary for organisational reasons.

Study treatment: You will be required to self-administer the treatment once daily between 6:00-10:00am. You will be trained on how to perform the nasal rinse by the study nurse during the

screening visit and then at the baseline visit you will self-administer your first dose of treatment therapy under supervision. You will then continue to administer daily at home for 4 weeks

Follow-up Period or end of Study: This visit will occur 12 weeks +/- 3 days after baseline visit.

The tests will be performed as detailed below prior to the study, at the end of the treatment and at 8 weeks after end of treatment. Samples will be de-identified and analysed at a laboratory at the investigator's discretion, it may include shipping samples overseas for best possible analysis. Your personal medical history will not be provided to anyone except the research study team associated with this trial. Your personal medical history will not be sent overseas. The samples will be stored and may be used for future research, with the aim to develop further treatment options for CRS and this research may lead to a commercial product.

Study Procedures

Visit 1: Screening Visit will occur 2-4 weeks prior to baseline. This visit will include the following assessments:

- Informed Consent
- Eligibility Assessment
- Demographics
- Recording of Medical and Medication History
- Vital Signs (Blood pressure, heart rate, respiratory rate, temperature)
- Allergy testing (if not previously undertaken)
- ENT and General Physical Exam
- Nasal Endoscopy Assessment
- Blood test (Haematology/Biochemistry)
- Pregnancy Test
- SNOT-22 (Sinus Nasal Outcome Test) Questionnaire
- Intranasal probiotic rinse administration training
- Script given for 1-week course of Doxycycline antibiotics. These will need to be commenced once all other tests have been reviewed but before Bassline visit. Study nurse will notify you when to start these tablets.

Visit 2: Visit 2 will be the Baseline Visit and will be counted as Day 1 of the study.

- Eligibility Assessment
- Adverse events
- Concomitant Medication
- ENT and General Physical Exam
- Vital Signs
- SNOT-22 (Sinus Nasal Outcome Test) Questionnaire
- SF-36 Questionnaire (Quality of Life survey)
- Nasal Endoscopy Assessment
- Nasal Secretion Collection
- Nasal Swab Collection
- Intranasal Probiotic Rinse- 1st treatment with study product.

Visit 3 (End of Treatment) Will occur 4 weeks (+/- 3 days) after Baseline

- Adverse Events
- Concomitant Medication
- ENT and General Physical Exam
- Vital Signs
- SNOT-22 (Sinus Nasal Outcome Test) Questionnaire
- SF-36 Questionnaire (Quality of Life survey)
- Nasal Endoscopy Assessment
- Nasal Secretion Collection
- Nasal Swab Collection
- Haematology/Biochemistry
- Pregnancy test

Visit 4 (End of Study) Will occur 12 weeks (+/- 3days) after Baseline

- Adverse Events
- Concomitant Medication
- Vital Signs
- ENT and General Physical Exam
- SNOT-22 (Sinus Nasal Outcome Test) Questionnaire
- Nasal Endoscopy Assessment
- Nasal Secretion Collection
- Nasal Swab Collection
- SF-36 Questionnaire (Quality of Life survey)

4 What do I have to do?

If you consent to participate in this project, you will be required to attend the RBWH ENT department for 4 visits over a 14-16 week period for the procedures listed in section 3 above. We advise that you give your local Doctor a copy of this form to inform them of your participation in this research project. You can be reimbursed for reasonable travel and car parking expenses related to your study visits.

5 Do I have to take part in this research project?

Participation in any research project is voluntary. If you do not wish to take part, you do not have to. If you decide to take part and later change your mind, you are free to withdraw from the project at any stage.

If you do decide to take part, you will be given the Consent Form to sign and you will be given a copy to keep.
Your decision whether to take part or not to take part, or to take part and then withdraw, will not affect your routine treatment, your relationship with those treating you or your relationship with the Royal Brisbane Hospital

6 What are the alternatives to participation?

You do not have to take part in this research project to receive treatment at this hospital. Other options are available; these include current standard treatments. Your study doctor will discuss these options with you before you decide whether to take part in this research project. You can also discuss the options with your local doctor.

7 What are the possible benefits of taking part?

We cannot guarantee or promise that you will receive any benefits from this research; however, local administration of probiotics may improve the balance of good and bad bugs in the nose and provide symptom reduction or relief and reduce the need for antibiotic treatment.

8 What are the possible risks and disadvantages of taking part?

The procedures involved in the study are the same being performed during a regular visit to an ENT or a Respiratory specialist. The Lactobacilli used in the probiotic rinse are generally considered safe and there is no known human disease caused by lactobacilli research. Infection from the bacterial strains is the largest safety concern of the study yet the risk that this would actually occur is very low.

However, as with any procedure, there is always the chance of side effects or complications. The main risks involved with the study procedures are as described below.

- Nasal swabs; there may be pain and a low risk of nose-bleeds
- Nasal endoscopy; there maybe bleeding and mucosal trauma. Rarely is the procedure painful, however, if you have an unusually narrow nasal cavity or swollen nasal lining, you could experience some mild discomfort.

Your otolaryngologist will spray your nose right before your nasal endoscopy to minimize discomfort. The spray contains

- Local anesthetic, temporarily numbing your nose and helping to minimize your likelihood of sneezing due to sensitivity.

- Nasal rinse; there may be minor discomfort and nervousness during the first time using this procedure, such as ear fullness, stinging of the nasal mucosa and mild stomach upset.
- Blood collection requires needles which may also cause some pain at the site of the needle-stick, and there is occasionally some bruising and soreness after blood has been taken. You may feel a little tied after you have blood taken.

If in the unlikely event that you suffer any injuries or complications as a result of this research project, you should contact the study team as soon as possible and you will be assisted with arranging appropriate medical treatment. If you are eligible for Medicare, you can receive any medical treatment required to treat the injury or complication, free of charge, as a public patient in any Australian public hospital.

The effects of Local administration of Lactobacilli on the unborn child and on the newborn baby are not known. Because of this, it is important that research project participants are not pregnant or breast-feeding and do not become pregnant during the course of the research project. You must not participate in the research if you are pregnant or trying to become pregnant, or breast-feeding. If you are female and childbearing is a possibility, you will be required to undergo a pregnancy test prior to commencing the research project and use effective double barrier contraception during the course of the study. Double barrier contraception is required of female participants who are childbearing when they participate in sexual intercourse and also male participants when they participate in sexual intercourse with a female who is childbearing. Double barrier contraception refers to the use of condoms AND the female contraceptive pill or IUD; OR the use of condoms AND spermicidal gel when participating in sexual intercourse. Any female participant who becomes pregnant during the study will have to withdraw from participating in the study.

9 What will happen to my test samples?

Samples will be de-identified before they are analysed. Only a small number of people who are on the research team will be able to re-identify the samples. The de-identified samples will be analysed at a laboratory at the investigator's discretion, this may include shipping samples overseas for best possible analysis. The samples will be stored and may be used for future research, with the aim to develop further treatment options for chronic rhinosinusitis and this research may lead to a commercial product.

10 What if I withdraw from this research project?

The study team may retain and use any data or samples that we have collected prior to a participant withdrawal. The study team may also send overseas samples that were collected prior to a participant's withdrawal" If you decide to withdraw from the project, please notify a member of the research team before you withdraw.

11 Could this research project be stopped unexpectedly?

This research project may be stopped unexpectedly for a variety of reasons. These may include reasons such as:

- Unacceptable side effects
- The probiotic treatment being shown not to be effective
- The probiotic treatment being shown to work and not need further testing

- Decisions made in the commercial interests of the sponsor or by local regulatory/ Health authorities.

12 What happens when the research project ends?

Once you have completed the study, your study doctor will discuss with you the current standard treatment options available to you.

Part 2 How is the research project being conducted?

13 What will happen to information about me?

By signing the consent form, you consent to the study doctor and relevant research staff collecting and using personal information about you for the research project. Any information obtained in connection with this research project that can identify you will remain confidential. Your information will be used for the purpose of this research project and it will only be disclosed with your permission, except as required by law. This information may be used for further research, subject to ethical review.

Information about you may be obtained from your health records held at this and other health services for the purpose of this research. By signing the consent form, you agree to the research team accessing health records if they are relevant to your participation in this research project. Information about your participation in this research project will be recorded in your medical records.

In accordance with relevant Australian and Queensland privacy and other relevant laws, you have the right to request access to your information collected and stored by the research team. You also have the right to request that any information with which you disagree be corrected. Please contact the study team member named at the end of this document if you would like to access your information.

In cases where you request feedback about your participation or access to your personal information this can be provided to you in writing via e-mail or post, or in person. Feedback on the overall findings of the research project will be provided to you upon request; we will not, however, provide your individual results to you.

It is anticipated that the results of this research project will be published and/or presented in a variety of forums. In any publication and/or presentation, information will be provided in such a way that you cannot be identified, except with your permission. Any results presented about individual participants will not be made identifiable.

14 Records

Any information obtained for the purpose of this research project that can identify you will be treated as confidential and securely stored.

15 Ethical Guidelines

This project will be carried out according to the *National Statement on Ethical Conduct in Human Research (2007)*. This statement has been developed to protect the interests of people who agree to participate in human research studies.

16 Clinical contact person

Name	Kathryn Girling
Position	Clinical Research Nurse
Telephone	073646 0946
Email	Kathryn.girling@health.qld.gov.au

17 Complaints and compensation

Should you wish to discuss the study in relation to your rights as a participant, you may contact the named person below and quote HREC/2018/QRBW/44302

Name	Ann-Maree Gordon
Position	Coordinator, Human Research Ethics Committee
Telephone	07 3646 5490
Email	RBWH-Ethics@health.qld.gov.au

If you have any complaints as a participant relating to the conduction of this study at the RBWH the local complaints contact is:-

Name	Research Governance Manager
Position	Research Services, Royal Brisbane and Women's Hospital
Telephone	07 3646 8579
Email	RBWH-RGO@health.qld.gov.au

18 Who is organising and funding the research?

This research project is being conducted and sponsored by The Royal Brisbane and Women's Hospital by donation to The Royal Brisbane and Women's Hospital Foundation (RBWHF)

19 Who has reviewed the research project?

All research in Australia involving humans is reviewed by an independent group of people called a Human Research Ethics Committee (HREC). The ethical aspects of this research project have been approved by the Royal Brisbane & Women's Hospital Human Research Ethics Committee (EC00172). HREC/

20 Further information and who to contact

The person you may need to contact will depend on the nature of your query.

If you want any further information concerning this project or if the participant have any medical problems which may be related to his or her involvement in the project (for example, any side effects), you can contact the principal study doctor, Professor Anders Cervin, on (07 33465156), and/ or the study nurse, Kathryn Girling, on (07 36460946).

Royal Brisbane & Women's Hospital

Queensland Government

Consent Form

Title: Intranasal probiotic rinse for purulent chronic rhinosinusitis

Short Title: iPro20

Declaration by Participant

I have read the Participant Information Sheet, or someone has read it to me in a language that I understand.

- I am 18 years old or over.
- I understand the purposes, procedures and risks of the research described in the project.
- I give permission for my doctors, other health professionals, hospitals or laboratories outside this hospital to release information to *Royal Brisbane and Women's Hospital* concerning my disease and treatment for the purposes of this project. I understand that such information will remain confidential.
- I have had an opportunity to ask questions and I am satisfied with the answers I have received.
- I freely agree to participate in this research project as described and understand that I am free to withdraw at any time during the study without affecting my future health care.
- I understand that I will be given a signed copy of this document to keep.
- I understand that the strains or microorganisms with a health benefit isolated as a result of this project, which may be fully or partially derived from swabs obtained from me, may be used for research, diagnostic or therapeutic purposes, including commercial use.
- I understand that The University of Queensland, employees of the University of Queensland, collaborators or companies making use of the project outcome, may receive financial benefit from the outcomes of this project.
- I understand that my involvement in this study will not be of any direct benefit to me and that I will not receive economic re-imbursement for participation in this project.
- I understand that, if the study is discontinued, I may be asked to attend follow-up visits to allow collection of information regarding my health status. Alternatively, a member of the research team may request my permission to obtain access to my medical records for collection of follow-up information for the purposes of research and analysis.

Name of Participant (please print) _____

Signature _____ Date _____

I, *[please print full name]*_____ give permission for;

The samples collected in this research project to be stored and used for further research;

YES ☐ NO ☐

The samples collected in this research project to be used for commercialization, subject to ethical review.

YES ☐ NO ☐

My swab samples or bacteria grown from my swab samples to be sent overseas for analysis.

YES ☐ NO ☐

Signature _____ Date_____

Declaration by Study Doctor/Senior Researcher†

I have given a verbal explanation of the research project; its procedures and risks and I believe that the participant has understood that explanation.

Investigator (please print) _____

Signature _____ Date _____

Note: All parties signing the consent section must date their own signature.

Royal Brisbane & Women's Hospital

Queensland Government

Form for Withdrawal of Participation

Title: Intranasal probiotic rinse for purulent chronic rhinosinusitis

Short Title: iPro20

Declaration by Participant

I wish to withdraw from participation in the above research project and understand that such withdrawal will not affect my routine treatment, my relationship with those treating me or my relationship with the Royal Brisbane and Women's Hospital.

Name of Participant (please print) _____

Signature _____ Date _____

In the event that the participant's decision to withdraw is communicated verbally, the Study Doctor/Senior Researcher will need to provide a description of the circumstances below.

Declaration by Study Doctor/Senior Researcher†

I have given a verbal explanation of the implications of withdrawal from the research project and I believe that the participant has understood that explanation.

Investigator (please print) _____

Signature _____ Date _____

† A senior member of the research team must provide the explanation of and information concerning withdrawal from the research project.

Note: All parties signing the consent section must date their own signature.