

## PARTICIPANT INFORMATION SHEET

### Exercising and Everyday Activity on Peritoneal Dialysis

**Aim of the study:** The aim of this study is to explore what side-effects or negative health incidents have been experienced that are related to exercise or everyday activity, while receiving peritoneal dialysis. This survey will ask people receiving peritoneal dialysis to work through a list of 26 side-effects and negative health incidents (e.g., chest pain, muscle pain, catheter problems etc.) and report if they experienced this side effect / negative health incident either during or soon after participating in exercise or everyday activity. Findings from this study will assist patients and clinicians to make informed decisions when prescribing exercise.

**Conduct of the study:** The study involves completing an anonymous, electronic survey. Upon agreeing to participate, it will initially collect information about your age, gender, employment status, peritoneal dialysis history and medical history. Following this, you will be asked if you have experienced a given side-effect or negative health incident either during, or soon after, exercise or everyday activity. If you answer 'Yes' or 'Possibly', you will be asked follow up questions including; how often this occurs, what do you think caused it, has it stopped you from doing exercise or everyday activity, how did it impact your everyday life and what level of care you needed to treat it. If you answer 'No' to a side-effect or negative health incident, there are no follow up questions, and you would move to the next page. The survey takes approximately 10-15 minutes to complete, and you are free to withdraw at any point.

**To be eligible to participate in the study you must meet the following criteria:** Currently receiving peritoneal dialysis and aged 18 years or older. If you agree to participate, you should click on the link that was emailed to you with this information sheet. The link will take you to the survey.

**Risks:** Your sensitive personal information will be collected in a non-identifiable (anonymous) format and securely stored, so the researchers do not anticipate any risks to participation in this study

**Benefit to Participants:** There are no expected individual benefits for your participation. However, you will be providing a valuable contribution to the knowledge of side-effects and negative health incidents experienced by people receiving peritoneal dialysis related to exercise or everyday activity.

This project has been approved by both Central Adelaide Local Health Network and University of South Australia Human Research Ethics Committees

**Data Privacy and Consent:** Participation is entirely voluntary, and you are free to decline to participate or to withdraw from the research project at any stage prior to submitting your answers without any effect on your current or future medical care. Please note, however, that once you submit your survey, the research team will be unable to remove your responses as it will not be possible to identify your individual data. The online survey is intended to be anonymous and the research team will take every care to remove any inadvertent identifying material from the responses you provide as early as possible. Participants will not be identified in the reporting of the research and no information which could lead to the identification of any individual will be released, unless in the unlikely event that disclosure is required by law. Please be aware, however, that the researcher cannot ultimately guarantee the confidentiality or anonymity of material transferred by email or the internet. Non-identifiable data collected during the project will be stored for 15 years upon completion of the project on the secure, password protected UniSA computer servers. All e-mail data (if you provided your e-mail via one of the QR codes) will be removed from the servers securely upon completion of the study.

The study has been approved by the Central Adelaide Local Health Network and University of South Australia Human Research Ethics Committee. If you wish to speak to someone not directly involved in the study about your rights as a volunteer, or about the conduct of the study, you may also contact the CALHN HREC Chairperson, on 7117 2229.

Please be advised, this project is part of Mr. Brett Tarca's requirements to attain his Doctor of Philosophy. If you would like to request a summary of the research findings at the completion of the project, please contact Mr Brett Tarca T: 8302 2906 E: [brett.tarca@mymail.unisa.edu.au](mailto:brett.tarca@mymail.unisa.edu.au)

#### **Investigators:**

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**A/Prof Paul Bennett** – Alliance for Research in Exercise, Nutrition and Activity (ARENA), Clinical and Health Sciences, University of South Australia

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