

Participant Information Sheet

THIS IS AN INVITATION TO PARTICIPATE IN THE FOLLOWING PROJECT:

The feasibility and acceptability of an on-line educational resource to guide women how to physically prepare for breast reconstruction surgery.

OUR AIMS

This study aims to gather your feedback on the online educational resource, ***Physical Preparation and Recovery from Breast Reconstruction***. This resource was developed by Breast Research Australia, University of Wollongong and Breast Cancer Network Australia. It aims to guide women how to physically prepare for breast reconstructive surgery to promote their physical recovery. Your feedback will help us to develop additional educational resources to guide women in their physical recovery from breast reconstruction surgery.

SURVEY INFORMATION

The survey will ask you questions about your breast reconstructive surgery, which parts of the educational resource you used and whether you found the resource helpful. Most questions are multiple choice but if you have any comments, we have left places for them as well and would highly value them.

FUNDING

The development of this resource and research was funded by **the Dry July Grant Scheme in 2018**.

WHY IS THIS STUDY IMPORTANT?

Our research has found that most women are not aware that exercise before and after their surgery has a significant impact on the physical recovery from breast reconstruction surgery. Breast Research Australia and Breast Cancer Network Australia have therefore developed an on-line educational resource to empower women how to self-manage their physical preparation and immediate post-operative physical recovery and what to look out for to know if they need medical assistance. This would allow the early intervention and management of any physical side-effects of their surgery and increase the speed of their physical recovery. Your feedback on this resource will guide us how to make additional resources to further guide women on their physical recovery from the post-operative stage to full physical function (i.e. resumption of sport and normal activities). Our ultimate aim is to maximize the physical activity, health and quality of life of women after breast reconstructive surgery.

Data collected from this study will be used to modify the on-line educational resource and also guide the development of these additional educational resources. Results may also be published in scientific journals or in conference presentations and publications.

STUDY REQUIREMENTS

To participate you must be 18 years or over, plan to have or have had breast reconstruction surgery and have used the educational resource ***Physical Preparation and Recovery from Breast Reconstruction*** either before or after breast reconstruction surgery. The on-line survey takes approximately 10 minutes to complete.

RISKS, INCONVENIENCES AND DISCOMFORTS

The major inconvenience is your time to complete the survey. If however you find completing the survey causes you any distress, please cease involvement and seek assistance from your GP or breast care nurse. We do not want to cause you any distress.

FREEDOM OF CONSENT

Participation in this study is completely voluntary. You are free to discontinue participation in the research up until the time you submit the survey. Because the survey is anonymous, once you submit it, you will not be able to withdraw it. Your decision to not participate or not continue to participate

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will not in any way affect your relationship with the Breast Research Australia, Breast Cancer Network Australia or the University of Wollongong. Tacit informed consent is given by submitting the survey. Please note, there is not financial payment for completing the survey.

CONFIDENTIALITY

All questions, answers and results of this study will be treated with absolute confidentiality. At the end of this study, all data will be kept in a secure place for at least 5 years to comply with the University's Code of Practice – Research.

ENQUIRIES

Please ask any questions you have concerning the procedures used in this study. Initial contact can be made to Dr Deirdre McGhee (School of Medicine, Co-director of Breast Research Australia, University of Wollongong; Phone (02) 4221 4980. This study has been approved by the University of Wollongong Human Research Ethics Committee. If you have any questions or concerns regarding the way in which the research is or has been conducted, you can contact the Secretary of the University of Wollongong Research Ethics Committee on (02) 4221 4457.