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The SSHeW study: (Stopping Slips among Healthcare Workers)

A research study about slip resistant footwear in the workplace

Can you help?

We invite you to take part in a study

- Before you decide whether to take part, it is important for you to understand why the research is being done and what it will involve.
- Please take time to read the following information carefully and decide whether or not you wish to take part.
- It's up to you to decide if you take part or not. Please ask us if there is anything that is not clear or if you would like more information. Talk to others about the study if you wish.
- If you have any questions, please contact us.
- Thank you for reading this information sheet.

Contact details

If you require further information about this study, you can contact the research team at The University of York:

Rachel Cunningham- Burley, Trial Co-ordinator Tel: 01904 328088

Email rachel.cunningham-burley@york.ac.uk

Sarah Cockayne,
Chief Investigator
Telephone: 01904 321736

Or

The Principal Investigator **insert date**

Why are we doing this study?

Slips and falls are the main cause of accidents in the workplace. Last year, over 100,000 people hurt themselves as a result of having a slip, trip or fall at work. These injuries can have a major effect on the individual as well as on employers due to lost days at work. People working in health and social care report the highest numbers of workplace slips and trips, and hospital staff are more likely to slip because of the smooth flooring they walk on, which becomes slippery when it is wet or dirty. One possible way of reducing the number of slips and falls is for staff to wear slip resistant shoes. The Health & Safety Executive (HSE) have developed a method for testing footwear under lifelike conditions. This has led to an improvement in the identification of slip resistant footwear. The aim of our study is to find out if slip resistant shoes can stop NHS staff from slipping and falling in the workplace, thereby preventing injuries.

Why am I being asked to take part?

The University of York and the HSE are working with the NHS to conduct this study. All NHS employees (including clinical, portering, catering and cleaning staff) who have 6 months remaining on their contract and who work at least 80% full time equivalent are being invited to take part. You will need to work in either a clinical (including patients' homes), catering or general area and agree to use your mobile phone to reply to texts we'll send you asking for information.

Unfortunately on this occasion we are unable to include staff who:

- Are temporary or agency staff or staff not employed by the NHS (e.g. are employed by contractors working in the NHS)
- Are provided with protective footwear by their employer, wear prescribed orthopaedic shoes or footwear which requires modification by an orthotist
- Work primarily in an office

1 What happens in this study?

People in this study will be allocated to either Group A or Group B:

Group A will be given a free pair of slip resistant shoes provided by 'Shoes for Crews' to be worn at work for 14 weeks.

or

Group B will be asked to wear your usual footwear to work for 14 weeks. When the trial has finished in your trust you will be offered a free pair of slip resistant shoes provided by 'Shoes for Crews'.

A. Slip resistant shoes offered at the start of the study

If you are offered slip resistant shoes at the start of the study, you will need to collect the shoes at a pop-up shoe shop at a location within the Trust. We will tell you when and where the shop will be open. The shop will be open for two weeks. You should then wear the shoes whenever you are at work. At the end of the study you may keep the shoes. If you need to exchange them because they are the wrong size or are uncomfortable, they need to be returned directly to 'Shoes for Crews' using a freepost returns label. They need to be unworn, and in a saleable condition and returned in their original packaging. We will text you once a month to ask you how often you are wearing your trial shoes.

Interview

You may be invited to take part in a telephone interview to share your experience of taking part in the study and to see what you thought about the shoes. The interview would last between 30 and 60 minutes and be held at a time to suit you. Taking part in the interview is voluntary and you can take part in the main study without participating in the interview.

Shoe testing for wear of trial shoes

At the end of the study we will open a pop-up shoe shop in your Trust and you may be asked to take your shoes along so they can be tested for wear. This will only take a few minutes and your shoes will be returned to you immediately afterwards. You may also be asked to return your shoes for wear analysis at 6, or 9 or 12 months to the HSE in which case, a new pair of shoes will be provided.

B. Slip resistant shoes offered at the end of the study

If you are asked to wear your usual footwear during the course of the study, you will be offered a free pair of slip resistant shoes at the end of the study. You will be required to collect the shoes from a pop-up shoe shop at a location within the Trust. The shop will be open for a week.

2 What will I need to do if I take part?

If you decide to take part, you will need to fill in a consent form and questionnaire about yourself, select the style of shoe you would like to wear from a brochure and return them to us in the stamped addressed envelope provided.

We will then send you a weekly calendar for you to record any slips (no matter how minor) or falls you have at work, which you can use as a reminder when replying to the text messages we will send you. We will also send you a weekly text for 4 weeks to ask if you have had a slip at work. If you reply to the texts we will enter you in the study. If you do not reply we will be unable to enter you in the study. We will let you know if you have or have not been entered in the study by either text message, email or letter.

Once you are in the study we will send you a weekly text for 14 weeks to ask if you have had a slip at work. It is important that you reply to the texts, even if you haven't had a slip. After your first slip a researcher at the University of York will phone you to ask you some questions about it.

We would ask that you let the trial coordinator Rachel Cunningham- Burley, telephone 01904 328088, email, rachel.cunningham-burley@york.ac.uk know as soon as possible if you change your mobile phone number, or any other contact details.

After 14 weeks you will be sent a questionnaire about your experience of taking part in the trial, the shoes you have been wearing and asking about any slips or falls you had.

3 What are the possible benefits and disadvantages of taking part in the study?

- We cannot promise that taking part will help you personally. However it may help us find out if slip resistant shoes can reduce the number of slips and falls in the work place.
- Taking part in this study will involve some of your time to complete questionnaires/reply to texts/answering questions about a slip or fall you have had.
- You will receive a free pair of slip resistant shoes supplied by 'Shoes For Crews' either at the beginning or at the end of your participation in the study. We can only supply you with one pair of shoes from the range that are on offer in this study.
- You would be covered under NHS indemnity whilst you are wearing the slip resistant shoes at your place of work. However, the trial insurance does not cover you to wear these shoes when you're not working.

Who is organising and funding the research?

This study is being organised by the University of York in collaboration with the Health and Safety Executive (HSE). The project has been funded by the by the National Institute for Health Research's Public Health Research Programme and the Health and Safety Executive.

This study has been reviewed and approved by the University of York, Department of Health Sciences Research Governance Committee. It has also been reviewed by your local hospital Trust Research and Development committee.

Everyone who takes part will be sent a summary of the results.

Will my taking part in the study be kept confidential?

Any information you provide will be treated in confidence. At the beginning of the study we will record your name, personal contact details including your address, mobile telephone number and date of birth and keep a copy of your signed consent form. This information will be stored securely at the University of York and at the Health and Safety Executive in accordance with the Data Protection Act 1998.

4 More information about taking part

Do I have to take part?

No, taking part is entirely voluntary. If you do take part you can withdraw at any time without having to give a reason.

Will taking part in this study cost me anything, and will I be paid?

We do not charge for the texts you send to us but your usual network supplier's charges will apply. Unfortunately we are unable to reimburse this expense or any other payments if you take part in this study.

What is a slip and fall?

For this study we would like to know about any slip or fall you have at work, regardless of the severity and whether or not you are injured. In this study a slip is defined as 'a loss of traction of your foot on the floor surface, which may or may not result in a fall.' A fall is defined as 'an unexpected event in which you come to rest on the ground, floor, or lower level.'

The shoe supplier, Shoes for Crews, may be given your name and work address to enable them to deliver your shoes.

Your employer will be informed of your participation in the study. Also colleagues may realise you are taking part if they see you wearing the slip resistant shoes.

Your name will not be mentioned in any publications arising from the study and we will ensure that individuals cannot be identified from details in reports of the study results. If you withdraw from the study at any time, the information you have already provided will be used in an anonymous form for the purposes of the study.

How will my mobile phone number be used?

If you agree to take part in the study your mobile phone number will be stored on a secure management system at the University of York. Text messages will be sent to you using a secure UK based text messaging service managed by a third party organisation. The University of York and the third party organisation will not use your mobile phone number for any other purposes other than those relating to the trial and your information will not be shared with anyone else. All information will be securely stored for five years after completion of the study and then securely destroyed.

What will happen to the data collected in the study?

The results of this study will be published in scientific journals read by health professionals and Health and Safety Managers and may be presented at conferences. Depending on the results of the study, the Health and Safety Executive will post their findings on their website and may use the findings in the courses they run aimed at reducing slips and trips in the workplace.

We may wish to share anonymised data that you provide with authorised researchers studying other relevant research projects. You can agree or opt out of such data sharing in the consent form.

What if there is a problem?

If you have concerns about any aspect of this study please contact the trial co-ordinator Rachel Cunningham-Burley, Tel: 01904 328088 or another member of the trial team as detailed on the front page. If you prefer you can contact {insert your local R&D or PALs}.

While we anticipate no harm or distress to come to anyone as a result of this study but it is important to state that there are no special compensation arrangements. If you wish to complain, or have any concerns about any aspect of the way you have been approached or treated during the course of this study, the normal National Health Service complaints mechanisms are available to you.

5 What do I do now?

Having read the information you have the following options:

Yes I want to take part

If you want to take part in the study, please fill in and sign the consent form and complete the questionnaire and return them in the envelope provided (no stamp needed). Please keep this information sheet for your reference.

If you have any questions about completing the forms, please phone us and we will be happy to help.

On receipt of the forms we will check and let you know if you are eligible or not for the study. If you are eligible at this stage, you will receive 4 weekly texts. Following your response to these we will contact you to confirm whether or not you have been entered in to the study.

No I do not want to take part

There is no need to do anything further if you do not want to take part.

I am unsure and want more information

We would be happy to answer any questions. Please contact the trial co-ordinator, Rachel Cunningham-Burley, Tel: 01904 32088. If there is no answer please leave a message and we will get back to you as soon as possible.

Please note, we need to receive your completed consent form and questionnaires within the next three weeks in order to be able to consider you for inclusion in the study.