



# Help Us Support Healing

## **Non-Interventional Study** - Adult providing own consent

<i>Protocol Number</i>	2021/ETH11585
<i>Project Sponsor</i>	University of New South Wales (UNSW)
<i>Coordinating Principal Investigator/ Principal Investigator</i>	Corey Adams, RN MBA
<i>Associate Investigator(s)</i>	A/Prof Reema Harrison Dr Ramesh Walpola
<i>Location</i>	St Vincent's Hospital Sydney

### **What does my participation involve?**

You are invited to take part in this research, The HUSH Project (Help Us Support Healing) because you have been admitted to hospital. We would like to evaluate the quality of sleep in hospitals and measure the effects of interventions, like HUSH Sleep Pack and tips to improve sleep.

This Participant Information Sheet/Consent Form tells you about the research project. Knowing what is involved will help you decide if you want to take part in the research. Please read this information carefully. 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 local doctor. Participation in this research is voluntary. If you don't wish to take part, you don't have to. You will receive the best possible care whether or not you take part.

### **What is the purpose of this research?**

The results of this research will be used by Corey Adams (Manager, Patient Experience) as part of his Doctorate in Public Health thesis, University of New South Wales (UNSW). This project was initiated by Corey Adams and has been funded by the St Vincent's Curran Foundation. This research is being conducted with UNSW and the Sleep Health Foundation.

### **What do I have to do?**

You will be given a HUSH Sleep Pack, with earplugs and an eye-mask that you can use. We will also provide you with information, including tips to better sleep in hospital, and links to useful resources (such as relaxing music, white noise, and meditation). After two (2) nights in hospital, you will be sent a text message to your mobile phone. You can click on the link in the message to go to the survey. The survey will take 2 or 3 minutes to complete.

### **Other relevant information about the research project**

This project will last for up to one month, and will involve approximately 150 patients at St Vincent's Hospital Sydney. This research involves a collaboration with the Sleep Health Foundation to support best practices for Australian hospitals to improve sleep quality for patients. Your feedback will help us to understand about how well you slept in hospital, what disturbed your sleep, and whether the HUSH Sleep Pack was helpful. This research project has been designed to make sure the researchers interpret the results in a fair and appropriate way, and avoids researchers jumping to conclusions. There are no costs associated with participating in this research project, and you will not be paid for your involvement.

As outlined in our privacy policy, your information may be used for quality assurance purposes. For example, we may send surveys to patients via email or mobile phone, which helps us to evaluate our services. St Vincent's Health Network will confine its disclosure of your personal information to the primary purpose for which that information has been collected, or for a related secondary purpose. For more information, go to: <https://www.svhs.org.au/privacy-policy>

### **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 complete the survey, it is assumed that you have consented to take part in the research. 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 St Vincent's Hospital. You do not have to take part in this research project to receive treatment at this hospital.

#### **What are the possible benefits of taking part?**

We cannot guarantee or promise that you will receive any benefits from this research, however possible benefits may include better quality sleep in hospital.

#### **What are the possible risks and disadvantages of taking part?**

There are no expected risks to taking part of this research.

#### **What will happen to information about me?**

It is anticipated that the results of this research project will be published and/or presented in a variety of forums, including a Doctoral thesis. In any publication and/or presentation, information will be provided in such a way that you cannot be identified.

In accordance with relevant Australian and/or NSW privacy and other relevant laws, you have the right to request access to the information collected and stored by the research team about you. You also have the right to request that any information with which you disagree be corrected. Please contact the research team member named at the end of this document if you would like to access your information. Any information obtained for the purpose of this research project can identify you will be treated as confidential and securely stored. It will be disclosed only with your permission, or as required by law.

#### **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 HREC of St Vincent's Health Network Sydney. 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.

---

#### **Further information and who to contact**

For further information concerning this project, or if you have any medical problems which may be related to your involvement in the project (for example, any side effects), you can contact the principal researcher Corey Adams on [corey.adams@svha.org.au](mailto:corey.adams@svha.org.au) or **(02) 8382 2495**.

For matters relating to research at the site at which you are participating, the details of the local site complaints person are:

#### **Complaints contact person**

Name	Research Office Manager
Position	Research Office Manager
Telephone	02 8382 4960
Email	<a href="mailto:SVHS.Research@svha.org.au">SVHS.Research@svha.org.au</a>

If you have any complaints about any aspect of the project, the way it is being conducted or any questions about being a research participant in general, then you may contact:

#### **Reviewing HREC approving this research and Research Officer details:**

Reviewing HREC name	St Vincent's Hospital HREC
Position	Research Officer
Telephone	02 8382 4960
Email	<a href="mailto:SVHS.Research@svha.org.au">SVHS.Research@svha.org.au</a>

#### **Local Research Office contact (Single Site - Research Governance Officer)**

Name	Research Governance Officer
Position	Research Governance Officer
Telephone	02 8382 4960
Email	<a href="mailto:SVHS.Research@svha.org.au">SVHS.Research@svha.org.au</a>