<To be printed on local headed paper>

Participant Information Sheet

A PHASE IIb, RANDOMISED-CONTROLLED, TWO-CENTRE CLINICAL TRIAL ON THE EFFICACY OF A HOME-BASED **EX**ERCISE AND MOTIV**A**TIONAL PROGRAMME IN PATIENTS BEFORE AND AFTER **L**IVER TRANSPLANTATION

1. What is the leaflet for?

We are asking you if you would like to take part in this research trial called ExaLT. Before you decide, we want you to know why the trial is being carried out and what this means for you.

This Participant Information Sheet (PIS) tells you the purpose of the trial, what will happen to you if you take part and detailed information about the conduct of the trial.

A member of our team will answer any questions you may have. Please ask us about anything if it is unclear and you can also talk to others about the trial if you wish.

2. What is the purpose of this trial?

Liver transplantation is the main curative procedure for patients with liver failure and/or liver cancer, in which other treatments cannot help. Liver transplantation exerts a huge stress on the body and mind, especially in people who are already physically and mentally frail because of their liver disease. We know that frailty prior to transplant surgery results in more complications, longer hospital stays and contributes to approximately one in ten patients either dying whilst still on the transplant waiting list or shortly after liver transplantation.

Exercise is one of the most powerful medical therapies available, with numerous proven benefits to patients with diseases like diabetes, heart disease and cancer. Despite this, exercise is not currently used in patients with liver failure or recovering from liver transplantation, due to a lack of robust research evidence. Exercise may have the potential to improve the lives of people with liver failure and/or cancer and reduce the side-effects of liver transplant surgery. The current standard of care for NHS patients awaiting liver transplantation is an advice leaflet. Evidence-based exercise programmes around the time of transplantation do not exist. Only a few small studies have indicated that supervised, hospital-based exercise can improve physical function and quality of life.

The aim of this trial is to determine the effect of a home-based exercise and motivation-support programme in patients undergoing liver transplantation on their quality of life after surgery. Furthermore, we hope to better understand how the exercise works and what motivational support is needed to enable patients to engage with exercise in the long-term, not only while waiting for a liver transplant, but also long after the transplant is completed.

3. What is the intervention being investigated in the trial?

Participants will be randomly allocated to one of two groups. There will be equal numbers of participants in each group (i.e. 133 in each group):

Group 1 (experimental treatment; known as 'intervention group'): A home-based exercise and motivation support programme delivered by a physiotherapist. The intervention will begin whilst patients are on the liver transplant waiting list and end six months after liver transplantation. The intervention will consist of regular strength and endurance exercises, tailored to each patient's level of fitness. During clinic visits and via telephone calls a physiotherapist will provide motivational support throughout the exercise.

Group 2 (standard of care; known as 'control group'): Patient advice 'exercise' leaflets before and after liver transplantation. These will be provided and explained by the physiotherapists**.**

We shall assess the effectiveness of the intervention by measuring quality of life before and after liver transplantation in both groups of patients during the study period. The home-based exercise and motivational support programme will be deemed effective if the quality-of-life scores are higher with the intervention (Group 1) than the control (Group 2).

4. Why have I been asked to take part, and can I say no?

We have invited you to take part in this trial because you are on the waiting list for a liver transplant.

The decision to take part in this trial is entirely your own choice. If you do decide to take part, you will be one of 266 participants in this trial (133 participants in each group) from two Liver Transplant Units in England. We are inviting patients from the Liver Transplant Units based at the Queen Elizabeth University Hospital, Birmingham (QEUHB) and the Royal Free Hospital, London (RFHL). You will continue to get all your usual treatments and routine follow up for your liver disease. By taking part in this trial, your position in the liver transplant waiting list will not be affected and you will still be called up by telephone as normal when a donor organ liver has been allocated to you.

If you decide not to take part, your normal health care will not be affected in any way, and you will continue to be cared for on the liver transplant waiting as you would normally.

5. What would taking part involve?

- **Consent:** It is important that before you agree (consent) to take part in this trial that you have read this Participant Information Sheet (PIS), have had time to discuss it with your family and/or friends, and feel that all your questions have been answered by the ExaLT Clinical Trial team. If you agree to take part in the trial, you will be given this leaflet to keep and asked to sign a written consent form. During the course of the trial, you will be asked to confirm your willingness to continue in the trial.

In the event you lose mental capacity to make decisions for yourself, we will ask you when you are completing the consent form, if you are willing to identify an individual(s) to act as a "personal consultee" on your behalf. A personal consultee can be defined as someone who is engaged in caring for you (not professionally or for payment) or is interested in your welfare and is prepared to be consulted. You will be asked to identify up to a maximum of 3 contacts that we can approach in the event you lose mental capacity (e.g. become confused because of the side effects of your illness) and are unable to make decisions. This is optional and we will only approach the personal consultee if you lose mental capacity during the period of the trial.

The consent form and information will stay on record in your trial file, be noted in your medical records, and be available for review by the research team, representatives of the Sponsor, regulatory authorities, or from the NHS Trust where relevant to your participation in this research trial. A copy of the consent form will also be held at Birmingham Clinical Trials Unit, University of Birmingham and a copy made for you to keep.

- **Selection of study intervention group:** After providing consent, you will be selected by a computer to be part of one of the two groups; Group 1 or Group 2 (as described above). To make the groups fair, each patient will be put into either Group 1 (133 patients) or Group 2 (133 patients) by chance (randomly):

  Group 1: If you are randomised to Group 1, you will be asked to take part in a remotely monitored exercise programme before and after liver transplantation, which you will be able to practise safely at home. The exercises will be tailored to your ability and individualised to your needs by the study physiotherapists to ensure your safety. At visit 1, a part of the 'generic exercise and motivation education' will be delivered by the study physiotherapists to a group of participants (3-4 maximum) at the same time. If you do not wish to attend the group session at visit 1, you will be given the option to attend an individual session. You will be given exercise booklets containing details of the various types of exercises that the Physiotherapist will ask you to undertake. Motivational support will also be provided by the study physiotherapists during face-face clinic visits and regular telephone calls. We would like you to undertake up to five exercise sessions a week which will include three aerobic type exercise (e.g. walking) and two resistance-based bodyweight exercise sessions (e.g. chair stands). The telephone calls you will receive will enable the study physiotherapists to check how you are getting on with the exercises, provide motivational support and provide you with the opportunity to ask any questions or report any concerns.

- **Group 2:** If you are randomised to Group 2, you will receive patient 'exercise' advice leaflets before and after liver transplantation, which are currently part of routine 'standard' of care. The study physiotherapists will explain the advice leaflets to you in person, show you how to perform the exercises and will answer any questions you may have about the exercises at the beginning of the trial and prior to discharge from hospital after your liver transplant. At each trial visit, you will be given the opportunity to ask any further questions about the 'exercise' advice leaflets.

- **Monitoring of physical activity and exercise in the trial**: You will receive an accelerometer (known as an Actigraph), which looks like an activity wrist watch. You will be asked to wear this device on your wrist to monitor your daily physical activity levels. The accelerometer should be worn continuously for 14 days during each monitoring session. If you are in Group 1 you will also be provided with a 'participant exercise diary', to keep a record of your exercises completed during the trial.

  You will be asked to monitor your daily activity from 4 up to a maximum of 7 times during the study, depending on when you receive your liver transplantation. You will first receive the device/s during your initial clinic visit and asked to return device/s after 14 days using a Freepost envelope supplied. Device/s will then be posted to you at home prior each 14-day monitoring session. These sessions will occur approximately 14 days before your next scheduled clinic visit. You will then return the device/s at this clinic visit. When you finish the study, you will be asked to return all the equipment to the research team. This will all be explained to you by the trial physiotherapist throughout the trial. With regards to the accelerometer no personal identifiable data will be collected. You do not need to download or sign up to an app. Data will be automatically extracted from the watch directly to a secure central server at Amazon Web Services and Microsoft Azure in the United States, with whom the trials unit have a contractual agreement.

- **Study procedures and Data collection:** As part of the trial we will collect some information about your general health, physical fitness, quality of life and carry out blood tests. We will need to access your data held by the NHS or your GP using your NHS number and other identifiable information.

  We have outlined below what you can expect from each clinic visit regardless of which group you are in. Where possible, we will aim to perform each trial visit at the same time as your routine liver clinic appointment. The flow chart at the end of this information sheet will provide you with more information. All the assessments and procedures shown below will be delivered by an appropriately trained clinical member of the study team:

- Medical history, physical examination and clinical observations (including weight, blood pressure, oxygen saturations, heart rate)
- Questionnaires: During the study visits you will be asked to complete five health questionnaires (including quality of life). These will take approximately 30 minutes in total.
- Blood tests: The majority of the blood tests (e.g. full blood count, infection markers, kidney function, liver function, blood clotting) will be undertaken as part of your routine clinical care. We will collect additional blood samples, required for the trial at the same time. This may mean an extra three bottles of blood, between 10 to 15 millilitres (equivalent to one tablespoon).
- Physical functional measurements – A brief (5 minute) functional test will be completed which will involve 5 chair stands, three 10 second standing balance tests and three squeezes of a piece of equipment called a 'handgrip' with a 30 second break in between.
- Nutrition Measurements – This includes a series of tests, which will take approximately 10 mins and is part of routine practise to assess your muscle and fat masses. These include muscle arm measurements - a measurement of the muscles in your right arm using a tape measure. For those who consent to the *optional* 'muscle' sub-study (described in full later in this leaflet) we will also measure the fat tissue in the same arm using a skin fold calliper. This will feel like a gentle pinch and would rarely cause a brief discomfort.

6. How many visits are there and how long will this take?

For both groups, as part of the trial we will assess you initially on the liver transplant waiting list at the first study visit known as the 'baseline visit' (week 0), at which time you will undergo the assessments described above and will be provided with either the exercise programme or the 'exercise' advice leaflet by the study physiotherapists. After the baseline visit, you will attend face-to-face trial visits at 6 to 12 weekly intervals until you have had your liver transplant. After you have had your liver transplant, you will be assessed at 6 to 12 weekly intervals until 24-weeks after liver transplant, at which stage the study intervention will end.

All our trial visits/assessments (*where possible*) will be scheduled to occur at the same time as your routine liver clinic visit, in keeping with the pre-transplant and post-transplant protocols. Depending on when you have your liver transplant, we estimate up to 10 to 12 clinic visits over the duration of this study. As a consequence of a significant event such as the viral pandemic where there is local, regional, or national lockdowns a Telecall and/or video call may be used instead of a face to face visit.

The maximum time we expect any patient to remain in this study is approximately two years. This is made up of a maximum intervention period a year (range 1 to 52 weeks due to unpredictable nature of timing of liver transplant) before liver transplant and 24 weeks after liver transplant; with an additional 24 weeks of follow-up.

On a rare occasion, we may ask you to attend an extra clinic if we are unable to complete all the assessments during your routine clinic visit. We will inform you well in advance to allow planning. If you are randomised to Group 1 your initial visit will take between 5 and 6 hours. Each visit thereafter, regardless of group allocation, will take 30-60 minutes in addition to your normal clinic time. In addition to the clinic visits and assessments, if you are selected to join Group 1, you will also receive telephone health calls every 2-4 weeks whilst on the transplant waiting list and after the liver transplant. These telephone calls will take approximately 15-30 mins. If you own a smartphone or computer with internet access, there will be the opportunity to have virtual 'FaceTime' health call instead of a telephone call.

If you do not have a liver transplant within 52 weeks of starting the trial intervention, you will be withdrawn from the trial intervention and your standard of care will resume as normal. Although you will no longer receive the trial intervention, you can continue with the advice and experience gained. We would also like to continue to collect some health data from your medical notes (including routine blood test results, complications of your liver disease e.g. hospital admissions) and ask for you to complete two questionnaires every 3 months after your trial intervention has ended. This will be done during your routine waiting list clinic and your post liver transplant clinic. This will only occur if you are still willing to participate in the study and once the study ends, no more data will be collected. You can choose not to continue in the study at any point and this will not affect the clinical care you receive.

7. There is also the option of being involved in a 'muscle' sub-study (*optional*).

What is this for and what does it involve?

At the beginning of the trial, at the baseline visit, you will have the opportunity to consent and take part in sub-study of the ExaLT trial. It is optional to be in the sub-study. We would like to provide mechanistic information regarding how exercise (before and after liver transplantation) works directly on your muscles and physical fitness, which may in turn explain any changes in your quality of life. This information will also aim to understand what 'dose' of exercise (i.e. intensity, duration, frequency) is required to see significant improvements in your physical function and quality of life and how the motivation-support therapy may have contributed to these changes.

The sub-study will aim to recruit 100 out of the possible 266 participants in the main ExaLT trial. The aim would be to recruit equal numbers of participants from each group (1 and 2).

The sub-study is completely **optional** and you will be asked to decide if you want to take part when you complete the consent form for the main trial. If you do not consent for the sub-study, it will not affect your routine clinical care or your ability to participate in the main ExaLT trial.

The sub-study will take place over 3 trial visits,

A- visit 1 (baseline),
B- visit 2 (6 weeks)
C- Visit 6 (If no liver transplant within 1-year timeline) OR Visit 9 (24 weeks after transplant).

If you want to be involved in the sub-study, we may ask you to attend early to your clinic appointments so we can complete these tests before your routine clinic time. We anticipate each visit in the sub-study group will take 60-90 minutes in addition to your normal clinic time and main trial visit. If at any stage you decide to withdraw your consent from the sub-study, you will still be able to participate in the main ExaLT clinical trial. If you wish to participate in the optional sub-study then you will be asked to take part in these additional assessments:

- 6-minute walk test – you will be asked to walk along a corridor for a total period of 6 minutes. Your oxygen saturation, heart rate and perceived exertion will be recorded at the beginning and at the end of this test.

- Exercise capacity test (known as a CPET) – This is an exercise test to see how well your heart, lung and muscle cope with exercise. This will be done using an exercise bike in our cardio-respiratory department. Before the test, you will be asked to avoid any heavy meals, remove any nail varnish, bring exercise or comfortable outfits, and bring a comfortable pair of shoes. Most people may prefer to have running shoes/trainers. During this test, you will have a breathing mask fitted and asked to perform breathing exercises to assess your lung function and to record the oxygen intake and carbon dioxide production when you exercise. This will be tightly fitted to avoid gas escaping which can give incorrect results. Electrodes will be placed on your chest to record your heart rate and rhythm throughout the test. An oxygen sensor will be placed on one of your fingers to monitor your blood oxygen levels and a blood pressure cuff will be fitted on your arm to measure your blood pressure. Rarely, the patients find that the blood pressure cuff can cause minor discomfort to your arm when inflated. The exercise will be done on a stationary exercise bike, you will be asked to start slowly and the speed and intensity will slowly over a period of time be increased to reach your maximum exercise capacity which is between 8 and 12 minutes. The test can be stopped at any time if you indicate by raising your hand in a stop signal. There is no pass or fail. As you have already gone through a rigorous fitness assessment to get on the transplant waiting list, the research results (i.e. your exercise capacity and oxygen consumption) of the

CPET test will not be made available to your regular clinical doctors/trial team, and would not be used to make any decision regarding your care or fitness for liver transplant. However, any serious events such as an irregular heart rhythms or collapse will be recorded, and your clinical team will be made aware of this for your own clinical safety before and after transplant. The test carries a risk of significant complications in about 1 in 10,000 patients. These include the need for hospitalisation due to exercise injury or irregular heart rhythms.

- Thigh Muscle Ultrasound – this is an ultrasound of your thigh muscles. This will take about 15-30mins. You will be required to expose your right upper thigh and lie at a 45-degree angle on an examining bed. Please wear appropriate clothes to allow for this or bring a pair of shorts to change into. The images captured will be stored as part of your test results and the data protection applies. The procedure is safe, does not hurt and does not involve any radiation exposure.

- Additional blood tests (21 ml, equivalent to one table spoon) – will be taken at each of the three visit to assess the amount of muscle inflammation/stress during the sub-study. These blood samples will be processed and safely stored in a -80 degrees freezer, using your unique trial number.

- In addition, if you are willing and your care is within the Queen Elisabeth hospital in Birmingham, a sample of urine (20-30ml), will be taken at each of the three visits as part of your routine care, and will be safely stored in a -80 degrees-freezer, using your unique trial number, for future research projects.

All samples will be stored in keeping with Good Clinical Practice (GCP) guidance at the University of Birmingham prior analysis or use in future ethically approved research.

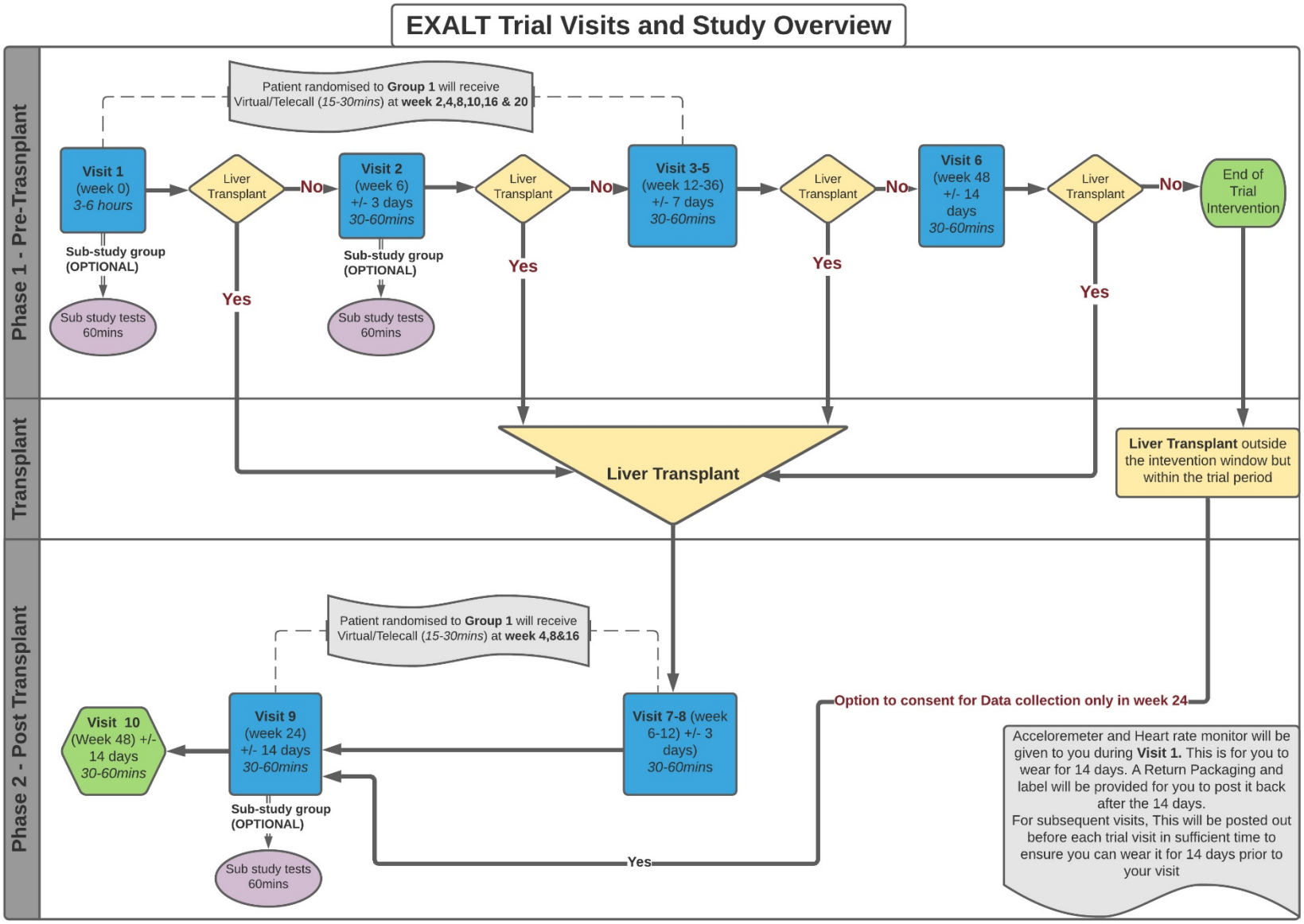
8. Will my travel expenses be reimbursed?

We are aware of the many costs including travel expenses that you may incur for being a participant in this trial. We have provided a (fixed amount of £100 per participant for the entire study) towards the clinic visit and refreshments. The Exalt Clinical Trial Team will always try and ensure that your trial visit is on the same day and time as your routine liver clinic visit.

9. What are the possible benefits of taking part?

We do not know how this trial will directly help you but it will help improve the care of patients with liver failure (and/or liver cancer), who are waiting or who have had a liver transplant. You may feel the indirect benefits of being part of this trial such as receive care which is not standard, improve your patient experience and knowledge of the liver disease process and receive closer monitoring and follow up. You will also feel empowered knowing that your

contribution to clinical research will help advance new and improved treatments/services for patients undergoing a liver transplant.


EXALT Trial Visits and Study Overview
Phase 1 - Pre-Trasnplant
Transplant
Phase 2 - Post Transplant
Patient randomised to Group 1 will receive Virtual/Telecall (15-30mins) at week 2,4,8,10,16 & 20
Visit 1 (week 0) 3-6 hours
Liver Transplant
No
Visit 2 (week 6) +/- 3 days 30-60mins
Liver Transplant
No
Visit 3-5 (week 12-36) +/- 7 days 30-60mins
Liver Transplant
No
Visit 6 (week 48 +/- 14 days 30-60mins
Liver Transplant
No
End of Trial Intervention
Sub-study group (OPTIONAL)
Sub study tests 60mins
Yes
Sub-study group (OPTIONAL)
Sub study tests 60mins
Yes
Yes
Yes
Liver Transplant
Liver Transplant outside the intevention window but within the trial period
Patient randomised to Group 1 will receive Virtual/Telecall (15-30mins) at week 4,8&16
Visit 10 (Week 48) +/- 14 days 30-60mins
Visit 9 (week 24) +/- 14 days 30-60mins
Visit 7-8 (week 6-12) +/- 3 days) 30-60mins
Option to consent for Data collection only in week 24
Sub-study group (OPTIONAL)
Sub study tests 60mins
Yes
Accelerometer and Heart rate monitor will be given to you during Visit 1. This is for you to wear for 14 days. A Return Packaging and label will be provided for you to post it back after the 14 days.
For subsequent visits, This will be posted out before each trial visit in sufficient time to ensure you can wear it for 14 days prior to your visit

10. What are the possible risks of taking part?

The exercises you are given will be matched to your ability and individualised to your needs, however there is still the possibility of sprains or injuries if the exercises are not carried out correctly. In the event of this occurrence, please seek medical advice and inform the ExaLT Clinical Trial Team. Patients can experience temporary pain/discomfort when they have blood taken and may develop a bruise at the site where the needle has sampled blood. To minimise this, additional blood tests for trial purposes will be taken (when possible) at the same time as blood tests as part of your routine clinical care.

In relation to an ongoing COVID pandemic, current government guidelines will be adhered to and local NHS and University procedures will be followed to minimise the risk of exposure to the virus.

11. What if something goes wrong?

If you have a concern about any aspect of this study, you should ask to speak to the ExaLT Clinical Trial Team who will do their best to answer your questions (see contact details on the last page). If you remain unhappy and wish to complain formally you can do this by contacting the Patient Advice and Liaison Services (PALS).

Contact details are: << INSERT LOCAL DETAILS HERE>>.

In the unlikely event that something does go wrong and you are harmed during the research due to someone's negligence, then you may have grounds for legal action and compensation against the sponsor (the University of Birmingham) but you may have to pay your legal costs. The normal NHS complaints mechanisms will still be available to you, if appropriate.

12. What will happen if I don't want to carry on with the trial?

You can stop being part of the trial at any time, without giving a reason, but we will keep information about you that we already have. We need to manage your records in specific ways for the research to be reliable. This means that we won't be able to let you see or change the data we hold about you.

If you choose to withdraw from the sub-study, blood samples already collected as part of the sub-study may have already been analysed so we cannot withdraw samples already collected, but no more samples will be taken.

If you change your mind about carrying on with the trial, please inform us of your wishes. You can leave the trial without giving any reason and we will transfer your care back to your routine clinical liver and transplant team.

13. Will my details be kept confidential?

All information collected about you for this trial will be subject to the General Data Protection Regulation (GDPR) and Data Protection Act 2018 for health and care research and will be kept strictly confidential.

14. How will we use information about you?

The University of Birmingham will be using information from your medical records to undertake this trial and will act as the data controller. This means that the University of Birmingham is responsible for looking after your information and using it properly.

All information collected by the research team will be safely and securely stored in the ExaLT Trial Office, at the University of Birmingham, on paper and electronically, will only be accessible by authorised personnel. You will be identified by a unique trial number. The only people in the University of Birmingham who will have access to information that identifies you will be people who manage the study or audit the data collection process. In routine communication between your hospital and the ExaLT Trial Office, you will be identified by trial number, initials, and date of birth.

By taking part in the study and signing the consent form, you will be agreeing to allow research staff from the ExaLT Trial Office to look at the study records, including your medical records. It may be necessary to allow authorised personnel from government regulatory agencies (e.g. the Sponsor and/or NHS bodies to have access to your medical and research records. This is to ensure that the study is being conducted to the highest possible standards.

The research team will use your name and contact details to contact you about the trial, to make sure that relevant information about the study is recorded for your care, and to oversee the quality of the trial. With your permission, a copy of your signed consent form will be sent to the University of Birmingham for this trial.

Health and care research should serve the public interest which means that we have to demonstrate that the research serves the benefits of society as a whole. We do this by adhering to the UK Policy Framework for Health and Social Care Research.

15. Where can you find out more about how your information is used?

You can find out more about how we use your information;

- at www.hra.nhs.uk/information-about-patients/
- by asking one of the research team

- by sending an email to the University's Data Protection Officer via dataprotection@contacts.bham.ac.uk.

16. What will happen to the data I give?

As part of this trial, we will be collecting personal data from you such as name, address, date of birth, NHS number and information held in your NHS records such as health information and medical history. This information will be held securely at the University of Birmingham and will be kept separate from the research data.

Clinical trial assessments in the form of results of your functional tests, questionnaires and medical history will firstly be stored at the hospital where you are being treated and will then be transferred to the University of Birmingham for analyses and storage. The assessment/questionnaires will be pseudo-anonymised. This means any identifying information such as your name will be replaced with your own unique trial number, your initials, date, and time point (e.g. visit 1). The results may be shared with collaborators involved in the ExaLT Trial at the end of the trial in a pseudo-anonymised way (i.e. trial number, initials, date and time point).

If you agree to take part in the trial, you will be asked to wear an accelerometer (a type of activity watch) to record information about any exercise you might do. This information will be downloaded to a secured, password protected, cloud server where it will be formatted into a report. You will only be identified by your unique trial number. The data will be stored on the cloud for a maximum of 3 years after the end of the trial.

For some of you, we may ask your permission to video or audio record some of your visits with the study physiotherapists. This is so that the information can be reviewed and analysed to assess whether the physiotherapist has delivered the exercise and motivation support in keeping with their trial training and protocol. We will seek consent from you before doing this. Where possible, the recordings will be made in a way to ensure your anonymity (identifying features will not be shown on video recordings) and will not be shared with anyone outside of the research team.

The information collected will then be analysed from the recording by the research team, and the details written into a document for storage at the University of Birmingham. Personal information will be replaced with person A, B etc. when we write the details of the visit into the document, in order to conceal your personal details (e.g. name). Once the recordings have been analysed, the video and audio files will be stored on a password protected, secure online system at the University of Birmingham. Video and audio files will be securely deleted prior to the end of the trial. Only members of the research team will have access to these files, using

their university details. All the information collected from you will enable us to run the trial and analyse the results.

17. What will happen to the blood samples I give?

The only blood samples that will be collected and stored are part of the optional muscle sub-study - described above. Your blood samples will be pseudo-anonymised using your unique trial number, initials, date, and time point (e.g. visit 1). It may be required that we send your samples to partners (including commercial companies) to help analyse the samples and answer the study questions. If you wish to withdraw consent for blood sample collection, no further samples will be taken. However extensive analysis may already have occurred on your samples at this time, so withdrawal of previously donated samples for analysis in the study is not possible. We therefore ask that your samples are given as a gift, whereby they will become the property of the University of Birmingham.

18. Donating Samples for future research.

If you are taking part in the muscle sub-study, you have the option to donate samples for future research. If you have given blood, it is likely that your blood samples will be used up during this study. However, in some cases there may be remaining samples. We would like to ask if you are willing for any remaining samples to be securely stored for future ethically approved research. If you are attending the Queen Elizabeth Hospital in Birmingham, you will also have the option for routine urine samples to be collected at the three sub-study visits and securely stored for future research.

If you do not wish for your samples to be stored and used in future research, the samples will be destroyed either at the end of the study (in the case of blood samples) or as part of routine practice (in the case of urine sample).

19. What type of future research will my samples be used for?

The samples will only be used in ethically approved research and may be shared with a wide range of researchers and institutions. There is a possibility of commercial and/or therapeutic applications. General health information will be shared alongside these samples, but no identifying information such as your name will be given.

20. How will my personal data be kept secure?

The University of Birmingham takes great care to ensure that personal data is handled, stored and disposed of confidentially and securely. Our staff receive regular data protection training, and the University has put in place organisational and technical measures so that personal

data is processed in accordance with the data protection principles set out in data protection law.

Any physical paperwork containing identifiable data will be kept in an access-controlled and secured room inside a locked filing cabinet. In relation to this trial, electronic data will be kept on secure servers within the University of Birmingham.

When the trial is published, no identifiable or personal information will be published and so you will not be identified from it.

We may share information with other organisations for the purpose of improving clinical care and knowledge. These organisations include NHS organisation, companies that work with the NHS/NHS Bodies, Universities, or government regulatory agencies. We have appropriate agreements in place with them to protect and safeguard your data. Your personal information will not be included and will not affect your future care, access to services and insurance.

You can withdraw your consent to our processing of your data at any time. Under the provisions of the General Data Protection Regulation (GDPR), you have the right to know what information the trial has recorded about you, if you wish to view this information, please contact Legal Services (Legal Services University of Birmingham Edgbaston Birmingham, B15 2TT). Please note that a small administrative fee may be payable to retrieve this information. All individuals who have access to your information have a duty of confidentiality to you.

21. How long will my personal data be kept?

The University of Birmingham and the NHS will keep identifiable information about you for at least 10 years after the study has finished, to allow the results of the study to be verified if needed. If you withdraw from the trial, we will keep the information we have already obtained but, to safeguard your rights, we will use the minimum personally identifiable information possible.

22. What will happen to the results of the research trial?

At the end of the trial, we will report results to the funder of the research and publish them in appropriate academic and professional journals and at conferences. We will contact you with the results of the trial once it is finished. The publications will be made available to the general public on websites, should you be interested. You can also access the trial website to follow its progress and see the results when available.

23. What happens when the research trial stops?

After the trial has finished, your clinical care with go back to the current standard of care and your routine liver clinic follow-up.

24. What happens if new information becomes available?

Sometimes we get new information about the treatment being studied. If this happens, a member our ExaLT Clinical Trial Team will share the new information with you and whether you should continue in the trial. If we are happy for you to continue in the trial, you will have the option to decide whether you wish to continue. A member of the ExaLT Clinical Trial Team may ask you to re-sign a consent form if you decide to continue. If you decide not to continue, your care will be transferred to your normal team to continue as normal.

25. Involvement of General Practitioner / other healthcare practitioner

Your GP will be informed that you are taking part in the trial. By consenting to take part, you agree to us sharing your progress in the study with your GP, as needed for your clinical care.

26. Who is organising and funding the research?

The ExaLT trial is funded by the National Institute for Health research (NIHR) Efficacy and Mechanism Evaluation (EME) Programme (reference number – 129318). It is sponsored by the University of Birmingham and is being organised and run on their behalf by the Birmingham Clinical Trials Unit.

No member of the research team is being paid for including you in this study.

27. How have patients and the public been involved in this trial?

A group consisting of patients and members of the public helped to develop this research topic and the research questions that should be asked. Potential participants were involved in describing the inclusion and exclusion criteria for people taking part in this trial. In designing this trial, we have considered patient opinions on the frequency of participant visits and the tests that will be carried out.

Two members of this group are also co-applicant in this trial and helped to develop and review this Participant Information Sheet. They will continue to be involved in the trial.

28. Who has reviewed the trial?

All research in the NHS is looked at by an independent group of people, called a Research Ethics Committee, to protect your interests. This trial has been reviewed and given favourable opinion by Hampshire A Research Ethics Committee.

29. Who can I talk to if I have any other questions or concerns?

You can speak to a member of the ExaLT Clinical Trial Team when you attend your clinic appointments or alternatively, you can phone on the number below and speak to someone. We will do our best to answer any of your questions.

If you have any queries about the processing of your data, please contact dataprotection@contacts.bham.ac.uk for the attention of the Data Protection Officer.

Thank you for taking the time to read this information leaflet and for considering taking part in this research trial.

Exalt Clinical Trials Team:

Contact details are: << INSERT LOCAL DETAILS HERE>>.