



Welcome to the second **Fit4Surgery-2** newsletter! Here you'll find messages from the team, tips for best practice and updates on all things trial-related.



92 participants recruited to the trial!

Update:

15 sites are now open to recruitment. Please see below our current recruitment figures.

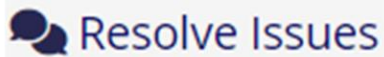
Well done to all of our sites for the effort put in to increase participation in the trial.

University Hospitals of Leicester and **Blackpool Teaching Hospitals** have recently opened, and we hope to see **Coventry & Warwickshire** and **Royal Brompton & Harefield** on board in the coming weeks.



We have successfully completed the **6 month internal pilot** for the trial. The annual report to our NIHR funders was submitted on the 10th May 24 and we are awaiting their feedback.

Following on from the submission, we will be implementing some changes to improve recruitment and follow-up. We will keep you informed of any updates!



Data queries:

Please continue to address any queries raised in the REDCap database as soon as you can. We currently have **257 open queries** across all of our sites. To view any unresolved queries in the database, please click on 'resolve issues' on the left hand menu.

More information on how to address the queries can be found on pages 28-30 of the database guidelines. Also, the 'F4S-2 Transcription of Participant Booklets' document that was recently circulated, gives tips on how to avoid queries being raised on the participant booklets.

If you are having difficulties with any aspect of the query process, please get in touch.



REDCap checks following randomisation:

Once a participant has been randomised into the trial, please ensure.

- Their **name and address** have been entered into the Baseline Pre-Randomisation form.
- The person entered on the Randomisation form in the 'Name of person performing eligibility assessment' field is **delegated to confirm eligibility** on the delegation log.
- The **Surgery Date** is entered into either the Baseline Medical Data form or the Site Admin form as soon as possible once it is known.

Missed appointments & assessments:

There have been a number of instances where the day of surgery, day of discharge and the 30 day follow-up assessments have unfortunately been missed. We understand how difficult it can be to track any changes to the participants clinical visits if it is not being communicated across teams.

We would like to work with you to share best practice and produce any additional tools/checklists that may be helpful. If you have any feedback on what works well at your site or what difficulties you are experiencing, please get in touch.

We will be discussing this in more details at the next site drop in session, so please join if you can.



F4S App:

- As previously communicated, the F4S app is still unavailable on iOS (Apple) devices. Apologies for this inconvenience, please continue to use the android devices provided for those with iPhones.
- It is important that the intervention participants enter (and update) their surgery and discharge dates in the F4S App. If their surgery date is not known when they are recruited to the trial, **please remind them to enter it in once they receive it.**
- When participants complete the exercise sessions using the app they will be asked to complete some brief questions on how they found the session (examples below). **Please encourage them to complete these questions.**

After your session

How did you feel after completing your exercise session? Please select the statement below that most applies to you.

very hard

How hard did you find session ? Please select below that most applies to you.

somewhat hard

If you would like to leave more detailed feedback or have any general comments please use the space below.

LEG RAISE

Rate perceived exertion

Thinking about your exercise session today please rate your level of exertion. Use the slider on the right to select an appropriate level.

12

Light to somewhat hard

20
19
18
17
16
15
14
13
12
11
10
9
8
7
6

Clinicians' portal

- **Please remember to check that participants have been using the app.** If they have not used the app for **3 days**, please get in touch with them to see if they have been having any technical issues with the app/smartwatch at home. You can check their progress by identifying them by their Study ID (for example: IDH-F-231206QNC) on the clinician's portal, clicking on the 3 dots on the right and selecting 'Exercise sessions'. This will show you a daily summary of their sessions.
- **You can set new site users up on the Clinician's portal** - Page 8 of the trial guidelines gives some instructions. There is one user per site who can do this if you are unsure who this is please let us know.

Technical support for the Clinicians Portal & App:

Email: f4shelp@intelexsystems.com

Telephone: 0121 582 4704

If you are running low on any **trial paperwork or equipment**, please let the trial office know and we will get it posted out to you as soon as possible.

Please remember: When the android tablets are returned to you, they can be used again for the next participant. To do this uninstall the app, and then re-install it (from the Google Play Store)

Useful links and contacts

F4S-2 Trial Team, Laura Ocansey & Aisha Khan:

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Tel: 0121 415 9115

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Trial website: <https://www.birmingham.ac.uk/fit4surger2>

X (Twitter): @Fit4surgery2

We have a trial WhatsApp group for communication about the trial & an MS Teams channel where the generic trial documentation is stored. Please email the trial inbox if you would like access to these.

