Patient information sheet

You are being invited to take part in a research study. Before you decide 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. Talk to others about the study if you wish

Ask us if there is anything that is not clear or if you would like more information. Take time to decide whether or not you wish to take part

What is the purpose of this study?
The purpose of this study is to find out whether the Incremental Shuttle Walk Test and the Chester Step Test are equally useful to measure any improvement in exercise capacity after the eight-week cardiac rehabilitation programme. I will be using the data to complete my dissertation for my MSc at the University of Chester

What do I have to do?
You will be asked to do the two tests, one of which involves walking between two cones 10m apart and the other stepping on and off a small step. Your heart rate will be monitored during the tests. You will be given a full explanation of both tests before performing them

Do I have to take part?
No. We would gather most of this information as part of your physiotherapy assessment before starting on your cardiac rehabilitation programme and at the end of the 8 week programme, but I am asking you to complete an extra test and if I can use the data for the purpose of research

Why have I been selected?
I shall be asking everyone who is referred to the cardiac rehabilitation programme

Are there any disadvantages to agreeing to take part?
The assessments will take slightly longer than without the extra test; this will only be about 30-45 minutes on two occasions.

Are there any disadvantages to agreeing to my data being used?
No, it will make no difference to your treatment whatever you decide
Are there any benefits?
This will help us to find out if the programme is beneficial so we can improve the programme. It will also allow us to look at the best way of recording any improvements in your exercise capacity

Can I withdraw from the study at any time?
Yes at any time, this will have no effect on your treatment

Will the data be confidential?
Your name will not be used, only the results

If you have any further questions please do not hesitate to contact me

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