

Exploring Wellbeing for People with Osteoporosis and/or Broken Bones

HEALTHCARE PROFESSIONAL INFORMATION SHEET

Version 1.1, 09-10-2025, IRAS Project Ref: 356624, RG-0407-25

This information sheet explains why the research is being done, what is involved and how you can take part. Please read the following information carefully as it will help you to decide if you want to take part. We welcome any questions if anything is unclear or if you would like to know more.

What is the purpose of this study?

Osteoporosis is a common condition associated with an increased risk of sustaining osteoporotic fractures. For people who have had, or are at high risk of, osteoporotic fractures there can be various effects on wellbeing, including impacts on:

Impact on Wellbeing	Examples (not limited to)
Long-term physical health	• Pain, limited mobility, changes in posture • Eating and breathing difficulties
Mental health	• Depression, anxiety, lower self confidence
Social life	• Loss of independence and social isolation • Restrictions to hobbies, work, relationships, housing and finances
Spiritual, cultural or religious beliefs and practices	• Questioning meaning or purpose of life • Faith as a coping mechanism • Disruptions to sense of self (often due to stigma around osteoporosis or no longer being able to fulfil previous roles) • Difficulty in prayer or hosting gatherings

Your views and experiences will help us to understand the physical, mental health, social, and spiritual (or 'biopsychosocial-spiritual') needs of people with osteoporosis and how they can best be supported.

Why have I been invited?

You have been invited to complete an interview for this study because you:

- Are a healthcare professional who provides care to people with osteoporosis (including nurses, doctors, geriatricians or allied health professionals, for example).

Do I have to take part?

No, taking part in this research is completely voluntary. It is up to you to decide if you want to volunteer to take part in the research or not. If you do decide to participate, you will be asked to sign and date a consent form.

If you have expressed interest in taking part, we will contact you. This does not mean you have to agree to do an interview.

What will taking part involve?

- You will be asked to complete **one single interview** that is expected to last approximately **30-60 minutes**.
- The interview will feel more like a conversation between you and myself (PhD student at Keele University).
- You can complete the interview over **telephone, videocall, or face-to-face** (at the NHS site you work at, if reasonably local to Keele University).

I may contact you to organise an interview at a date / time / location convenient for you. I will send you confirmation of interview details and a consent form by email. You can complete the consent form online or in-person if doing a face-to-face interview.

Before we start, I will answer any of your questions and confirm if you are still willing to take part. Most of the interview questions will be about your experiences and thoughts on the provision of holistic care to address physical, mental, social and spiritual needs of people with osteoporosis. There are no right or wrong answers, and you will be free to take breaks or stop the conversation if needed, at any time.

Our conversation will be recorded (by audio and/or video), and a written anonymised copy (transcript) of the recording will be made either by myself or by an external transcription company.

If during the interview you make a disclosure of potential malpractice, this will be reported to a clinical member of the research team who may escalate this further.

What are the possible advantages and disadvantages of taking part?

There are not any direct benefits to you for taking part. However, by taking part, you will be contributing to research that aims to enhance the quality of osteoporosis care. Your insights may help to shape future clinical practice and improve patient outcomes.

It is not expected that there will be any risks to you taking part in an interview. A potential disadvantage is that it is likely to take up approximately 30-60 minutes of your time.

Unfortunately, funding for this study does not permit reimbursement meaning that participants will not be paid.

What will happen if I don't want to carry on with the research?

Even if you agree to take part and have given your consent, you are still free to withdraw and your ongoing care will not be affected in any way.

You are free to withdraw before and during the interview without giving a reason. You can withdraw your agreement for your data to be used up to 2 weeks after the interview by contacting the study team.

After this 2-week period from the interview, it will not be possible to delete your anonymous comments as we will have already begun to use the information, in line with your consent. Also, after this time, your rights to access, change or move your information are limited, as we need to manage your information in specific ways for the research to be reliable and accurate. If you withdraw from the study, we will keep the information about you that we have already obtained. To safeguard your rights, we will use the minimum personally identifiable information possible. You can find out more about how we use your information at www.hra.nhs.uk.

What if something goes wrong?

If you have a concern or complaint about any aspect of this research project, in the first instance you should contact the researcher(s) who will do their best to answer your questions. Their contact details are found at the end of this document.

If you remain unhappy and wish to complain formally, you can do this by contacting the research Sponsor at research.governance@keele.ac.uk or 01782 732980. Alternatively, if you would feel more comfortable discussing your concern with someone else, you can contact NHS England on england.contactus@nhs.net or 03003112233.

If you are harmed by taking part in this research project, there are no special compensation arrangements. If you are harmed due to someone's negligence, then you may have grounds for legal action. Regardless of this, if you wish to complain, or have any concerns about any aspect of the way you have been treated during the course of this study then you should follow the instructions given above.

Who is organising and funding the study?

The study is being conducted by researchers from Keele University and has been funded by the Haywood Foundation and Keele University as part of a PhD matched funding scheme. A committee reviewed this study as part of the funding process.

Who has approved the study?

To protect your interests, all research in the NHS is looked at by an independent group of people, called a Research Ethics Committee. This study has been reviewed and given favourable opinion by South Central - Oxford C Research Ethics Committee (REF: 25/SC/0296).

What will happen to the results of this research?

We will publish a summary of the results on the Keele University School of Medicine website (<https://www.keele.ac.uk/medicine/>), the Royal Osteoporosis Society website (<https://theros.org.uk/>), and the Midlands Partnership University NHS Foundation Trust website (<https://www.mpft.nhs.uk/working-here/research-and-innovation/news>). In addition, we will share the study's findings via social media, NHS networks and professional bodies, publish them in scientific journals, and present them at meetings and conferences.

We will use the findings to develop recommendations for healthcare professionals to support with the provision of holistic osteoporosis care. These will be made widely and freely available.

Any data that is publicly shared will be anonymous and will not identify you. Your anonymised data may be used in other relevant research studies, subject to appropriate approvals.

YOUR DATA INFORMATION

How will we use information about you?

We will need to use information from you for this research project. This information will include your name, age, gender, ethnicity, professional role, length of experience delivering osteoporosis care, geographic region of work and contact details. People will use this information to do the research or to check your records to make sure that the research is being done properly.

People who do not need to know who you are will not be able to see your name or contact details. Your data will have a code number instead.

Keele University is the sponsor of this research. Keele University is responsible for looking after your information. We will share your information related to this research project with the following types of organisations:

- Other universities
- Third-sector organisations (e.g. Royal Osteoporosis Society)
- National Health Service (NHS)

We will keep all information about you safe and secure by:

- Working in accordance with general data protection regulations (Data Protection Act 2018)
- Having your audio recordings transcribed into a 'transcript' with identifiable information removed, either by a member of the research team or by an external transcription company. Audio recordings will be deleted after transcripts have been anonymised and checked for accuracy.
- Only sharing anonymised data with other organisations or researchers
- Storing your consent form and/or expression of interest form (which contains your personal information) separately to your anonymous transcript
- Storing any electronic data securely on Keele's networks which are approved by a government-backed cyber security scheme
- Storing any paper records in lockable filing cabinets at Keele University

International transfers

Your data will not be shared outside the UK.

How will we use information about you after the study ends?

Once we have finished the study, we will keep some of the data so we can check the results. We will write our reports in a way that no-one can work out that you took part in the study. We will keep your study data for a maximum of 10 years. The study data will then be fully anonymised and securely archived or destroyed.

What are your choices about how your information is used?

You can stop being part of the study at any time, without giving a reason, but we will keep information about you that we already have. You have the right to ask us to access, remove, change or delete data we hold about you for the purposes of the study. You can also object to our processing of your data. We might not always be able to do this if it means we cannot use your data to do the research. If so, we will tell you why we cannot do this.

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
- at our website:
www.keele.ac.uk/legalgovernancecompliance/legalandinformationcompliance/information/governance/checkyourinformationisbeinghandledcorrectly/researchparticipants

by contacting a member of the research team at c.kettle1@keele.ac.uk or **01782 731789**

- by emailing Keele University's Data Protection Officer at: dpo@keele.ac.uk

If you wish to raise a complaint on how we have handled your personal data, you can contact our Data Protection Officer (dpo@keele.ac.uk) who will investigate the matter. If you are not satisfied with our response or believe we are processing your personal data in a way that is not lawful you can complain to the Information Commissioner's Office (ICO, <https://ico.org.uk/make-a-complaint/>).

CONTACT DETAILS

If you would like to discuss the research in more detail, please contact Chelsea within the study team at Keele University by:



01782 731789

Monday – Friday, 9am – 5pm



c.kettle1@keele.ac.uk

Thank you very much for taking the time to consider taking part in the research.