Oral **C**orticosteroids and **C**olchicine for the treatment of go**U**t fla**R**es

Participant Information Sheet

We are inviting you to take part in a research trial called OCCUR. Before you decide whether to take part, it is important to understand why the research is being done and what it may involve if you were to take part.

Please take time to read the following information carefully, ask your GP (or other healthcare professional) during your appointment if you have any questions or if you need more time to decide whether or not to take part in the trial.

English: This participant information sheet is provided in **English**. Keele Clinical Trials Unit (CTU) can help with language translation if needed. Their contact information can be found on the last page.

Polish: Niniejsze pismo jest w języku angielskim. Keele Clinical Trials Unit (CTU) może, w razie potrzeby, pomóc w tłumaczeniu na inny język. Dane kontaktowe CTU znajdują sie na ostatniej stronie tego listu.

Urdu: یہ خط اردو میں دیا جا سکتا ہے۔ اگر ضرورت ہو تو کیلی کلینیکل ٹرائلز یونٹ (CTU) زبان کے ترجمہ میں مدد کر سکتا ہے۔ ان کے رابطے کی معلومات اس خط کے آخری صفحے پر مل سکتی ہیں۔

Bengali: এই চিঠিটি ইংরেজিতে দেওয়া হয়েছে। কিল ক্লিনিকেল ট্রায়ালস ইউনিট (Keele Clinical Trials Unit) (CTU) প্রয়োজনে ভাষা অনুবাদে সাহায্য করতে পারে। তাদের যোগাযোগের তথ্য এই চিঠির শেষ পৃষ্ঠায় পাওয়া যাবে।

Punjabi: ਇਹ ਪੱਤਰ ਅੰਗਰੇਜ਼ੀ ਵਿੱਚ ਦਿੱਤਾ ਗਿਆ ਹੈ। ਕੀਲ ਕਲੀਨਿਕਲ ਟ੍ਰਾਇਲਸ ਯੂਨਿਟ (ਸੀਟੀਯੂ) ਲੋੜ ਪੈਣ 'ਤੇ ਭਾਸ਼ਾ ਅਨੁਵਾਦ ਵਿੱਚ ਮਦਦ ਕਰ ਸਕਦੀ ਹੈ। ਉਨ੍ਹਾਂ ਦੀ ਸੰਪਰਕ ਜਾਣਕਾਰੀ ਇਸ ਪੱਤਰ ਦੇ ਆਖਰੀ ਪੰਨੇ 'ਤੇ ਹੈ।

Romanian: Această scrisoare este furnizată în limba engleză. Unitatea de Studii Clinice (CTU) din cadrul Keele poate ajuta cu traducerea, dacă este necesar. Informațiile lor de contact pot fi găsite pe ultima pagină a acestei scrisori.

Spanish: Esta carta está en inglés. La Unidad de Ensayos Clínicos de Keele (UTC) puede ayudar con la traducción si es necesario. Su información de contacto se encuentra en la ultima pagina de esta carta.

Gujarati: આ પત્ર અંગ્રેજીમાં આપવામાં આવ્યો છે. જો જરૂર પડે તો કીલે ક્લિનિકલ ટ્રાયલ્સ યુનિટ (CTU) ભાષા અનુવાદમાં મદદ કરી શકે છે. તેમની સંપર્ક માહિતી આ પત્રના છેલ્લા પાના પર મળી શકે છે.

Ā patra aṅgrējīmāṁ āpavāmāṁ āvyō chē. Jō jarūra paḍē tō kīlē klinikala ṭrāyalsa yuniṭa (CTU) bhāṣā anuvādamāṁ madada karī śakē chē. Tēmanī samparka māhitī ā patranā chēllā pānā para maḷī śakē chē.

Portuguese: Esta carta é fornecida em inglês. A Unidade de Ensaios Clínicos de Keele (CTU) pode ajudar com a tradução, se necessário. As informações de contato podem ser encontradas na última página desta carta.

Thank you for taking the time to find out about the OCCUR trial.

What is the purpose of this trial?

Gout causes flares of severe joint pain and swelling. The most commonly used medicines to treat gout flares are anti-inflammatory painkillers (sometimes called non-steroidal anti-inflammatory drugs (NSAIDs)), such as naproxen, diclofenac, and ibuprofen. However, some people with gout have reasons why they cannot take NSAIDs, such as their age or having other medical conditions. Other commonly used medicines to treat gout flares are colchicine (a medicine for treating inflammation or pain) or steroid tablets, such as prednisolone.

The aim of the trial is to find out whether steroid tablets (prednisolone) or colchicine tablets, work better to treat gout flares in people who cannot take anti-inflammatory painkillers (NSAIDs).

Why have I been invited to participate?

You have been invited by your GP practice to take part in this research trial because you have been diagnosed with gout and have been identified by your GP practice as having reasons why you shouldn't take NSAIDs.

Do I have to take part?

No. Your taking part is **completely voluntary.** Whether or not you take part in this trial, your access to health services at your GP practice or elsewhere will not be affected in any way now or in the future. If you do decide to take part, you will be asked to sign a consent form. You can still withdraw from the trial at any time without giving a reason, you can do this by contacting Keele CTU using the contact details on the last page. There are further details about withdrawing from the trial in the section ' What will happen if I do not want to carry on with the research'.

What will taking part in the trial involve?

The following steps show what's involved in taking part in the trial.

Recruitment method 2:
GP to tell you about the OCCUR trial

- When you attend for your appointment your GP (or other healthcare professional) will tell you about the **OCCUR trial**

Complete consent form

- If you are willing to take part, you will be asked to **complete a consent form** (online or by paper depending on your preference).

Complete questionnaire

- **During your appointment** with your GP (or other healthcare professional at your practice) we will ask you to complete a **questionnaire** (online or by paper).

During your appointment at your general practice

- Your GP (or other healthcare professional at your practice) will check if the trial is **suitable for you.**
- If it is, you will be **randomly allocated** to receive either steroid (prednisolone) or colchicine tablets.

Complete 'OCCUR diary' for 7 days

- You will be asked to complete an **OCCUR diary** (online sent by text messages/email or by paper) **twice a day for 7 days** following your appointment.
- This will take around **10 mins per day** to complete

Complete follow up questionnaires (2, 3, 4 weeks after GP appointment)

- You will be sent a **questionnaire at 2, 3, 4 weeks** after your appointment (**10 - 20 mins** to complete).
- After 4 weeks we will collect some information from your **medical record for the time** that you are in the trial.

End of your involvement. Results will be available at the end of the trial.

- A summary of the **trial results** will be available on the trial website .

During your appointment with your GP (or other healthcare professional)

Your GP (or other healthcare professional at your practice) will check whether you are suitable to take part according to any other medical problems and medicines that you may be taking.

A computer programme will be used to randomly allocate you to receive either steroid tablets (prednisolone) or colchicine tablets. **There will be an equal chance of you being allocated to receive either medication.** Randomisation helps to ensure that any differences in outcomes are due to the treatment you are allocated and not other factors. This means that randomised controlled trials can show the effectiveness of different types of treatments.

Your GP (or other healthcare professional at your practice) will let you know which treatment you have been randomised to and will issue a **prescription which you can collect from your pharmacy**. If, after seeing your GP (or other healthcare professional at your practice), you do not wish/or you are not eligible to take part in the trial, you will be treated with usual care for your gout flare.

What are the treatments, and how will my treatment be decided?

To make a fair comparison, half of the patients taking part in the trial will receive steroid tablets (prednisolone) and the other half will receive colchicine tablets. You will have an equal chance of receiving either treatment.

Steroid tablets (prednisolone) and colchicine work by reducing inflammation and therefore helping joint pain and swelling.

Steroid tablets (prednisolone)

Prednisolone is the most common steroid used to treat gout. Although the licence for Prednisolone does not specifically include treating gout, it is widely used in clinical practice. In the trial, the dose of prednisolone is 30mg (six 5mg tablets) to be taken once daily for 5 days.

Colchicine tablets

Colchicine is a drug that is specifically used to treat gout. In the trial, the dose of colchicine is one 0.5mg tablet to be taken three times daily for 4 days. If you are aged over 70 years or have kidney problems, the dose is one tablet 0.5mg taken twice daily for 4 days. If you are allocated to receive colchicine, your GP (or other healthcare professional at your practice) will advise you how many colchicine tablets you should take per day. If you normally take a “statin” tablet, your GP will ask you to stop this for the time that you are taking colchicine. If you are allocated to receive colchicine, you should not drink grapefruit juice while taking colchicine as this can increase the risk of side-effects.

Will my prescription cost me anything?

If you do not normally pay for your prescriptions, then this prescription will not cost you anything. However, if you do normally pay for your prescription, we are able to reimburse this cost to you, please keep your receipt/proof of payment. Please contact Keele CTU, and we will send you a form to complete. Return this to us with your receipt/proof of payment from the Pharmacy. We will then arrange payment to be made to you to cover the cost of your prescription.

How long do I have to take the treatment for?

Prednisolone will be prescribed for **five days** and **colchicine** for **four days** or as your GP (or other healthcare professional at your practice) tells you. We expect that most people will have improved after this time. However, if your gout has not improved at the end of that time, then you should arrange to see your GP again. However, Keele CTU cannot arrange future GP appointments including if you have another flare.

What are the possible benefits of taking part in the trial?

You will receive treatment for your gout flare regardless of whether you decide to take part in this trial or not. If you decide to take part in the trial, you will not receive any additional treatment on top of what would be received in normal NHS care. However, by improving our understanding of these treatments, whether steroid tablets or colchicine work best for gout flares and causes the fewest side-effects, we hope to improve the care of patients that experience gout, in the future.

What are the risks or burdens of taking part?

Being involved in the trial requires your time and commitment to complete the OCCUR diary (twice daily for 7 days after your appointment) and completing 4 questionnaires (one before your appointment with your GP (or other healthcare professional at your practice) and further questionnaires 2, 3 and 4 weeks after your appointment).

All medications can potentially cause side effects. Steroid tablets and colchicine have both been used to treat gout flares in the UK for many years. Your GP will assess whether or not it is safe for you to have steroid tablets or colchicine before you enter the trial.

Common side-effects of steroid tablets include heartburn, indigestion, feeling hyperactive, and disturbed sleep or mood. When taken for a long time, steroid tablets can cause more serious problems such as gaining weight, osteoporosis (thin bones), stomach ulcers (damage to the lining of the stomach), eye problems (cataracts and glaucoma), heart attacks and strokes but the risk of these is thought to be small when steroid tablets are taken for only a few days. You may also be prescribed another tablet to protect the lining of your stomach if you are randomised to receive prednisolone.

The most common side effect of colchicine is stomach upset (diarrhoea, feeling sick or being sick). In the past, colchicine was used in much higher doses which very commonly led to stomach upset. Research shows that stomach upset is less common with lower doses of colchicine such as are being used in the trial. If you are allocated to take colchicine and normally take a “statin” tablet, your GP will ask you to stop this for the time that you are taking colchicine. This is the usual precaution and should not have any adverse effect on your heart or cholesterol levels.

You may stop taking the medication at any time, if you wish, if you experience side effects.

You will not be able to take part in the trial if you are currently pregnant or breastfeeding. Women who could potentially become pregnant will not be able to take part in the trial unless using effective contraceptive measures.

How long will the trial last?

Your involvement in the trial will last for approximately 4 weeks following the appointment at your practice for your gout flare. If you take part in the trial, we will ask you to agree to authorised members of the research team looking at your medical records to check the research is being done correctly, for drug safety and healthcare use relating to the trial. They will look at your medical records for the 4 weeks after your appointment at the practice and may need to review for longer for the purposes of safety reporting. The trial will be recruiting participants for a period of 2 years.

What if something goes wrong?

If you have a concern or complaint about any aspect of this trial, in the first instance you should contact the researchers 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

Keele University holds insurance policies which apply to this trial. If you experience harm or injury because of taking part in this trial, as a result of Keele's negligence, you will be eligible to claim compensation. This does not affect your legal rights to seek compensation.

In the event that something does go wrong, and you are harmed during the trial and this is due to someone's clinical negligence then you may have grounds for legal action for compensation but you may have to pay your legal costs. The normal National Health Service complaints mechanisms will still be available to you.

What if relevant new information becomes available?

If during the trial, we find that new information becomes available that could impact the risk/benefit balance of you taking part in the trial, we will let you know, and you can decide whether to continue participating in the trial.

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 at any time without giving a reason and your ongoing care will not be affected in any way. You can do this by contacting Keele CTU by phoning **01782 732950** or sending an email to **ctu.occur@keele.ac.uk**.

If you withdraw consent from further trial involvement, and/or completion of further follow-up, your data will remain on file and will be included in the final trial analysis.

You are free to withdraw yourself from the trial at any time without giving a reason. 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 trial, 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.

We will still need to collect data about the safety of the medications (for example any side effects experienced) for regulatory reporting purposes and this will be included in any safety analysis (you will not be identified in any of these reports).

If you withdraw from the trial and stop taking the trial medication, you do not need to wait to start alternative treatment, but you will need to arrange any further appointments with your GP practice.

What happens at the end of the trial?

At the end of the trial, any ongoing treatment for your gout problem should be discussed with your GP. You will not need to receive any further treatment as a part of the trial.

Will my taking part in the trial be kept confidential?

The information you provide during the trial will be dealt with in the strictest confidence. The data, which identifies you, will be kept securely. Keele University is the sponsor for this trial which is based in the United Kingdom and will act as the data controller for the data collected during this trial. This means that Keele University are responsible for looking after your information and using it properly. Your identifiable data will be securely stored by Keele CTU. Consent forms will be stored separately to the other data that you provide. Data shared to other researchers will be anonymised (which means that you will not be identified).

Data which would identify you will not be passed to anyone outside the research team without your express written permission. The exception to this is authorised representatives from the research Sponsor (Keele University) who may need to access data (for example for audits) to fulfil their responsibility to ensure the research is being carried out correctly, and any regulatory authority which has the legal right to access the data for the purposes of conducting an inspection, audit or enquiry. These agencies treat your personal data in confidence.

What will happen to the information collected about me during the trial?

We will collect your data on electronic data systems and on paper. It will be stored securely on data systems and in locked cabinets in a secure building. Your data will only be accessed by members of the research team. Your anonymised data may be shared with other researchers after the trial.

Keele University use a third-party provider for the processing of text messages. If you choose to receive your follow-up, contact from us via text messages, your mobile number will be shared with the approved third-party provider to enable this to happen.

Your completed questionnaires will be reviewed by members of the OCCUR trial team at Keele CTU, when they are received.

What will happen to the results from this research trial?

After the trial has finished and we have looked at the results, the data, when made anonymous will be published in medical journals, and we will also present the findings at medical or scientific conferences. The data could also be made available to any commissioner or funder of the research. Anonymous data,

which does not identify you, will be publicly shared at the end of the project and made open access. A licence will be applied to this publicly shared data. This will allow anyone else (including researchers, businesses, governments, charities, and the general public) to use the anonymised data for any purpose that they wish, providing they credit the University and research team as the original creators. No restrictions will be placed on the shared anonymised data, allowing its reuse for both commercial and non-commercial purposes.

The key findings from this trial will be written in a summary which will be available to view on the OCCUR trial website. You will not be identified in any report or publication that is produced.

How will we use information about you?

We will need to use information from you and your medical records for this trial. This information may include your NHS number, name, age, date of birth, sex, gender, ethnicity 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.

We will keep all information about you safe and secure. People who do not need to know who you are will not be able to see your name or contact details.

We may share your data outside the UK for research-related purposes to compare our findings with those from other similar research studies.

If this happens, we will only share the data that is needed. We will also make sure you can't be identified from the data that is shared where possible. If your data is shared outside the UK, it will be with other research organisations.

We will make sure your data is protected. Anyone who accesses your data outside the UK must do what we tell them so that your data has a similar level of protection as it does under UK law. We will make sure your data is safe outside the UK by doing the following:

- we use specific contracts approved for use in the UK which give personal data the same level of protection it has in the UK. For further details visit the Information Commissioner's Office (ICO) website (weblink below).
- we do not allow those who access your data outside the UK to use it for anything other than what our written contract with them says.
- we need other organisations to have appropriate security measures to protect your data which are consistent with the data security and confidentiality obligations we have. This includes having appropriate measures to protect your data against accidental loss and unauthorised access, use, changes or sharing.
- we have procedures in place to deal with any suspected personal data breach. We will tell you and applicable regulators when there has been a breach of your personal data when we legally have to. For further details about UK breach reporting rules visit the Information Commissioner's Office (ICO) website (weblink below).

Once we have finished the trial, 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 trial.

We will keep your study data for the minimum period of time required by UK law. The trial data will then be fully anonymised and securely archived or destroyed.

What are your choices about how your information is used?

What if I change my mind during 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.
- if you choose to stop taking part in the trial, we would like to continue collecting information about your health from your medical records. If you do not want this to happen, tell us and we will stop.
- you have the right to ask us to remove, change or delete data we hold about you for the purposes of the trial. 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:

- from the Information Commissioner's Office (ICO) website https://ico.org.uk/for-organisations/uk-gdpr-guidance-and-resources/international-transfers/
- at www.hra.nhs.uk/patientdataandresearch
- https://www.keele.ac.uk/legalgovernancecompliance/legalandinformationcompliance/informationgovernance/checkyourinformationisbeinghandledcorrectly/researchparticipants/
- by sending an email to dpo@keele.ac.uk
- by asking one of the research team
- by phoning Keele CTU on 01782 732950

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/).

Who is organising and funding the research?

The OCCUR trial is being led by the Chief Investigator, Professor Mark Lambie, and other researchers at Keele University, the University of Nottingham, University of Southampton and Midlands Partnership University NHS Foundation Trust in collaboration with a number of GP practices and is sponsored by Keele University. It is funded by the National Institute for Health and Care Research (NIHR): Health Technology Assessment (ref: NIHR160813). None of the researchers or trial staff will receive any financial reward by conducting this trial other than their normal salary as an employee of the universities involved.

How have patients and the public been involved in this research?

Patients and the public (PPIE) have been included in designing the trial. They helped us to decide the outcomes, when the outcomes should be collected, how long follow-up should be and reviewed our participant facing documents. Our PPIE group will be involved in all stages of the research, including helping with our ethics application, helping us to understand the results, writing easily understandable messages to explain its findings, and advising us how to publicise the findings widely.

Who has reviewed this trial?

All research carried out within the NHS is assessed by an independent group of people, called a Research Ethics Committee, to protect your safety, rights, well-being and dignity. OCCUR has been reviewed and given a favourable opinion by West Midlands - Coventry & Warwickshire Research Ethics Committee, ref: 25/WM/0121.

As patients will be randomly allocated to one of the two medicines used in this trial, OCCUR has also been authorised by the Medicines and Healthcare products Regulatory Agency (MHRA), who ensure that medicines work and are acceptably safe.

Contact for further information

If you have any questions, would like any further information or to have the documents translated, please contact the OCCUR trial team at Keele CTU

OCCUR trial team at Keele Clinical Trials Unit (CTU)

Telephone: 01782 732950

E-mail: ctu.occur@keele.ac.uk

Website: www.occurtrial.co.uk

If you have any questions or concerns about taking part in research, you can also contact Keele University's Head of Project Assurance: research.governance@keele.ac.uk

If you have any questions or concerns about your healthcare, you can also contact the Patient Advice and Liaison Service (PALS), which offers confidential advice, support and information on health-related matters at https://www.nhs.uk/nhs-services/hospitals/what-ispals-patient-advice-and-liaison-service/

Thank you for taking time to read this Participant Information Sheet