

Develop PsoWell in Your Service

What is PsoWell?

- A novel training programme to help manage complex psoriasis
- The approach uses Motivational Interviewing for Behavior Change
- PsoWell will improve your knowledge and skills of managing lifestyle in psoriasis

Who is PsoWell aimed at?

- Dermatologists and specialist nurses wanting to improve their service provision
- Psychologists wanting to work in dermatology

Where is PsoWell training happening?

Training days will be held in up to 10 locations across the UK. Dates and venues to be announced - look out for information about training in your region

Who provides PsoWell training?

Professor Christine Bundy

*Professor of Behavioural Medicine,
Cardiff University*

Dr Elise Kleyn

*Consultant Dermatologist and Senior
Lecturer, University of Manchester*

PsoWell is funded by the Psoriasis Association. On completion of training, you will receive a certificate of approval as a PsoWell clinic.

For more information about PsoWell or for details on how to apply to attend the training programme, please visit: www.psoriasis-association.org.uk/news/psowell

Rachael Hewitt, Research Associate at Cardiff University

Email: psowell@cardiff.ac.uk Tel: 029 225 10967

Appendix B

PARTICIPANT INFORMATION SHEET

Project Title: Implementation of the PsoWell (Psoriasis and Well-being) Clinic Approach for the Management of People with Complex Psoriasis

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PsoWell Research Team

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We are inviting you to participate in the PsoWell (psoriasis and wellbeing) study that aims to deliver PsoWell training programme and implement this patient-centered clinic approach for the management of people with complex psoriasis. The PsoWell training programme aims to improve your knowledge and skills in order to be able to facilitate lifestyle behaviour change among patients with psoriasis in clinical practice. Following this research, we hope to develop a business case to have the PsoWell initiative implemented within NHS dermatology services in order to better the lives of patients across the country.

This sheet will provide you with more information about the study. Before you decide whether you would like to participate, it is important that you understand why the research is being carried out and what it would involve for you. Please take the time to read the following information carefully before deciding if you would like to take part. Please get in touch with the PsoWell

WHAT IS THE PURPOSE OF THIS STUDY?

The primary aim of this study is to deliver up to 10 one-day PsoWell training events across the UK. Once training is complete, the research team will investigate whether dermatology specialist staff consider the PsoWell training programme, and clinical approach more generally, acceptable and feasible to implement as part of dermatology services. The findings of this research will be used to develop a business case to establish and sustain PsoWell clinics as part of routine dermatology service provision within the NHS.

WHY HAVE I BEEN ASKED TO TAKE PART?

You have been asked to take part because you have been identified as a healthcare practitioner (dermatologist, dermatology specialist nurse, dermatology registrar or a health or clinical psychologist) with experience of working with people with psoriasis or conveying an interest in the management of long-term skin conditions.

DO I HAVE TO TAKE PART?

It is up to you whether or not you take part. Before you decide, please read through this information

sheet carefully. If you agree to take part, we will ask you to sign a consent form. If you do agree to take part, you are free to withdraw at any time, without giving a reason.

WHAT DOES TAKING PART INVOLVE?

If you are interested in taking part, you will be asked to provide your name and contact details on a Registering Interest form. This form can be downloaded from the Psoriasis Association's website, or you can contact the research team (contact details stated at the end of this document) to request a form. You will be instructed to submit the form to the PsoWell research team, who will then contact you with the dates, times and locations of training events.

If you still wish to take part, you will be invited to fill out a Training Application form to attend the one-day training programme run by experienced PsoWell trainers. Various training days will run across the country between October 2019 and January 2020. You can register to attend one training event that is most convenient for you. You should state the date and location of your preferred training course on the application form. The training aims to ensure the optimal management of psoriasis by equipping you with cutting-edge knowledge and skills to effectively support patients with psoriasis to initiate and sustain lifestyle behavioural changes.

The research team wish to carry out one-to-one semi-structured telephone interviews with a small sample of clinicians who attend the PsoWell training programme. The purpose of the interviews is to understand whether practitioners like you think the PsoWell training course and clinical approach can and should be implemented within dermatology services. The views and opinions of clinicians will form the basis of a business case to develop and sustain PsoWell clinics within dermatology services across the NHS.

If you are interested in providing your views on PsoWell, you can volunteer to take part in a one-to-one semi-structured telephone interview once you have completed the training course. If you wish to be interviewed, a member the research team will contact you via telephone or email to arrange a date and time for your interview. Interviews will be carried out by a member of the research team and will take up to 1 hour to complete. Your interview will be audio recorded using a Dictaphone provided by Cardiff University.

EXPENSES AND PAYMENTS

Due to limited funding, the research team will not be able to cover the cost of accommodation or travel expenses that you incur when attending training.

BENEFITS OF PARTICIPATION

As a result of participating in this study, you will learn new knowledge and skills that will enable you to effectively manage patients with psoriasis in your clinical practice. You may also gain a sense of satisfaction knowing that you are contributing to the development of a potential new service that facilitates the optimal management of psoriasis and positively impacts the lives of patients living with the condition.

WILL THE INFORMATION I PROVIDE BE KEPT CONFIDENTIAL?

Yes, any information obtained from you throughout the duration of your participation in the study

will remain confidential. Cardiff University is the sponsor for this study based in the United Kingdom. We, the research team at Cardiff University, will be using information from you in order to undertake this study and will act as the data controller for this study. This means that we are responsible for looking after your information and using it properly. Cardiff University will keep identifiable information about you for 15 years after the study has finished until the year 2034.

Your rights to access, change or move your information are limited, as we need to manage your information in specific ways in order 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.

Your name will only appear on the consent form, which will be securely stored in a locked office within Cardiff University that only the research team have access to. The audio recordings of your interview will be kept on an encrypted password-protected server at Cardiff University that only the research team can access. Your interview will be transcribed verbatim and the interview transcripts will be anonymised. Once your interview has been transcribed, the audio recording of your interview will be destroyed. Transcripts will be stored on the password-protected server at Cardiff University.

When the Research Team write up the results of the research for publication, brief direct quotations from your interview transcript may be included in our reports. However, all personal details will be removed (such as the names of people and places) so that no one will know who you are. For more information about how we use your information, contact the research team using the details at the bottom of this information sheet.

WHAT WILL HAPPEN TO THE RESULTS OF THE RESEARCH STUDY?

All practitioners who take part will be sent a summary of our findings at the end of the study. The results of the study will be published, in the usual way, in journals and may be presented at scientific meetings and conferences. Once published, the findings of this research will also be available on the Psoriasis Association's website (psoriasis-association.org.uk).

WHO IS FUNDING AND SPONSORING THE STUDY?

The study is being funded by the Psoriasis Association, which is the leading national charity and membership organisation for people affected by psoriasis in the UK.

WHAT IF THERE IS A PROBLEM?

If you have any queries or concerns about any aspect of this study, you should contact the research team (details below) who will do their best to answer your questions. If you wish to make a formal complaint about the way you have been treated, or any other aspect of this study, please contact Dr Kate Button, Director of Research Governance, School of Healthcare Sciences:

Email: buttonk@cardiff.ac.uk, or Telephone: 02920 687734.

WHAT IF I HAVE QUESTIONS ABOUT THE STUDY?

If you have any questions relating to the study, please contact the PsoWell research team on: Tel: 029 225 10967 or email: psowell@cardiff.ac.uk.

WHAT DO I DO NOW?

If you are interested in taking part, please get in touch with the research team using the contact details at the end of this document. The research team will send you a Registering Interest form to fill in and return via email. The research team will notify you of the dates and times of upcoming training days and will send you a Training Application form to complete in due course. If you attend and complete a PsoWell training day, the research team will provide you with more information about the telephone interviews at the end of the session, and you can volunteer to take part if you wish. You can also download a Registering Interest form from the Psoriasis Association's website: www.psoriasis-association.org.uk/news/psowell.

WHAT HAPPENS IF I WANT TO WITHDRAW FROM THE STUDY?

If you agree to participate and then decide that you no longer wish to take part, you can withdraw any time during the study. You can also withdraw from the study once you complete any of the tasks (i.e. the measures, skills task, training or interview) involved. If you decide to withdraw from the study following a research activity, you will have one week to notify the research team that you wish to withdraw. If you receive an invitation to attend an interview with a member of the research team, you are not obliged to take part. If you agree to be interviewed and then decide that you no longer wish to take part, you can withdraw any time before, during, or up to one week after the interview without reason. If you agree to participate and subsequently lose the capacity to consent during the study, your data will be withdrawn from the study and destroyed.

WHO HAS REVIEWED THE STUDY?

This study has been reviewed and given a favourable opinion by the Research Ethics Committee in the School of Healthcare Sciences at Cardiff University.

WHERE CAN I OBTAIN FURTHER INFORMATION IF I NEED IT?

For more information about the PsoWell study, please contact **Rach Hewitt**, Research Associate for PsoWell at Cardiff University:

Telephone: 029 225 10967 (Mon-Fri, 9am-5pm)
Email: psowell@cardiff.ac.uk
Address: Floor 13, Eastgate House
35-43 Newport Road
Cardiff University
Cardiff
CF24 0AB

Thank you for taking the time to read this information sheet.

Appendix C

Interested in attending a PsoWell training event?

The implementation phase of PsoWell (psoriasis and wellbeing) is funded by the Psoriasis Association. The one-day training event aims to equip dermatology specialists with knowledge and motivational interviewing skills to empower patients with complex psoriasis to manage their condition effectively through lifestyle behaviour change. Professor Chris Bundy (Cardiff University) and Dr Elise Kleyn (University of Manchester) will deliver the training in various locations across the UK between August and December 2019. Details of the training dates and locations will be announced very soon.

The Psoriasis Association will sponsor FREE places to members of a dermatology team to attend the event and receive training. Participants who complete the training will receive a certificate of approval as a PsoWell service.

As this is an opportunity to establish a novel clinical approach to be integrated with existing services, we will be welcoming applications to attend training. If you are interested in applying to attend a training day, please complete and return this form to the email or postal address stated below so that we can send you details of the training date and locations and the training application form.

1. Your name:
2. What is your specialism?
3. Where is your service located?
4. Email:
5. Telephone:

Thank you for completing the questions. Please send this form to:

Rachael Hewitt, *Research Associate, Cardiff University*

Email: psowell@cardiff.ac.uk

Address: **Floor 13, Eastgate House, 35-43 Newport Road, Cardiff, CF24 0AB, UK**

Appendix D

Application Form for PsoWell Training Programme

The implementation phase of PsoWell (psoriasis and wellbeing) is funded by the Psoriasis Association. The one-day training event aims to equip dermatology specialists with knowledge and motivational interviewing skills to empower patients with complex psoriasis to manage their condition effectively through lifestyle behaviour change. Professor Chris Bundy (Cardiff University) and Dr Elise Kleyn (University of Manchester) will deliver the training programme in various locations across the UK between July and November 2019.

The Psoriasis Association will sponsor FREE places to members of a dermatology team to attend the event and receive training. Participants who complete the training will receive a certificate of approval as a PsoWell service. As this is an opportunity to establish a novel clinical approach to be integrated with existing services, we are welcoming applications to attend the event. If you wish to attend, please complete the following application and return this form to the email or postal address stated below.

1. Your name:
2. What is your specialism?
3. Where is your service located?
4. State briefly why you want to develop your service to accommodate the PsoWell approach?
.....
.....
.....
.....
.....
.....
5. Please indicate which PsoWell training day you would like to attend:

Location of training: Date of training:
6. Please provide your contact details:

Email: Telephone:

Thank you for completing the questions. Please send this form to Rachael Hewitt, Research Associate, Cardiff University:

Email: psowell@cardiff.ac.uk

Address: Eastgate House, 35-43 Newport Road, Cardiff University, Cardiff, CF24 0AB, UK

Appendix E

PsoWell™ training topics

The PsoWell™ training programme covered the following list of topics:

- Introduction to the PsoWell™ model
- The IMPACT study and results
- Cardiovascular disease risk in the context of psoriasis
- Communication styles
- Assessment of patients' beliefs, emotions and lifestyle behaviour
- The principles, process and techniques of Motivational Interviewing

Appendix F

Schedule for Interviews on the PsoWell Clinic Approach

1. Views on current practice
 - a. Can you describe a typical consultation with a patient with psoriasis?
(What do you discuss [lifestyle behaviours]; procedures; length of consultation?)
 - b. Describe what, if anything, works well for you during these consultations.
(Why?)
 - c. What aspects of these consultations, if any, do you want to improve? (Why?)

2. The PsoWell training programme
 - a. Can you explain why you applied to attend the PsoWell training programme?
 - b. Can you describe your experience of attending the PsoWell training day?
 - c. Why, if at all, was attending the training course worthwhile for you?
 - d. What aspects of the training event did you like, if any? (Why?)
 - e. What aspects of the training event did you dislike, if any?
(Why? How do you think this could be improved?)
 - f. What, if any, were the barriers to attending the training course?
(i.e. booking time off work, cost, travel. How do you think this could be improved?)
 - g. What are your views about the location of the training event?
(i.e. accessibility, suitability of the venue. Ideal location for you?)
 - h. The training programme was delivered over the course of one day. What are your views on the length of the training course?
(Too long, short, or just right? Can you explain why you think that?)
 - i. What are your views, if any, about the trainers who delivered the programme?
(Suitable or not - why? Sufficient number? Any other preferences?)
 - j. On the day, you were given a training workbook, including inserts, to keep.
Can you tell me what, if anything, you like about the materials?
(Appearance? Practical? Easy to understand? Why do you think this?)

- k. Tell me what, if anything, you dislike about the training materials.
(Why do you think this? Can you suggest how this could be improved?)
 - l. Can you tell me how these materials will benefit your clinical practice, if at all? (Productivity, efficiency, rapport, confidence, workload)
 - m. Throughout the training day you took part in various group tasks and discussions. Can you tell me how you felt, if anything, about the interactive activities, e.g. role play? (Enjoyable or not? Useful or not? Why?)
 - n. What are your views, if any, on the topics covered on the training day?
(Tell me what topics, if any, were not covered that you would have wanted to learn about; why is this subject important to you? Too much/little content?)
 - o. In what ways, if any, do you think the information you received during the training session will influence your clinical practice? (Positive or negative impact on practice? Why? Can you give any examples? Think back to things you said you wanted to improve)
 - p. During the training programme, you learnt about motivational interviewing (MI) and had opportunities to practice key MI skills. Can you explain how the acquisition of these skills will impact your clinical practice, if at all? (Positive or negative impact on practice? Why? Can you give any examples? Think back to things you said that you wanted to improve)
 - q. Having completed the course, can you tell me how you feel, if anything, about addressing lifestyle behaviours with patients?
 - r. How do you think the PsoWell training programme would be of benefit to your colleagues, if at all? (Knowledge, skills, confidence)
 - s. Can you think of any reasons why your colleagues would not commit to this training course? (Lack of time, reluctance to book time off work, cost, travel, see no value in the training)
3. The PsoWell Clinic Approach
- a. Following this study, the research team want to develop a business case for PsoWell. What are your views on implementing the PsoWell clinical approach within dermatology services across the UK?
 - b. What, if any, do you think are the barriers to establishing PsoWell clinics within existing dermatology services?
(Cost, lack of time or clinic space, negative views [practitioners and patients], lack of

trained clinicians)

- c. The existing PsoWell clinics are run on a monthly basis. What, if anything, do you think about the frequency of the clinic? (Appropriate? Why?)
 - d. Within the two existing clinics, patients are treated by dermatology specialists, health psychologists and in some cases, a rheumatologist. What, if anything, do you feel about working in a multidisciplinary team with clinicians from different specialisms? (Advantages? Disadvantages?)
 - e. How, if at all, do you think adopting this novel clinical approach could benefit the wider dermatology service you work in?
(Efficiency, cost, staff satisfaction, productivity, absenteeism)
 - f. In what ways, if any, do you think the PsoWell clinic approach will benefit your patients?
(Disease activity, pain, behaviour, mood, beliefs, confidence, relationships)
4. Other questions
- a. That was the last of my questions. Is there anything else you wish to add?
 - b. Is there anything that you would like to discuss that we have not covered?

Appendix G

PsoWell Questionnaire for Practitioners

We, the PsoWell research team, are interested to find out some information about you and your role. Please complete all of the following questions below.

- 1. Are you male/female/other?
- 2. What is your date of birth?
- 3. In which country did you complete your professional training?.....
- 4. What year did you complete your professional training?
- 5. What is your current job title? Please mark one of the following options:
 - Consultant Dermatologist Health Psychologist
 - Specialist Dermatology Nurse Clinical Psychologist
 - Dermatology Registrar Other

If other, please specify:

- 6. How many years have you worked in your specialist area?
- 7. Please specify where you work (e.g. small/medium/large dermatology centre; dermatology centre that is/not research active; general clinic that is not dermatology specific; community based facility that is not dermatology specific):
.....
.....
- 8. Would you like to be informed about the results of the PsoWell study? Please mark one of the following options:

Yes No

If yes, please provide your preferred email and postal address below. We will email you a summary of the results and send your certificate of completion via post.

Email:

Postal address:

Thank you for completing the questions. Please return this questionnaire to the research team.