

Referral Intervention Script

INTERVENTION

Prior to Research Assistant's Approach:

Nurse will have handed the patient a sheet indicating the nature of the study and also that a research assistant will be approaching her.

Research Assistant (RA): "Hello my name is (Alexandra Evindar). I work at Toronto General Hospital with the Women's Health Program. We are recruiting participants for a research study – Nurse _____ has given you a letter from Dr. Abramson indicating that I would be speaking to you. Would it be all right if I took a few minutes to explain the study to you?"

Patient (P): "Ok"

If 'No' Research Assistant leaves and thanks patient for their time.

RA: "We are assessing aftercare for women heart patients. If you agree to participate today, I will give you **two** pamphlets that you will be required to read before any visits with a health care provider. You will be telephoned at home 8 weeks later by a different research assistant for a telephone survey regarding whether or not the pamphlet helped with aftercare. This survey should take about 20-30 minutes to complete."

Answer any questions the patient may pose

P: "Okay, I think I could do that."

RA: "Before I give you the **pamphlets** I need you to read this consent form, which explains why we are doing the study and what you will be required to do. "

(offer to read consent form?) Yes

"Do you have any questions about the consent form?"

Answer any questions

"Are you still interested in participating?"

P: "Yes"

RA: "Could you please sign the consent form? **"Nurse _____ will witness your signature."** – I'm unclear as to whether we need to have another "witness" besides me – I've asked St. Mike's to clarify.

Give patient second copy of consent form

“This is your copy to keep. My phone number is on the front page. If you have any questions about the study after I leave today, please call me.”

RA: “Thank you. Now, here is the first pamphlet I would like you to read: “A Woman’s Guide to Cardiac Rehabilitation.” Has your doctor already talked to you about cardiac rehabilitation?”

If P says “No” or “Maybe” or “I don’t remember” etc. – “Well, cardiac rehabilitation is a very important part of your recovery. It is a supervised program that provides nutrition and lifestyle counselling, education about your heart condition, and exercise training. Everyone can benefit from cardiac rehab. This pamphlet talks more about why cardiac rehab is so important, especially for women. It also tells you how to ask your doctor for a referral if he or she does not tell you about rehab. I’d like you to read the entire pamphlet before your next appointment with your doctor. If you have any questions after you’ve read the pamphlet, please call me – my name is on the back page of the pamphlet.

If P says “Yes” – “Well, as you know then, cardiac rehabilitation is a very important part of your recovery. This pamphlet talks more about why cardiac rehab is so important, especially for women. You’re fortunate that your doctor has mentioned cardiac rehab to you. Now you must make sure you get a referral to a program so that you can start your recovery. The booklet talks more about how to ask your doctor to refer you to a rehab program. I’d like you to read the entire pamphlet before your next appointment with your doctor. If you have any questions after you’ve read the pamphlet, please call me – my name is on the back page of the pamphlet.

“Do you have any questions about the pamphlet?”

Answer any questions

[insert motivational interviewing stuff here Honestly, I think it’ll be too long with anything else said here though....]

RA: “The second pamphlet I would like you to read is “Today’s Heartsmart Woman.” It contains general advice on changing risk factors for heart disease and some great recipes for you to try. I’d like you to read the entire booklet before your next appointment with your doctor.” – should I take this out for this booklet? (If they are in the hospital already, is this the right way to phrase this?)

“Do you have any questions about the booklet?”

Answer any questions

RA: “8 weeks from now, another research assistant will phone you at home. (She)? will ask you to answer questions in order to complete a survey on how much this booklet helped you with your aftercare. The interview will take about 15-20 minutes to

complete over the phone. You will not have to answer any questions you don't want to. All of your answers will be completely confidential."

"Do you have any questions about the telephone interview?"

Answer any questions

RA: "Good, now the last thing I need from you today is your name and telephone number so that the second research assistant will be able to contact you for the follow-up interview. Your name and number will not be given to anyone else besides the research assistant."

Obtain phone number

RA: "Thank you for participating in our study. Someone will be calling you in 8 weeks. **If you have any questions in the meantime, please call me, my phone number is on the back of the cardiac rehab pamphlet and also on the consent form.** We wish you a quick recovery."
