

## **Research project**

Do you use sensory re-learning or re-education as  
an intervention for patients  
with sensibility impairments of the hand  
after nerve injury or compression?

If the answer is YES, then I would like to know more about the content, indications and dosage of your sensory re-learning programme.

Please read through this information sheet carefully before you decide whether to participate in this research study. If you have any questions then please contact me via e-mail which is at the end of this information sheet.



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### **Participant Information**

**Title of research: What are the key components and indications for sensory re-learning programmes currently used by hand therapists?**

Dear Colleague

You are being invited to take part in a survey. It is important that you understand why this project is being done and what it will involve before you decide whether to participate or not. Please read through this information and if you still have questions please do not hesitate to contact me.

#### **What is the purpose of this study?**

The survey is designed to gather information on sensory re-learning programmes used after nerve injury or compression by a wide range of hand therapists across Europe. By answering questions about what are the key components of sensory relearning, specific aims of the interventions, indications regarding patient groups, dosage and frequency it will be possible to design a sensory relearning programme which reflects current practice. The result from the survey will be used to design a prototype treatment schedule for sensory re-learning. This will then be sent to 'experts' in the field of sensory relearning for further comment and refinement. The final schedule will be used to assess efficacy and acceptability in patients after carpal tunnel decompression.

#### **Who is conducting this research?**

The project is led by Dr Christina Jerosch-Herold who is the principal investigator. She works as a Reader (Associate Professor) in the School of Allied Health Professions at the University of East Anglia in Norwich, UK. It is part of a larger programme of research funded by the UK National Institute for Health Research for three years.

#### **Why have I been invited to participate?**

You have been invited as you are a member of the European Federation of Societies for Hand Therapy and a hand therapist and may have the relevant expertise and experience to contribute to this study.

**Do I have to take part?**

No, it is entirely up to you whether you wish to participate or not in this research. If you want to take part, then please go to the weblink which is at the end of this letter and complete the questionnaire on-line. If you decide not to participate in this research or wish to withdraw from the study at a later date you can do so at any time and without having to give any reason.

**What happens if I decide to take part?**

You will need to have access to the internet where a weblink will be provided which hosts the questionnaire. It will take approximately 20 minutes to complete and you can do this whenever you choose to. You will be asked some questions about yourself but you will not be asked to give your name. You will then be asked to complete questions about the content and method of delivering sensory relearning in your own practice. All responses are anonymous. Once you have completed all the questions you will be asked if you wish to submit your responses. In order to maintain your anonymity you will not be asked to complete a separate consent form, but instead, by pressing the submit button at the end of the survey you are giving your consent to the data being used.

You will also be asked at the end whether you are interested to participate in the next stage which involves a consensus development method, however you will be asked to contact the researcher directly via e-mail.

**What will happen to the results of this study?**

Your responses will inform the content of a first prototype treatment schedule for sensory re-learning. The results of this study will also be submitted for publication in peer-reviewed journals and presented at conferences.

**What are the advantages and disadvantages in participating in this study?**

There will be no direct benefit to you taking part in this research, although you may find the topic and the process of completing the questionnaire interesting. There are no disadvantages to participating in this research other than it will take approximately 15 minutes of your time to complete.

**Who has reviewed this study?**

This study has been approved by the Institutional Ethics Committee of the Faculty of Health at the University of East Anglia and was peer-reviewed by the National Institute for Health Research.

**Where can I get further information?**

You can contact the principal investigator by e-mailing her on [c.jerosch-herold@uea.ac.uk](mailto:c.jerosch-herold@uea.ac.uk)

Thank you for taking the time to read this. If you wish to participate in the survey please click on the link below or cut and paste the address into your browser address:

<https://www.surveymonkey.com/s/LWVBHVD>

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Principal Investigator