

### What next?

- If you are interested in taking part, we will provide you with more detailed information materials and will fully explain all aspects of the study. We will do this before we ask you to consent to participate.
- Participation is completely voluntary. You can choose not to take part or to withdraw from the study at any time with no negative consequences for you.



### Where can I get more information?

If you are interested in taking part in this study or would like more information, you can contact our researchers:

**Sarah Tighe or Séamus Harvey, Dundalk Institute of Technology**

**Jane Murphy, Trinity College Dublin**

Phone: 042 937 0296

Email: [seuro@dkit.ie](mailto:seuro@dkit.ie) or [seuro@tcd.ie](mailto:seuro@tcd.ie)

Website: [www.seuro2020.eu](http://www.seuro2020.eu)

### Who is organising and funding this study?



This study is being carried out by researchers at Dundalk Institute of Technology and Trinity College Dublin. The funding has been provided by the European Union, under a programme of research called Horizon 2020.

## Self-managing multiple chronic health conditions



# SEURO

## Advancing Proactive Digital Integrated Care Study Information Leaflet



Trinity College Dublin  
Coláiste na Tríonóide, Baile Átha Cliath  
The University of Dublin

You are invited to take part in a research study called **SEURO** (Scaling EUROpean citizen driven transferable and transformative digital health), which is being carried out by researchers from NetwellCASALA, at Dundalk Institute of Technology, and Trinity College Dublin.

This study is taking place to find out if new technology can help people living with more than one chronic health condition to manage their health and well-being, and to receive improved care.

Participants will be randomly assigned to one of three groups. Two of the groups will receive and use variations of the technology in their homes; the remaining group will continue to receive their existing care. The objective is to examine the effectiveness of the technology, and to receive feedback that can help to improve it.

### What will happen if I agree to take part?



- If you are randomly assigned to a group that will receive and use the technology, you will receive a tablet (e.g., an iPad) and measuring devices (e.g., a blood pressure monitor, a weight scale, and a smart watch) for six months.
- You will be asked to use the tablet and measuring devices to record and monitor key symptoms or activities related to your health and well-being, to facilitate your health and well-being management (e.g., to create a medication list or set goals), to receive feedback and consume educational material about your health conditions, and to answer optional questions about your health and well-being.
- You will receive full training in how to use the technology.
- One of the groups that will receive and use the technology will also receive support from a clinical triage service. If you are randomly assigned to this group, the clinical triage service will, using information collected via the technology, monitor your vital signs between 9am and 5pm Monday to Friday for the duration of your six-month study period, and will contact and advise you if they detect any unusual readings.

- Furthermore, if you are randomly assigned to this group, you will receive the option of inviting members of your care network (e.g., family members, paid care assistants, and GPs) to participate in this study. You will be able to share, via the technology, your health and well-being information with them, which they will be able to view via technology that we provide to them. However, it is not a requirement for members of your care network to participate in this study. You can participate on your own if you prefer to do so.
- If you receive the technology, you will be asked to return it at the end of your six-month study period.
- If you receive the technology, we may also ask you to take part in interviews at the start and end of your study period, for example to ask about your experiences of using it and whether it helped you to manage your health and well-being etc.
- Regardless of which group you are randomly assigned to, we will ask you to complete a questionnaire package at the beginning and end of your six-month study period. There will also be a brief questionnaire monthly.



### Who can take part?

People aged 65 and older with two of the more following conditions:

- Diabetes
- Chronic Obstructive Pulmonary Disease (COPD), Emphysema, Chronic Bronchitis, or Chronic Asthma
- Chronic Heart Disease, Coronary Artery Disease, or Cardiovascular Disease (e.g., Hypertension, Atherosclerosis, Angina, or Arrhythmia)
- Congestive Heart Failure

Your identity will always remain confidential. Whilst we will disseminate the study results in reports and publications, we will never include your name or other identifying information in them.