Priorities Aligned Deprescribing for Persons Living with Dementia and their Caregivers

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LETTER OF INFORMATION

TO TAKE PART IN RESEARCH

Study Title: Priorities Aligned Deprescribing for Persons Living with Dementia and their Caregiver

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IRB Number: HSC-SPH-22-0639

You are invited to take part in a research study. Please listen to this information carefully and feel free to ask any questions before you agree to take part in the study. Your participation is voluntary.

Purpose:

You will be one of approximately 50 participants in this study. We want to compare the usual way your primary care provider makes treatment decisions across your multiple chronic conditions with an approach that uses your health priorities to guide treatment decisions. We will evaluate if this new approach facilitates safe de-prescribing of medication for people living with multiple chronic conditions compared to usual approaches. If you agree to take part, there will be two assessments conducted via telephone call with a member of our research team.

Procedures:

You will be mailed a letter from your clinic provider to inform you about the study and provided with a tip sheet about reducing medications. You will receive a phone call from a member of the study team 3 days (72 hours) after the packet was mailed to you to provide further details, enroll you in the study, and complete the first assessment with you. The first assessment consists of a cognitive assessment, two surveys, and listing the medications you are currently taking. The call will last approx. 30 minutes in total. You will receive a $25 gift card via mail upon completion of the first assessment. You will then be scheduled for a 'Patient Priorities Care' (PPC) appointment and a visit to your primary care provider. You will then have the priorities identification conversation 2-3 weeks before your next regularly scheduled

primary care visit, which will take about 20-30 minutes. In the priorities identification conversation, you will discuss what matters most to you about your health and establish specific health goals to achieve that. The priorities identification conversation will be audio-recorded. If you are unwilling to be recorded, you will still be able to participate in the study. A summary of this conversation will be given to your primary care team for them to review before your next regularly scheduled primary care visit. You will go to your next primary care appointment as scheduled. This appointment will include your normal care. Three months after your primary care appointment you will have a call with a member of the study team to complete your second assessment. You will receive a second $25 gift card via mail upon completion of the second assessment.

Possible Benefits & Risks:

In taking part in this study, you may learn more about your health priorities and goals.

The risks of taking part in this study are small. There is a small therapeutic risk related to medication deprescribing that we will closely track as part of the study protocol. As with any research study, there is a risk of loss of confidentiality related to your health information, but the researchers will do everything they can to avoid that. You have the right to refuse to answer any questions. You may not receive any benefits from participating in this study.

There are no costs to you to take part in this study. You will not be personally identified in any reports or publications that may result from this study. Any personal information about you that is gathered during this study will remain confidential to the extent of the law. You can refuse to answer any questions asked or written on any forms. Your participation in this study is voluntary. A decision not to take part in this study will not change the services available to you from the PI or study staff.

If you have any questions about this project please contact Dr. Aanand Naik on [redacted] or Justun Holder on [redacted].

This research project has been reviewed by the Committee for the Protection of Human Subjects (CPHS) of the University of Texas Health Science Center at Houston, HSC-SPH-22-0639. For any questions about your rights as a research subject, please call CPHS at [redacted].