

# Introducing



Date: 11/8/2025

# User guide

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In partnership  
with



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# QUICK TAKE

How to join  
and take part  
in the study

1

## Getting Started

Click the Join Study button –  
check if you can take part

2

Participant Information Sheet  
– find out how you will be  
involved

3

Consent - sign a consent form

4

Registration - Create a study  
account

## Taking Part

1

Log in – with your study  
account email and password

2

Complete task 1 - tell us about  
your knee replacement

3

Complete task 2 – tell us about  
you

4

Complete task 3 - connect  
your device

5

Complete task 4 (optional) -  
tell us what you think about  
taking part

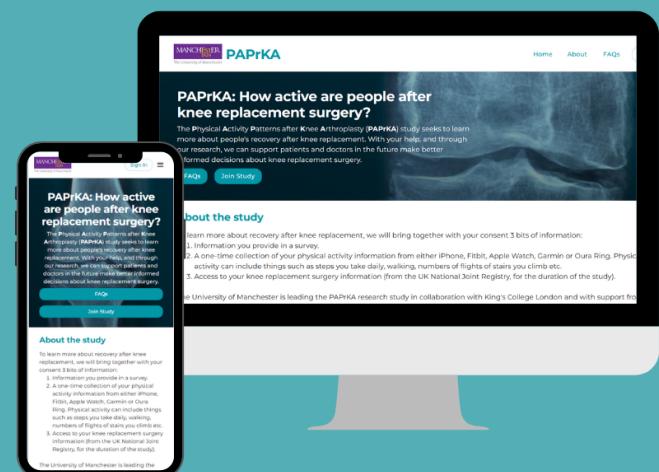
6

Finish – click to finish

# 1. WELCOME TO PAPRKA WEBSITE

Arrive on PAPrKA website home page.

From the homepage you can go to the '**about**' page and '**FAQs**' page by clicking on the tabs on the top right on the website.



## Home Page

### A. Go to the PAPrKA website:

<https://bit.ly/PAPrKA>

On the homepage you can read about the study, who can take part, and what you can expect if you decide to take part. There is also information about the study team.

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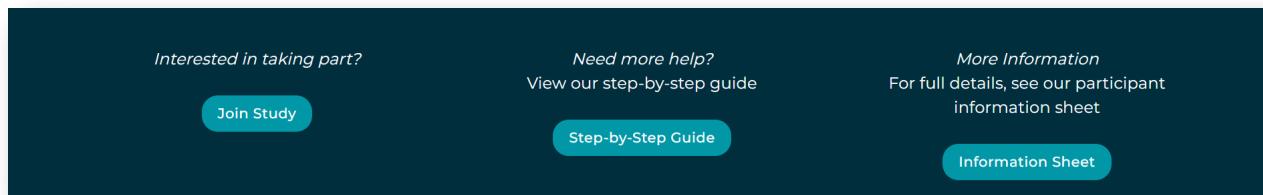
## B. Cookies

Our website uses cookies to help us understand how people use the site e.g. what pages they might click on and how they move from one page to another. This can help us work out if the site is easy to follow and if not, how we might improve it. You can help us do this by selecting '**Accept All**'.

If you choose '**essential cookies**' to '**reject all**' cookies you can still take part. The PAPrKA team will not learn about your experience using the website.

## C. Participant Information Sheet

Near the bottom of the **Home page**, you'll find the link for **Participant Information Sheet** – This explains why we are doing the research, your rights and the information we will collect about you.



## D. About page

Click on the **About page** in the top menu.

This section explains who's behind the PAPrKA study and what it's all about. The research team at The University of Manchester is working with people who've had knee surgery to understand recovery using data from fitness trackers. The aim is to learn what real-life recovery looks like and how we can support it better.

## E. FAQs

Click on the **FAQs page** in the top menu.

This section answers common questions, like:

- What do I need?
- Can I leave the study?
- What about my data?
- How long will my data be kept?

***Still have questions? Our contact details are at the bottom of the homepage.***

# 2. HOW TO JOIN AND TAKE PART IN THE STUDY

## 1. Click “Join Study”

If you’re ready to take part, please click the **Join Study** button. This will take you to the ‘who can take part’ check.



## 2. Checking if you can join

### A. Answer the questions

The website will ask 4 questions, one at a time:

**Check you can take part**

You can join the study if you answer Yes to all **four questions**. Please scroll down to complete all four questions.

If your answer is No to any of the questions, and you want to leave the page, click the exit button on your left.

Have you had knee replacement (total, or partial), either through the NHS or a private healthcare provider, between 1<sup>st</sup> January 2017 and 31<sup>st</sup> December 2023?

No  Yes

Were you over 18 years of age at the time of your knee replacement?

No  Yes

Did you use a Fitbit, iPhone (6s and above), Apple Watch or Oura Ring to track your activity six months or more before your knee replacement?

\*If you used an iPhone or Apple Watch, it automatically collects physical activity data so please select YES.

Did you use a Fitbit, iPhone (6s and above), Apple Watch or Oura Ring to track your activity one year or more after your knee replacement?

\*If you used an iPhone or Apple Watch, it automatically collects physical activity data so please select YES.

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1. Have you had a total or partial knee replacement because of knee osteoarthritis (NHS or private healthcare provider)?
2. Are you over 18 years old and lived in England, Wales, Northern Ireland, Isle of Man or Guernsey at the time of the surgery?
3. Have you used an iPhone (6s and above), Fitbit, Apple Watch or Oura Ring to track your physical activity at least six months before and one year after your knee replacement surgery?
4. Can you read and understand English or have support from someone who can?
5. Are you willing to give the study team access to your physical activity data and link it to your knee replacement information in the National Joint Registry?

## **B. Continue if you answered ‘Yes’ to all 5 questions**

You must select **Yes** to each question to continue.

If you answer “No” to any of the questions, you will not be able to take part.

## **C. Click “Next”**

If you answer “Yes,” to all the questions click **Next** to see the Participant Information Sheet.

# 3. STUDY INFORMATION PAGE:

---

Please read the Participant Information Sheet

## A. Participant Information Sheet (PIS)

To find out about this research and your role in it, please read the Participant Information Sheet (PIS) thoroughly. If you have any questions, please feel free to contact the PAPrKA team at [paprka@manchester.ac.uk](mailto:paprka@manchester.ac.uk) or 0161 306 2719.

If you would like to join the study, please click Next to sign the consent form

### Study Information

We understand that you may have questions about our research, what your involvement would be and much more. Please read carefully the Participant Information Sheet to find answers to these questions. If you have any questions about what you have read, please feel free to contact the team on [paprka@manchester.ac.uk](mailto:paprka@manchester.ac.uk) and **teams account**. Please feel free to talk to a family member or friend about taking part in this study before you go on to sign the consent form.

[Download Participant Information](#)

# 4. CONSENT

## PAGE:

Understanding and agreeing to the study

### A. Things you must agree to

You will see a set of statements about what you are being asked to agree to when you take part in the study.

**You must select “Yes” for all these statements to join**

#### Required Items

I confirm that I have read the [Participant Information Sheet \(PIS\) \(Version xx, Date xx/xx/xx\)](#) for the above study and have had the opportunity to consider the information and ask questions and had these answered satisfactorily.

No

Yes

#### Optional Items

The following activities are optional, you may participate in the research without agreeing to the following:

I agree my information (physical activity, survey data and demographic data) being held at University of Manchester, can be used by other researchers, to answer research questions over and above those for the PAPrKA study.

I agree on the basis that only pseudonymised data will be shared and where there are data protection measures in place to ensure the confidentiality of the data.

No

Yes

### B. Things you can choose

You will see another set of statements that you can choose Yes or No to and still take part

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## C. Adding a signature

Scroll to the bottom where you see “**Click to sign.**”

First, you will need to type your name where you see ‘First name’ and ‘Last name’.

Next, use your mouse, finger, or trackpad to draw your e-signature in the signature box. Or if you prefer you can type in your name, and press save.

Click **Next** to finish.

Please draw or type your signature in the box below and press the Save button.

*Please note, drawing or typing your signature is the same as signing a paper form with a pen.*

*Please check your responses carefully before you submit.*

First Name

Last Name

Date  
13 Aug 2025

John Doe

# 5. CREATE YOUR ACCOUNT:

Set up your study account by providing an email address and creating a password. You will get an email asking you to verify your account.

## A. Enter your email and password

**Register account**

You need an account to join the PAPrKA study.  
Set up your account by providing an email address and creating a password which must be 12 characters long. You will need this password if you plan to provide iPhone or Apple watch information. You may wish to write it down.  
Once you provide both your email address and password, you will need to verify your account by opening an email we will send to you and entering the code.

Once your account is verified, we will send you a copy of your consent form and the study's information sheet. If you cannot find the email, please check your junk/spam folder.

Email: Please use a valid, active email address.

Password: You need to choose a password that has at least 12 characters.

There are no restrictions on the types of characters you can use. Create a strong password by using a mix of uppercase and lowercase letters, numbers, and symbols, and avoid personal information or easy to guess words..

## B. Click “Join”

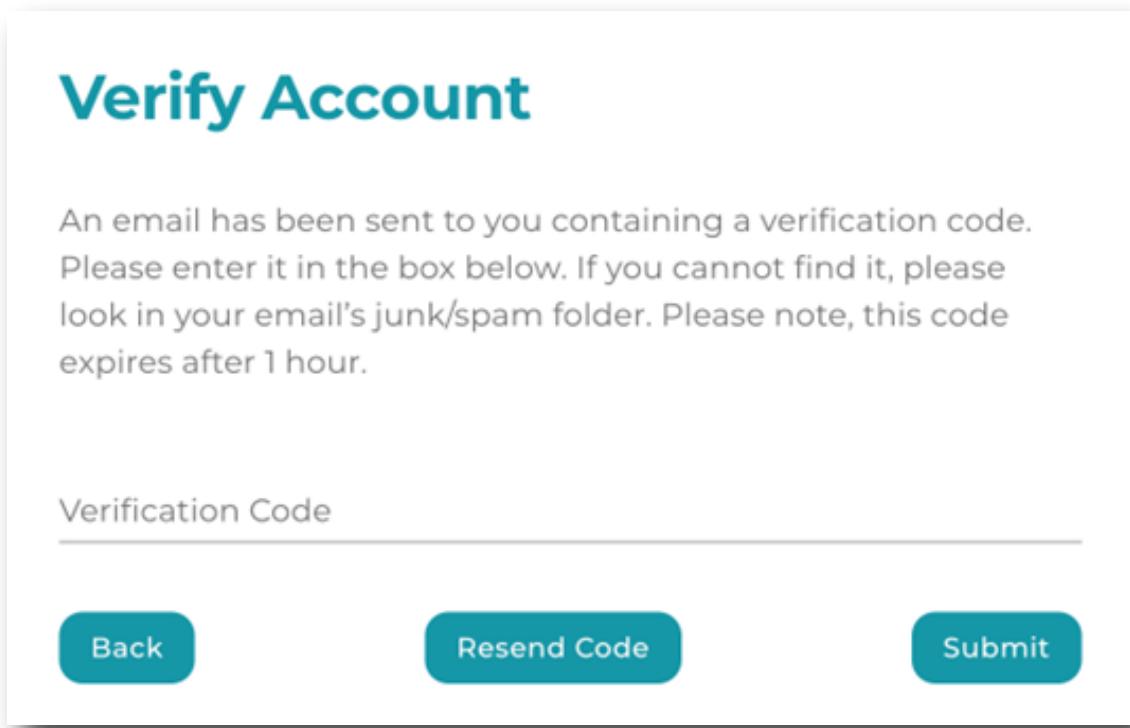
To continue to the next step: verifying your account.

## C. Verify your account

You will receive an email containing a verification code. *Please note the code expires after 1 hour.*

Type or paste the code into the field provided on the website.

Click “Submit”



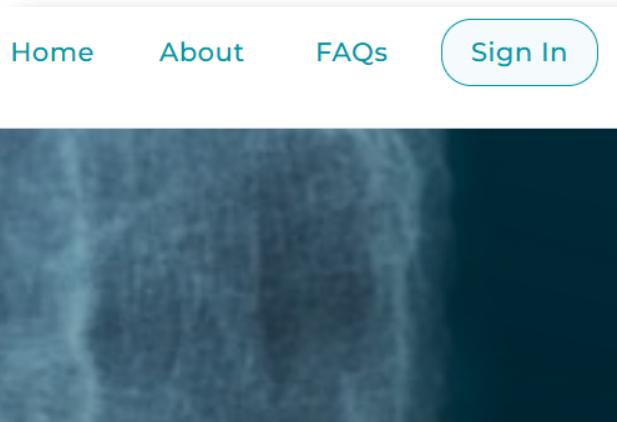
The screenshot shows a 'Verify Account' page. At the top, the title 'Verify Account' is displayed in a large, bold, teal font. Below the title, there is a message in a smaller, gray font: 'An email has been sent to you containing a verification code. Please enter it in the box below. If you cannot find it, please look in your email's junk/spam folder. Please note, this code expires after 1 hour.' Below the message is a horizontal input field labeled 'Verification Code'. At the bottom of the page are three buttons: 'Back' (left), 'Resend Code' (center), and 'Submit' (right). All buttons have a teal background color.

## D. If the verification code times out

Go back to the ‘verify account’ page and click ‘Resend code’.

## E. Resetting your password

If you need to reset your password, go to the homepage and click the Sign In button in the top-right corner.



On the sign-in page, select “**Forgot Your Password?**”, then enter the email address you used to create your account. Click Submit, and you’ll receive an email with a reset link to set a new password.

Two side-by-side screenshots of a web application. The left screenshot shows a "Sign In" page with fields for "Email" and "Password", and a "Forgot password?" link. The right screenshot shows a "Recover Account" page with a single "Email" field and a "Submit" button. Both screenshots include a header with the "MANCHESTER 1824" logo and "The University of Manchester" text, and a navigation bar with "Home", "About", "FAQs", and "Sign In" buttons.

**Tip:** Your account lets you pause and return later. If you need a break, simply log out and come back whenever you want.

# 6. USING THE PORTAL

<b>Task 1</b>	You will be asked the month and year of your knee replacement surgery
<b>Task 2</b>	You will be asked your NHS number  You can find your NHS number here: <a href="https://www.nhs.uk/nhs-services/online-services/find-nhs-number/">https://www.nhs.uk/nhs-services/online-services/find-nhs-number/</a> or sign into your NHS App or check any letter from your GP.
<b>Task 3 (for Fitbit, or Oura Ring users)</b>	You will need your login details for your Fitbit or Oura Ring.
<b>Task 3 (for iPhone or Apple watch users)</b>  <i>To share your iPhone or Apple Watch data we recommend you are connected to WiFi</i>	To login into the study app you will need to type:  <b>PAPrKA</b> [study name]  <b>Email address</b> [you used for your PAPrKA study account]  <b>Password</b> [you used for your PAPrKA study account]  You may want to write this information down.

# USING THE PORTAL

## Task 4

You will be asked to tell us your thoughts on how easy or difficult it was to join the study

Each task has a “**To Do**” label if it’s not done yet, and “**Done**” once you complete it. A counter at the top (such as, **0/3**) tracks your progress on the tasks you need to do.

The screenshot shows the 'What You Need to Complete PAPrKA Study Tasks' page. At the top, there's a Manchester University logo and a navigation bar with links for Home, About, FAQs, Tasks, and a user icon. Below the navigation, a message says: 'To take part you will need to complete Tasks 1, 2 and 3. Task 4 "Give us your feedback" is optional.' It also notes: 'Please note, when you start a task, you must answer all the questions in one go and press "submit" or you will lose your answers.' A progress counter shows '0 / 3'. The page is divided into four sections:

- TASK 1: About my knee replacement**: Eight quick questions. Tip: You will need the month and year of your knee replacement surgery. Status: To Do.
- TASK 2: About You**: Four quick questions. Tip: You will need your NHS number. Status: To Do.
- TASK 3: Connect my devices**: Connect one or more devices. Tips: For Fitbit & Oura ring, you will need login details for your device; for Apple, you need to enter the study name PAPrKA; use the email and password from your PAPrKA account; best completed using a WiFi connection. Status: To Do.
- TASK 4: Give us your feedback**: 7 quick questions about joining the study. Status: Optional.

# Task 1: ABOUT MY KNEE REPLACEMENT

**TASK 1: About my knee replacement**  
Eight quick questions.  
*Tip: You will need the month and year of your knee replacement surgery*

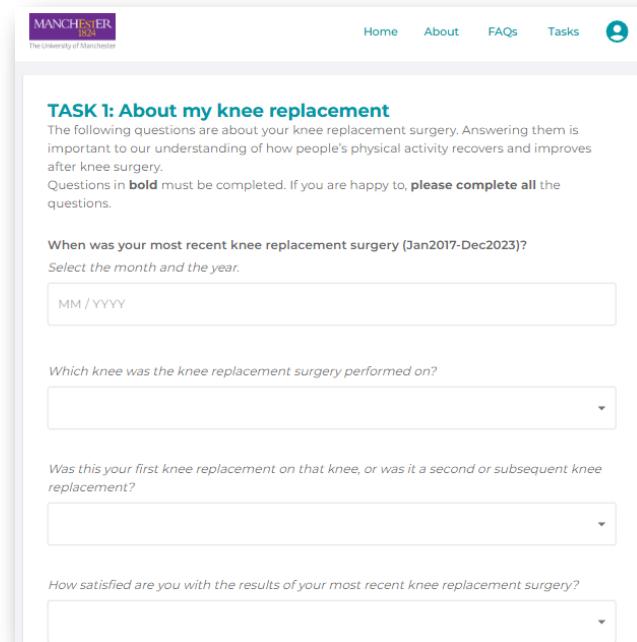
To Do

## 1. Open the ‘About My Knee Replacement’ card

Click the “To do” button under Task 1.

## 2. Provide knee replacement details

**Surgery date:** Use the calendar to select your most recent surgery date for month and year only.



The screenshot shows a survey page for 'MANCHESTER 1024 The University of Manchester'. The top navigation bar includes links for Home, About, FAQs, Tasks, and a notification icon showing '8'. The main section is titled 'TASK 1: About my knee replacement'. It contains instructions: 'The following questions are about your knee replacement surgery. Answering them is important to our understanding of how people's physical activity recovers and improves after knee surgery.' and 'Questions in **bold** must be completed. If you are happy to, **please complete all the questions.**' Below this, there are four dropdown menus for selecting the month and year of surgery, the knee replaced, whether it was a first or subsequent replacement, and satisfaction levels.

**What knee:** Choose left or right knee

**Satisfaction level:** Choose your satisfaction rating (for example, Very Satisfied, Somewhat Satisfied).

**Second knee surgery:** If you've had more than one knee replacement, please select 'Yes' and provide the details of your second surgery—this includes the date, and which knee was operated on.

Have you had a knee replacement surgery on your other (opposite) knee?

No

Yes

What is your highest level of education?

*We ask for this because it will help us understand the association between people's physical activity and education.*

What is your current work status?

*We ask for this because it will help us understand the association between people's physical activity and work.*

**Education level:** Select from the list (for example, no formal qualifications, GCSEs, degree).

**Work status:** Indicate whether you are employed, retired, or out of work.

### 3. Click "Submit"

This saves your surgery information and changes this task to "**Done.**"

# Task 2: ABOUT YOU

## TASK 2: About You

Four quick questions.

*Tip: You will need your NHS number*

To Do

### 1. Open the ‘About you’ card

Click “To do” under Task 2.

## 2. Enter your 10-Digit NHS number

If you don't know it, the page provides tips (e.g., the NHS website, your GP surgery, NHS app, or documents).

### TASK 2: About you

*This information is to help us find your record in the National Joint Registry, as well as to study whether differences following knee replacement relate to age, sex or where you live.*

#### How to find your NHS number

Your NHS number is unique to you. It helps healthcare staff and service providers identify you correctly and match your details to your health records. Your NHS number is a 10 digit number, like 485 777 3456.

We need your NHS number to access your NHS record. You can find this number by:

- Using NHS Find Your NHS Number webpage - <https://www.nhs.uk/nhs-services/online-services/find-nhs-number/>
- You can find your NHS number in any documents or letters sent to you by the NHS, such as your prescriptions, test results or hospital letters.
- You can find it by logging in to the NHS App or some GP online services.
- You can also call your GP surgery and ask them for your NHS number.

NHS Number

### 3. Enter your information:

We ask for this information to help us find your record in the National Joint Registry.

Date of Birth

Sex

Postcode

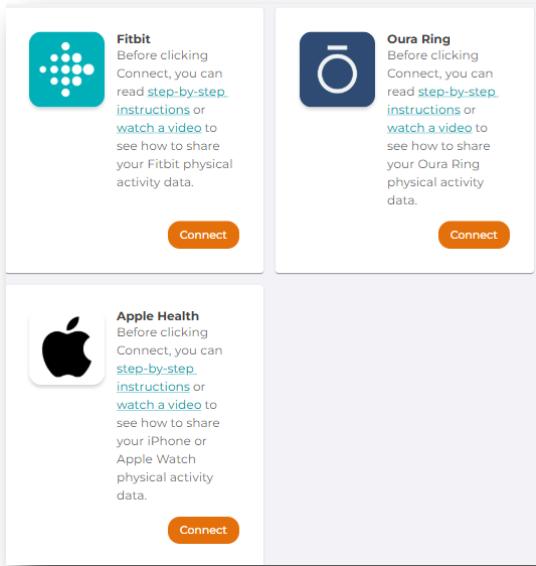
### 4. Click “Submit”

Once submitted, the task becomes “**Done.**”

# Task 3: CONNECT MY DEVICES

## Open the ‘Connect My Devices’ card

Click “To Do” under Task 3.



### TASK 3: Connect my devices

Connect one or more devices

*Tip (for Fitbit & Oura ring): You will need login details for your device*

*Tip (for Apple): You need to enter the study name PAPrKA; use the email and password from your PAPrKA account; best completed using WiFi*

To Do

## 2. Choose a device

Options include Fitbit, Apple Health, or Oura.

Select your device and click ‘Connect’.

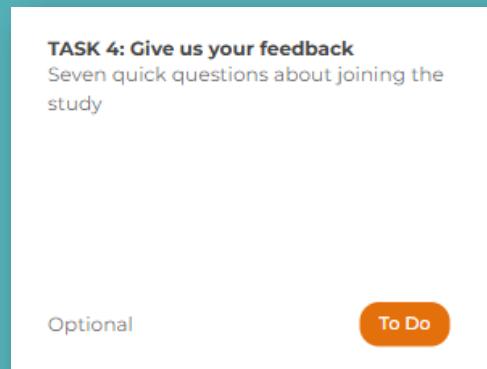
## 3. Follow the instructions on the specific device pages.

- PAPrKA study Fitbit guide
- PAPrKA study Oura guide
- PAPrKA study iPhone and Apple Watch guide

# Task 4 (Optional): FEEDBACK

## 1. Open the ‘Feedback’ card

Click “To do” under “Feedback,” if you want to share your thoughts.



## 2. Answer a few questions

**TASK 4 (OPTIONAL): Give us your feedback**  
Your experience is important to us. Help us learn to improve our study process.

Please rate how easy or difficult you found joining the PAPrKA study overall

Please rate how easy or difficult it was to provide information about your knee replacement surgery?

Please rate how easy or difficult it was to provide information about you (including your NHS number)?

Please rate how easy or difficult it was to share your physical activity data?

- How easy was the data collection process? (choose from a dropdown)
- Where did you hear about this study? (another dropdown)
- Provide any extra comments or suggestions in the text box.

## 3. Click “Submit”

This step is completely optional, but it will help us to improve the experience of people taking part in research.

# 7. FINISHING UP

## A. Check your progress

The screenshot shows the 'What You Need to Complete PAPrKA Study Tasks' page. At the top, there's a purple Manchester University logo and a navigation bar with 'Home', 'About', 'FAQs', 'Tasks', and a user icon. Below the header, a circular counter shows '3 / 3'. The page lists four tasks:

- TASK 1: About my knee replacement**: Eight quick questions. *Tip: You will need the month and year of your knee replacement surgery.* Status: Done (green button).
- TASK 2: About You**: Four quick questions. *Tip: You will need your NHS number.* Status: Done (green button).
- TASK 3: Connect my devices**: Connect one or more devices. *Tip (for Fitbit & Oura ring): You will need login details for your device. Tip (for Apple): You need to enter the study name PAPrKA; use the email and password from your PAPrKA account; best completed using WiFi.* Status: Optional (grey button).
- TASK 4: Give us your feedback**: Seven quick questions about joining the study. Status: To Do (orange button).

Each completed required task will say “**Done**” instead of “**To Do.**”

The counter (for example, **3/3**) tells you how many essential tasks you’ve finished.

## B. Completing the study

You will see a message when you have completed task 1, 2 and 3.

If you haven’t already, please do consider giving us your feedback by completing task 4.

The screenshot shows a 'Thank you for completing the PAPrKA study tasks' message box overlaid on the study tasks interface. The message box contains the following text:

Thank you for completing the PAPrKA study tasks.  
Thank you for taking part in our study.  
Thanks to your contribution, and through our research, we can support patients and doctors to make better informed decisions about knee replacement surgery in the future.  
Now that you have submitted the study tasks, you will be able to view (but not change) your responses by logging back into your study account.  
If you haven't already completed task 4, and can spare a few minutes, please consider completing it to give us your feedback.

# **8. NEED HELP?**

## **We're here for you**

If you have any issues during the process, please email the PAPrKA study team:  
PAPrKA@manchester.ac.uk or call us on 0161 306 2719 for assistance.

We're here to help you troubleshoot and get back on track as quickly as possible.

# **8. WANT TO KNOW MORE ABOUT HOW WE MANAGE YOUR DATA?**

Find out more about how we handle your data in The University of Manchester Privacy Policy, FAQs, and Participant Information Sheet

