Icahn School of Medicine at Mount Sinai

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#### STUDY INFORMATION:

Study Title: Comprehensive Health Informatics Engagement Framework for Pulmonary Rehab

Principal Investigator (Head Researcher): Joseph Finkelstein, MD, PhD

Physical Address: Icahn 2nd Floor, Room L2-36

Mailing Address: 1425 Madison Ave, Rm. L2-36, New York, NY 10029

Phone: 212-659-9596

#### SUMMARY OF THIS RESEARCH STUDY:

In medicine there are many unanswered questions. A research study is when scientists try to answer a question about something that we don't know enough about. Participation in a research study may or may not directly help you or others. Participation is entirely voluntary. It is completely up to you whether or not you take part. You can also change your mind at any time and it will not affect your ability to get medical care within the Mount Sinai Health System.

The purpose of this research study is to check if use of computer tools can improve enrollment and completion rates of pulmonary rehabilitation as compared to currently available care.

If you choose to participate, you will be asked to undergo a baseline and 4 follow-up visits with 3-month interval over a period of one year that will take place at Mount Sinai Hospital, clinic or at your home based on your preference. During each visit you will be examined by a physical therapist and surveyed by a research assistant who will administer self-reported study questionnaires. Your standard care will not be affected. You will not incur any costs associated with participation. There is no compensation for participation in this study.

The main risks to you if you choose to participate is loss of confidentiality.

You may benefit from participation in this research by receiving physical therapy evaluation and a rehabilitation plan at no cost to you. Instead of participating in this research, you may choose not to participate in a pulmonary rehabilitation program. Instead of participating in this research, you will receive information about pulmonary rehabilitation in its standard form your provider. If you agree to participate, you be followed for one year which includes 5 visits each of 1-hour duration.

If you are interested in learning more about this study, please continue to read below.

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#### PARTICIPATION IN THIS RESEARCH STUDY:

This research study will be fully explained to you by a member of the study team. Feel free to ask all the questions you want before you make a decision about whether or not to participate. Any new information that develops during this research study that might make you change your mind about participating will be given to you promptly.

You may qualify to take part in this research study because you recently had exacerbation of chronic obstructive pulmonary disease. People with chronic obstructive pulmonary disease improve their quality of life by participating in pulmonary rehabilitation programs. However, different barriers prevents many of them from participating in these programs. This study will check if a computer tool may be helpful in increasing participation in pulmonary rehabilitation.

Funds for conducting this research are provided National Institutes of Health.

A description of this clinical trial will be available on <a href="http://www.ClinicalTrials.gov">http://www.ClinicalTrials.gov</a>, as required by U.S. Law. This Web site will not include information that can identify you. At most, the Web site will include a summary of the results. You can search this Web site at any time.

### LENGTH OF TIME AND NUMBER OF PEOPLE EXPECTED TO PARTICIPATE:

Your participation in this research study is expected to last 12months.

The number of people expected to take part in this research study at Mount Sinai Hospital is 120.

#### **DESCRIPTION OF WHAT'S INVOLVED:**

If you agree to participate in this research study, the following information describes what may be involved.

The study consists of a baseline and 4 follow-up visits with 3-month interval that will take place at Mount Sinai Hospital, clinic or at your home based on your preference. During each visit you will be evaluated by a physical therapist and surveyed by a research assistant. During these visits your fitness will be assessed by measuring how far you can walk within 6 minutes and by asking you to complete standardized questionnaires. Each visit will take about one hour.

You will be assigned to comparison or control group. Both groups will receive the same optimal treatment and their medical care will be continued without changes. In both groups, patients will receive rehabilitation treatment plan according to the current standard of care. However, in addition to printed

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education materials and written treatment plan provided in both groups, individuals in the intervention group will also receive a computer version of their patient education and treatment plan. The study group assignment will be chosen by chance, like flipping a coin. Neither you nor the study doctor will choose what study treatment you get. You will have an equal chance of being given each study group assignment.

USE OF YOUR DATA AND/OR SPECIMENS:

The researchers would like to ask your permission to keep the data collected from you during this study to use them in future research studies. Please tell us how we may use this material in future research studies.

(1) Will you allow the researchers to store your information to use in future research studies?

Yes\_\_\_\_\_ No\_\_\_\_\_ If no, please stop here. If yes, please continue to the next question.

(2) The researchers can keep your information stored in one of two different ways: one way will store your information in a way that it is linked to your identity (through the use of a code that can indicate the information came from you personally) and the other way will store your information anonymously (no one will know who the information is from). It will not be stored both ways, so you must choose one of these two options. Please note that if you choose to have your information stored anonymously, you will not be able to change your mind to ask for your information to be destroyed at a future date.

How would you like your information stored? Please initial **ONE** choice:

future studies that are **directly related** to the purpose of the current study?

I would like my information stored with a link to my identity I would like my information stored anonymously
(3) Do you give the researchers permission to <b>contact you</b> in the future to collect additional information about you, discuss how your information might be used, or to discuss possible participation in another research project? Please initial your choice:
Yes No
(4) Do you give the researchers permission to keep the information indefinitely and use them for

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Please initial your choice:

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Yes	No		
future studies	s that are <b>not related</b> to	nission to keep the information indefinitely and use them for the purpose of the current study (for )? Please initial your choice:	
Yes	No		
information. patterns etc.	This might be in the field	outside of medicine and related sciences would like to use this of anthropology, human origins, mapping human migration to use your information outside the fields of medicine and ur choice:	
Yes	No		
the information (b) If the future came from, to (i) If you allow explain why to be asked to to (ii) If you do that contacting still be used. Inked to you health inform be more than committee of hospital or more those at Moule (6) Do you go those at Moule (b) If the future came is the future formation of the future fo	on came from you person the research in a different hen one of the following wed the researchers to consult your identifiable informations in the not give permission to being you is not practical, for The Institutional Review residentity. The IRB can greation without contacting a minimal risk to you or doctors and scientists a dedical school, whose jobitive permission to have principles.	t area requires that it is known specifically who the information will be done: ontact you in the future, they may be able to contact you to ion is needed and what will be done with it. Your permission will nat research project. e contacted in the future, or if it is found r example, because you have moved, your identifiable data may Board (IRB) will be asked for permission to use the information ive permission for researchers to use and share identifiable you, but only if it determines that sharing the information will not your privacy. The Institutional Review Board (IRB) is a nd nonscientists, including people not associated with this of it is to protect people who participate in research.  Ortions of information given to other researchers, including institutions and for profit companies, for use in research within	
Yes	No		
		ortions data deposited in large public repositories, (explained mits you may have chosen above? Please initial your choice:	
human samp	les. They do this by putt	elpful for researchers to share information they get from studying ing it into one or more scientific databases, where it is stored	
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along with information from other studies. Researchers can then study the combined information to learn even more about health and disease. If you agree to take part in this study, some of your genetic and health information might be placed into one or more scientific databases. There are many different kinds of scientific databases; some are maintained by Icahn School of Medicine at Mount Sinai or another institution, some are maintained by the federal government, and some are maintained by private companies. For example, the National Institutes of Health (an agency of the federal government) maintains a database called "dbGaP." A researcher who wants to study the information must apply for permission to use the database. Different databases may have different ways of reviewing such requests. Researchers with an approved study may be able to see and use your information, along with that from many other people. Researchers will always have a duty to protect your privacy and to keep your information confidential, but there are risks associated with data collection and sharing. They are described in more detail in the risks section.

YOUR RESPONSIBILITIES IF YOU TAKE PART IN THIS RESEARCH:

If you decide to take part in this research study you will be responsible for the following things: participating in a pulmonary rehabilitation program and attending study visits.

COSTS OR PAYMENTS THAT MAY RESULT FROM PARTICIPATION:

You will not be paid for participating in this research study. Being in this research study will not lead to extra costs to you. You will not be reimbursed for your travel or time that may be required for study visits.

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#### **POSSIBLE BENEFITS:**

You are not expected to get any benefit from taking part in this research study. Others may not benefit either.

REASONABLY FORESEEABLE RISKS AND DISCOMFORTS:

- Risk of loss of private information; this risk always exists, but there are procedures in place to minimize the risk.
- Group Risks Although we will not give researchers your name, we will give them basic
  information such as your race, ethnic group, and sex. This information helps researchers
  learn whether the factors that lead to health problems are the same in different groups of
  people. It is possible that such findings could one day help people of the same race, ethnic

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group, or sex as you. However, they could also be used to support harmful stereotypes or even promote discrimination.

#### OTHER POSSIBLE OPTIONS TO CONSIDER:

You may decide not to take part in this research study without any penalty. The choice is totally up to you.

#### IN CASE OF INJURY DURING THIS RESEARCH STUDY:

If you believe that you have suffered an injury related to this research as a participant in this study, you should contact the Principal Investigator.

This does not prevent you from seeking payment for injury related to malpractice or negligence. Contact the investigator for more information.

#### **ENDING PARTICIPATION IN THE RESEARCH STUDY:**

You may stop taking part in this research study at any time without any penalty. This will not affect your ability to receive medical care at any of the Mount Sinai Health System hospitals or to receive any benefits to which you are otherwise entitled.

If you decide to stop being in the research study, please contact the Principal Investigator or the research staff.

If you decide you don't want your samples and/or data to be used for research anymore, you can contact the researcher and ask to have your samples and/or data removed from future use. If any samples or data have already been shared without your identity, it won't be possible to retrieve them because no one will know who you are. Samples and data that have already been used will not be affected by your decision. Any samples and/or data that are still linked to your identity by a code the researcher has will be withdrawn so that no future sharing of your samples and/or data will take place. If your samples have already been deposited in an external repository, the study team will request that your samples be removed.

<u>Withdrawal without your consent</u>: The study doctor, the sponsor or the institution may stop your involvement in this research study at any time without your consent. This may be because the research study is being stopped, the instructions of the study team have not been followed, the investigator believes it is in your best interest, or for any other reason. If data have been stored as

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part of the research study, they too can be destroyed without your consent. More possible reasons for removal from the study include inability to follow the study protocol.

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#### **CONTACT INFORMATION:**

If you have any questions, concerns, or complaints at any time about this research, or you think the research has harmed you, please contact the office of the research team and/or the Principal Investigator at phone number 212-659-9596.

This research has been reviewed and approved by an Institutional Review Board. You may reach a representative of the Program for Protection of Human Subjects at the Icahn School of Medicine at Mount Sinai at telephone number (212) 824-8200 during standard work hours for any of the reasons listed below. This office will direct your call to the right person within the Mount Sinai Health System:

- Your questions, concerns, or complaints are not being answered by the research team.
- You cannot reach the research team.
- You are not comfortable talking to the research team.
- You have questions about your rights as a research subject.
- You want to get information or provide input about this research.

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#### **DISCLOSURE OF FINANCIAL INTERESTS:**

Sometimes, physicians/researchers receive payments for consulting or similar work performed for industry. Effective September 2014 Mount Sinai reviews only payments to an individual totaling more than \$5,000 a year per entity when determining potential conflicts of interest. If you have questions regarding industry relationships, we encourage you to talk your physician/researcher or visit our website at http://icahn.mssm.edu/ where Mount Sinai publicly discloses the industry relationships of our faculty.

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#### **MAINTAINING CONFIDENTIALITY - HIPAA AUTHORIZATION:**

As you take part in this research project it will be necessary for the research team and others to use and share some of your private protected health information. Consistent with the federal Health Insurance Portability and Accountability Act (HIPAA), we are asking your permission to receive, use and share that information.

What protected health information is collected and used in this study, and might also be shared with others?

As part of this research project, the research team at the hospital(s) involved in the research will collect your name, address, telephone/fax numbers, dates directly related to the individual (birth, admission,

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discharge, date of death, etc.), e-mail/internet protocol (IP) addresses or web universal resource locators (URL's), medical records number.

The researchers will also get information from your medical record that will come from Epic electronic health record (EHR) and from Mount Sinai Data Warehouse (MSDW).

During the study the researchers will gather information by:

- taking a medical history (includes current and past medications or therapies, illnesses, conditions or symptoms, family medical history, allergies, etc.)
- doing a physical examination that generally also includes blood pressure reading, heart rate, breathing rate and temperature
- completing the tests, procedures, questionnaires and interviews explained in the description section of this consent.

### Why is your protected health information being used?

Your personal contact information is important to be able to contact you during the study. Your health information and the results of any tests and procedures being collected as part of this research study will be used for the purpose of this study as explained earlier in this consent form. The results of this study could be published or presented at scientific meetings, lectures, or other events, but would not include any information that would let others know who you are, unless you give separate permission to do so.

The research team and other authorized members of The Mount Sinai Health System ("Mount Sinai") workforce may use and share your information to ensure that the research meets legal, institutional or accreditation requirements. For example, the School's Program for the Protection of Human Subjects is responsible for overseeing research on human subjects, and may need to see your information. If you receive any payments for taking part in this study, the Mount Sinai Finance Department may need your name, address, social security number, payment amount, and related information for tax reporting purposes. If the research team uncovers abuse, neglect, or reportable diseases, this information may be disclosed to appropriate authorities.

#### Who, outside Mount Sinai, might receive your protected health information?

As part of the study, the Principal Investigator, study team and others in the Mount Sinai workforce may disclose your protected health information, including the results of the research study tests and procedures, to the following people or organizations: (It is possible that there may be changes to the list during this research study; you may request an up-to-date list at any time by contacting the Principal Investigator.)

- The sponsoring government agency and/or their representative who need to confirm the accuracy of the results submitted to the government or the use of government funds: National Institutes of Health
- A Data Safety Monitoring Board or other committee that will monitor the study on an ongoing basis for safety.

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 The United States Department of Health and Human Services and the Office of Human Research Protection.

In almost all disclosures outside of Mount Sinai, you will not be identified by name, social security number, address, telephone number, or any other direct personal identifier. Some records and information disclosed may be identified with a unique code number. The Principal Investigator will ensure that the key to the code will be kept in a locked file, or will be securely stored electronically. The code will not be used to link the information back to you without your permission, unless the Institutional Review Board allows it after determining that there would be minimal risk to your privacy. The Certificate of Confidentiality obtained from the Department of Health and Human Services will not be used to prevent disclosure to local authorities of child abuse and neglect, or harm to self or others. It is possible that a sponsor or their representatives, a data coordinating office, or a contract research organization, will come to inspect your records. Even if those records are identifiable when inspected, the information leaving the institution will be stripped of direct identifiers. Additionally, the Office of Human Subjects Protection (OHRP) of the Department of Health and Human Services as well as the Food and Drug Administration (FDA) will be granted direct access to your medical records for verification of the research procedures and data. They are authorized to remove information with identifiers if necessary to complete their task. By signing this document you are authorizing this access. We may publish the results of this research. However, we will keep your name and other identifying information confidential.

For how long will Mount Sinai be able to use or disclose your protected health information? Your authorization for use of your protected health information for this specific study does not expire.

#### Will you be able to access your records?

During your participation in this study, you will have access to your medical record and any study information that is part of that record. The investigator is not required to release to you research information that is not part of your medical record.

#### Do you need to give us permission to obtain, use or share your health information?

NO! If you decide not to let us obtain, use or share your health information you should not sign this form, and you will not be allowed to volunteer in the research study. If you do not sign, it will not affect your treatment, payment or enrollment in any health plans or affect your eligibility for benefits.

#### Can you change your mind?

You may withdraw your permission for the use and disclosure of any of your protected information for research, but you must do so in writing to the Principal Investigator at the address on the first page. Even if you withdraw your permission, the Principal Investigator for the research study may still use your protected information that was already collected if that information is necessary to complete the study. Your health information may still be used or shared after you withdraw your authorization if you should have an adverse event (a bad effect) from being in the study. If you withdraw your permission to use your protected health information for research that means you will also be withdrawn from the research study, but standard medical care and any other benefits to which you are entitled will not be

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affected. You can also tell us you want to withdraw from the research study at any time without canceling the Authorization to use your data.

If you have not already received it, you will also be given The Hospital's Notice of Privacy Practices that contains more information about how The Hospital uses and discloses your protected health information.

It is important for you to understand that once information is disclosed to others outside Mount Sinai, the information may be re-disclosed and will no longer be covered by the federal privacy protection regulations. However, even if your information will no longer be protected by federal regulations, where possible, Mount Sinai has entered into agreements with those who will receive your information to continue to protect your confidentiality.

If as part of this research project your medical records are being reviewed, or a medical history is being taken, it is possible that HIV-related information may be revealed to the researchers. If that is the case, the following information concerns you. If this research does not involve any review of medical records or questions about your medical history or conditions, then the following section may be ignored.

### Notice Concerning HIV-Related Information

If you are authorizing the release of HIV-related information, you should be aware that the recipient(s) is (are) prohibited from re-disclosing any HIV-related information without your authorization unless permitted to do so under federal or state law. You also have a right to request a list of people who may receive or use your HIV-related information without authorization. If you experience discrimination because of the release or disclosure of HIV-related information, you may contact the New York State Division of Human Rights at (888) 392-3644 or the New York City Commission on Human Rights at (212) 306-5070. These agencies are responsible for protecting your rights.

#### Certificate of Confidentiality:

To further protect your privacy, the researchers have obtained a Certificate of Confidentiality from the Department of Health and Human Services. This is intended to ensure that your identity as a participant in this research study will not have to be disclosed as a result from a subpoena, for the purpose of identifying you in any federal, state, or local civil, criminal, administrative, legislative, or other proceedings other than to the FDA or OHRP as identified above.

The research staff will not share any of your research information or biospecimens with anyone who is not a member of the research team, including any family members or friends, other than to those identified above. However, you should know that if we learn that you or someone else is threatened with serious harm, such as a child or an elderly person being abused, the investigators may notify the appropriate authorities if necessary to protect you or others. A Certificate of Confidentiality does not prevent you or a member of your family from voluntarily releasing information about yourself or your involvement in this research. This means that you and your family must also actively protect your own privacy. If an insurer or employer learns about your research participation, and you agree that they

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can have your research information, then the researchers may not use the Certificate of Confidentiality to keep this information from them.

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	your permission to take part in this reson to take part in this reson hinformation. A signed and dated copy		
Signature of subject	Printed Name of Subject	Date	
PERSON EXPLAINING STUDY	AND OBTAINING CONSENT:		
Signature of consent delegate	Printed Name of consent delegate	Date	Time
example, when subject is illiterate consent).  My signature below documents th	serve the consent process, it should be e, visually impaired, or this document ac nat the information in the consent docur ned to, and apparently understood by,	ccompanies nent and an	a short form  y other written
was freely given by the subject.		•	
Signature of Witness	Printed Name of Witness	Date	Time
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