

BLF Tai Chi Movement for Wellbeing Patient Information Sheet and consent form

As part of your involvement in BLF's Tai Chi Movement for Wellbeing (TMW), you are being invited to take part in the evaluation of the programme. This information sheet has been designed to give you more details about the TMW classes and the evaluation.

TMW Classes

What benefits can I expect from taking part?

A commitment to regular relaxation and exercise can improve your health and quality of life.

Research suggests that group TMW can have the following benefits:

- Physical benefits - relaxation, improved posture and stability
- Mental benefits - improved mindfulness
- Emotional benefits - improved mood and self-confidence, and reduced stress
- Social benefits - meeting new people and forming new friendships

Are there any risks to me taking part in the sessions?

During the TMW sessions, it is normal to experience some changes to the way that your body feels.

Every effort will be made to minimise risks by consideration of your health status and by careful supervision from your instructor. You will not be asked to do anything more strenuous than you might be asked to do in a Pulmonary Rehabilitation class. In most instances, your effort levels will be lower.

What can I do to look after myself?

Monitor your effort levels, whilst pushing yourself gently to engage in any physical or breathing exercises. Take responsibility for your own body and sit and pause briefly when needed. If you attend regularly, your stamina and balance should improve with time.

If at any point you feel ill or experience discomfort, please let your instructor know as soon as possible.

The Evaluation

Why are BLF carrying out an evaluation?

We are carrying out an evaluation to understand more about the benefits of TMW and your experience of being involved in a BLF TMW group. We are keen to know if you have enjoyed attending the group and whether regular attendance has meant you are better able to deal with your lung condition. We hope that the results of this evaluation means that more patients are able to benefit from the group in the future.

What will the evaluation involve?

If you choose to take part in this evaluation, your TMW instructor will ask you to complete a set of questionnaires at your first class and again 3 and 6 months later. These questionnaires should take no more the 20 minutes to complete.

You may also be randomly invited to discuss more about your experiences of being involved in TMW with a member of staff from the BLF. If at any point you would prefer not to be involved, you can decline.

Will my information remain confidential?

All information collected will be completely anonymous and stored securely. We will not discuss the information with anyone not directly involved in the pilot.

What do the BLF do with this information?

The information will be used to help us to support more people with a lung condition to be active. There is limited but promising research which has shown the benefits of tai chi for people with a lung condition and we know that patients living with other conditions find it beneficial.

By having participants like yourself take part in the evaluation, we can use the results (anonymously) to show the benefits of TMW and the impact of the programme. This can help us to provide the evidence needed to generate more funding, which will allow us to expand our

programme, creating more BLF TMW groups across the UK and support existing ones.

What if I decide not to take part in the evaluation?

If you choose not to take part, this will not affect your membership of the TMW group in any way.

What if I have any other questions?

If you have any questions please ask your TMW instructor for further explanation.

By signing this form I agree to the following statements:

- I agree to voluntarily participate in the BLF TMW class and evaluation.
- I have had an opportunity to ask questions and they have been answered to my satisfaction.
- I have read this form in its entirety and I understand, agree and accept all points set forth

Signed (participant)

Date (participant)

Signed (BLF TMW Instructor)

Date (BLF TMW Instructor)

Thank you in advance for taking part in the evaluation.

Please keep a copy of this form (your TMW instructor will also keep a copy for their records)