



University of Brighton

Participation Information Sheet

Title of Project: Intensive Care Environmental Sustainability Recipe Book

Service user interview

Project Lead – Dr Heather Baid

Introduction: What is the purpose of the project?

Healthcare has a very high carbon footprint because many supplies and resources are required to deliver patient care. This causes significant damage to the planet, which has led NHS England to create a national [net zero strategy](#) to lower its impact on planetary health. Intensive care units use large amounts of disposable items and medicines, contributing to each hospital's carbon footprint. However, there is no UK-specific guidance on how intensive care staff can reduce, reuse and recycle to be more environmentally sustainable.

The project aims to develop a guidance document to help staff be more environmentally friendly while working in an intensive care unit. This Intensive Care Environmental Sustainability Recipe Book will recommend how to lower the carbon footprint of intensive care practice while maintaining quality patient care for critically ill patients.

Invitation paragraph

We invite you to participate in a service user interview to discuss improving intensive care's carbon footprint. This 15-20 minute discussion will be online using a Microsoft Teams video call, and you can choose whether to have your camera on or off. Before deciding whether to volunteer for the interview, we would like you to understand why the research is being done and what it would involve. One of our team members will go through the information sheet with you and answer any questions you may have. Please ask us if anything is unclear. Before telling us your decision, you will be given time to consider whether you wish to participate in the interview.

Why have I been invited to participate?

You can volunteer for the service user interview if you were previously an intensive care patient or were the family member of someone in intensive care. However, you are not eligible if you are currently a student of anyone on the Project Team. You do not need to be a carbon footprint or sustainability expert to participate.

Do I have to take part?

Participation in this study is entirely voluntary.

What will happen to me if I take part?

Volunteering involves one online interview of 15-20 minutes. You will be sent a Microsoft Teams meeting link and information on how to open this link on a phone, tablet, or computer. These questions will ask your views on intensive care units lowering the carbon footprint of caring for critically ill patients. For example, there will be questions about how you think waste could be reduced or items reused or recycled, but in a way that does not compromise infection prevention. There will not be personal questions about medical histories or where you live or work.

Microsoft Teams will record and transcribe the interview discussion. The anonymised typed interview transcript can be emailed to you if you want to read it later. The Project Team will analyse the interview findings to help build the Recipe Book content for recommendations on lowering the carbon footprint of intensive care while maintaining quality care. The Recipe Book will then be piloted in an intensive care unit to measure the impact of this guidance document.

Will I be paid for taking part?

You will not be paid to participate in this interview, but you will receive a £25 voucher from the Protect the Planet online retailer to thank you for your time. <https://www.protecttheplanet.co.uk/>

What are the potential disadvantages or risks of taking part?

There are no anticipated significant risks of physical or non-physical harm to you for participating in this study. We are not planning on asking personal or difficult questions. However, being a patient or family member in intensive care can be challenging. We wanted to reassure you that if the interview unexpectedly brings back distressing memories or causes upsetting feelings, you can change your mind about participating and leave the interview call at any point. A member of the Project Team will also be available for you to speak to afterwards, should you wish.

For intensive care service users, the ICUsteps patient charity facilitates an online support community and local support groups: <https://icusteps.org/support>

What are the potential benefits of taking part?

There are no specific benefits to volunteering for this study. However, by contributing your views, you will help to inform future intensive care clinical practice to be more environmentally sustainable.

Will my taking part in the study/project be kept confidential?

Participating in the interview will be confidential. After the study is completed, your contact details will be deleted. The Microsoft Teams recording and transcript will be saved on the University of Brighton's secure SharePoint site, which is only available to the Project Team. If you prefer to keep your video camera off during the interview, only your voice will be recorded. The recording will be deleted once a final transcription of the interview data is anonymised and checked by the project lead for accuracy.

The interview transcriptions will be kept securely for at least 10 years in the University of Brighton SharePoint. See the University's [Research Privacy Notice](#) for further information on data protection, which is also accessible through this QR code:



What will happen if I don't want to carry on with the study?

You may withdraw from the study without giving a reason. If you withdraw after completing the interview but before the journal article and report publication, the transcript will be deleted and not used for the study.

What will happen to the results of the project?

The Intensive Care Society, Faculty of Intensive Care Medicine, and UK Critical Care Nursing Alliance will distribute the Recipe Book nationally to improve the environmental sustainability of intensive care units across the UK. The Project Team also plans to produce journal articles, conference presentations, and online webinars to further promote the Recipe Book and project results.

Who is organising and funding the project?

The project is a collaboration between the University of Brighton, Intensive Care Society, Faculty of Intensive Care Medicine, and UK Critical Care Nursing Alliance. This work was commissioned and funded by SBRI Healthcare. SBRI Healthcare is an Accelerated Access Collaborative (AAC) initiative in partnership with the Health Innovation Network and Greener NHS Programme.

Contact details

For further information and to volunteer for the interview, please contact:

Dr Heather Baid, Principal Lecturer

School of Health Sciences, University of Brighton, Westlaine House, Falmer, Brighton, BN1 9PH

H.Baid@brighton.ac.uk

What if I have a question or concern?

In the event of any concern about the conduct of this project, please contact:

Dr Lucy Redhead, Chair of the Cross-School Research Ethics Committee A

University of Brighton, Falmer campus

L.Redhead@brighton.ac.uk

Who has reviewed the study?

The University of Brighton's Cross School Research Ethics Committee A has reviewed the study and given a favourable ethical opinion (Reference—13821).

Thank you very much for reading this participant information sheet and considering volunteering for the interview.

Dr Heather Baid, on behalf of the Project Team

Intensive Care Environmental Sustainability Recipe Book Project

