mySmartCOPD Video Text

Hello, I’m Professor Tom Wilkinson from the University of Southampton and I’m the Chief Investigator of the mySmartCOPD trial.

In this video I want to tell you a little bit more about the trial to help you make up your mind about whether you would like to take part or not. There is a patient information sheet on our [trial website](https://www.southampton.ac.uk/ctu/mysmartcopd.page#patients) (add website address on video) that contains a full description of the trial and what it involves. Our contact details can also be found here should you want to talk to a member of the trial team before taking part.

It’s important to know that you don’t have to take part, and if you do decide to take part, you can always change your mind.

So, what is the mySmartCOPD trial? The mySmartCOPD trial aims to test a new treatment management system in a trial app (called “MMH-LAB1)” – to see if it can help patients with COPD start taking the most appropriate treatment for them. The trial app app has been developed and tested by researchers at the University of Southampton and my mHealth. This new treatment app is an addition to the myCOPD app, a COPD treatment management application which is used in the NHS. We are inviting you, as someone who has been given the MyCOPD app by your healthcare provider to take part in this trial.

COPD – or ‘Chronic Obstructive Pulmonary Disease’ – is a long-term lung disease that is caused by lung damage from smoking or other harmful substances in the air. This damage can worsen over time and lead to problems such as coughing, wheezing and fatigue, and limits the overall health of people with COPD.

There is no cure for COPD, but with the right medication, people can control their COPD symptoms and slow down the progression of the disease. This is why it is important for doctors to regularly check their patients’ symptoms and prescribe the most appropriate medication to help improve their patients’ quality of life.

For this trial, we want to see if the digital treatment guidance system can help in this process. The digital treatment guidance will look at the symptom and medication data you enter into the myCOPD app and check it against the recommended guidelines for COPD medication. If the digital treatment guidance sees that the treatment you are on does not match the recommended guidelines for your symptoms, it will send you a notification in the myCOPD app with information for you to provide to your healthcare team. Your doctor can then review use this information and discuss with you about what medication is best to improve your symptoms.

So what will happen if you decide to take part in the trial? First you will need to provide your consent to take part via the trial eConsent system, which can be found on the trial website. Once you have done this, the trial team will check your information on the app to make sure this trial is suitable for you.

If you are eligible to take part, you will be randomly assigned to receive the trial app (called MMH-LAB\_Test\_1), which is the app with the digital treatment guidance or the control app (MMH-LAB\_Control\_1), which does not. Following your consent to the trial, you will need to activate the trial app exactly the same way you did for myCOPD. It is a separate app so you can download it from Google Play or App Store or access it via your usual web browser. When you open the trial app, you will be notified to which version of the app you have been randomised to. The trial team will contact you to advise how to do this.

The trial app is an additional app in addition to myCOPD, which you should continue to use.

During the trial, you will be asked to enter your COPD symptom scores daily and update your regular COPD medication if and when your medication changes. Once a month you will be asked to complete a short in-app trial questionnaire to see if there are any changes in your health since the start of the trial, and an additional University of Southampton questionnaire to ask if you have seen your healthcare professional about your COPD; if you have visited hospital; or if you feel that taking part in the trial has made you unwell.

The trial will last 6 months. At the end of the 6 months, you will be asked to complete the final trial questionnaires and then your participation on the trial will be complete.

The trial app app will be switched off on your account after the 6 months is complete, and you will only have access to the regular myCOPD app.

If you have any further questions, please visit our trial website on https://www.southampton.ac.uk/ctu/mysmartcopd.page#patients or ring XXXX and a member of our team will get back to you.

Thank you for watching.