



UNIVERSITY  
OF WOLLONGONG  
AUSTRALIA

We would like to invite you to participate in a research study titled 'Dietary Patterns in Kidney Disease: A longitudinal cohort study'. This study is being conducted by researchers at the University of Wollongong and clinicians across hospitals in Australia and New Zealand. This study aims to explore what people with Peritoneal Dialysis are eating, and how diet is associated with health outcomes and disease progression.

You have been invited to participate because you are 18 years or older and are undergoing Peritoneal Dialysis. We have attached a Participant Information Sheet to this letter, which provides details about the study and what participation will involve. Please read this information carefully before you decide whether you are interested in participating.

If you choose to participate in this research, you will be reimbursed for reasonable travel and study expenses.

Participation in this research is voluntary. If you do not wish to take part, you do not have to. You will receive the best possible care whether or not you take part.

If you are interested in participating, please complete this survey by clicking [here](#) or by scanning the QR code. You will then be sent email links to complete the study surveys online. If you have any further questions about this study, you can contact the Study Coordinator Dr Kelly Lambert at (02) 4221 5251 or via email [klambert@uow.edu.au](mailto:klambert@uow.edu.au)



## Participant Information and Consent Form

<b>Short Name of Project</b>	DIET-PD
<b>Full Name of Project</b>	Dietary Patterns in Kidney Disease: A longitudinal cohort study.
<b>Principal Investigator</b>	
<b>Project Sponsor</b>	University of Wollongong
<b>Site Name</b>	



### What am I being invited to do?

We, the School of Medical, Indigenous and Health Sciences at the University of Wollongong (UOW), invite you to take part in a project that is investigating dietary intake and lifestyle habits of people undergoing Peritoneal Dialysis. You have been invited to take part because you are aged 18 years or older, can read English, and are undergoing Peritoneal Dialysis.

You will **not** be eligible to participate in this study if you:

- Have a significant cognitive impairment preventing you from being able to complete dietary and health surveys and give consent
- Have a life expectancy of less than 6 months

We hope to recruit about 100 people from hospitals around Australia (including Blacktown Hospital, Wollongong Hospital, Liverpool Hospital, St George Hospital, Concord Hospital, Metro South Dialysis Brisbane and Hampstead Dialysis Centre Adelaide).

Please read this information and feel free to ask any questions. You can take some time to make up your mind and decide if this project is right for you. You can also talk to someone you trust, like a family member, friend, or your local doctor.



### What is the purpose of this project?

Many people want to know the best diet to eat to improve their health on peritoneal dialysis. The purpose of this study is to provide some answers to that question. This study is the first of its kind in Australia and New Zealand. We will collect information on diet and health from adults on peritoneal dialysis. This will help researchers to see whether some diets are linked to better or worse health outcomes, for example peritonitis. This research

will provide useful information for health professionals, and also for people on peritoneal dialysis.



## Do I have to take part and can I change my mind?

### **Taking part is up to you**

You get to decide whether you take part in this project. You can say yes or no.

Your decision won't affect your relationship with your doctor or the hospital.

### **You can change your mind at any time**

If you do take part, you can stop at any time. You do not have to tell us the reason.

Once you stop taking part, we will not collect any more information about you. We will keep the information we have already collected to make sure the results of the project can be measured properly.

### **The project might stop for other reasons**

We might need to stop the project while you are taking part. If this happens, we will explain the reasons to you.

We may also ask you to stop taking part in the project if it is no longer in your best interest. If this happens, we will discuss this with you.



## What do I have to do if I take part?

If you take part in this project, you will be in the study for 12 months.

If you live in Australia, we will ask you to complete an online diet survey at the start of this study, and again after 12 months. If you live in New Zealand, we will ask you to complete two online diet surveys at the start of this study, and again after 12 months. These diet surveys ask questions about the types of foods you have eaten over the past 3-6 months.

We will also ask you to complete some online health surveys at the start of the study, and one survey 12 months later.

This table below outlines what you need to do in this project. For more information, please contact

Name	Role	Contact details (phone number preferred)
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What part of the project?	What do I have to do?
Consenting to take part in this project	If you are happy to take part in this project, you will be asked to sign a consent form.
When you start the project	If in Australia, complete online diet and health surveys, which will take about 40 minutes to complete. If in New Zealand, complete two online diet surveys and a health survey, which will take about 60 minutes in total to complete.
When you finish the project (12 months later).	If in Australia, complete the same online diet survey again, which will take about 25 minutes to complete. If in New Zealand, complete the same two online diet surveys again, which will take about 45 minutes in total to complete.



### Payment for your time and expenses

You will be reimbursed for reasonable travel and study related expenses at the start and end of the study for your participation. You will also be given a report about your diet, with some tips to help you eat healthier.



### What are the benefits of taking part?

You will not directly benefit from taking part in this project. By taking part, you will help the researchers understand more about how diet and lifestyle impacts on health outcomes for people on Peritoneal Dialysis. This knowledge may help people in the future.



### What are the risks and discomforts of taking part?

There are minimal risks to you from taking part in this project. The risks of participating in this project are no different to the risks of not participating in this project. The online surveys take about 25-40 minutes each to complete. This is a possible inconvenience of participating in this project.



## If I take part, what will happen to my information and samples?

### Keeping your information safe

To keep your information safe, we will:

- follow all relevant privacy requirements
- keep it securely on an electronic database for 15 years at UOW.
- take steps to prevent anyone from accessing information that identifies you unless they need to, for example, to check it in an audit
- give it a code and keep it separate from anything that could easily identify you, like your name or contact information.

You can ask us to tell you what information we have collected about you as part of this project. If your information is not correct, you can also ask us to change it.

We will keep your information for 15 years. After this, we will destroy it.

Information collected from this study will be used in journal publications and presented in seminars. Data collected from this study may also be used in future analysis of this study, or future research related to this study area.



## Who is running and paying for this project?

This project is being run by the University of Wollongong.

This project is being funded by an Alport Foundation of Australia and University of Wollongong Advancement and Equity Grant Scheme for Research.



## Who has approved this project?

The Western Sydney Local Health District ethics committee has approved this project. This committee makes sure that this project meets Australian ethical standards for research that involves people.

### Complaints about how this project is being run

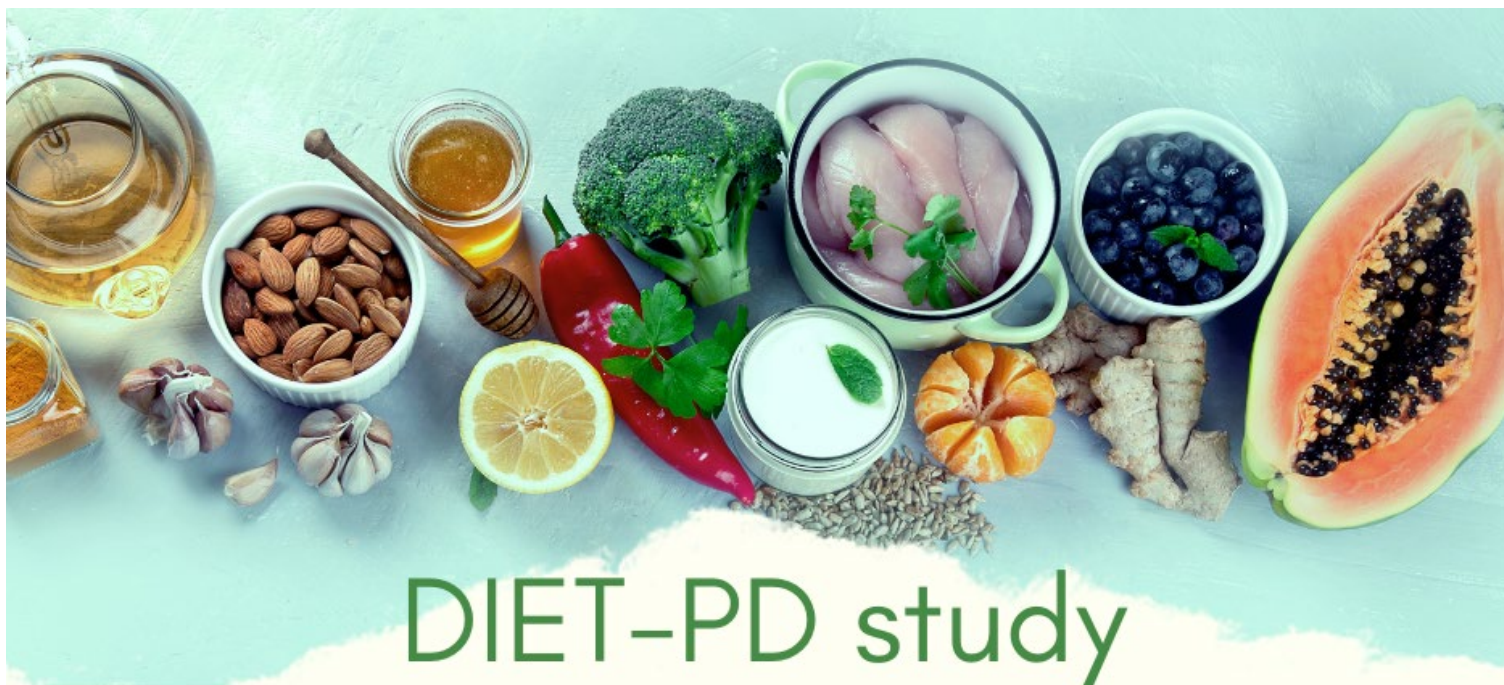
If you have any complaints about how this project is being run, please contact:



## Where can I find more information?

Thank you for taking the time to read this information about our project. You can contact a member of the project team at any time to ask questions.

Name Kelly Lambert Role Chief Investigator Contact details: [klambert@uow.edu.au](mailto:klambert@uow.edu.au)



# DIET-PD study

**Are you doing Peritoneal Dialysis  
for kidney disease?**

Study participants wanted for a study investigating the connection  
between diet and health outcomes.



**Scan the QR code for more information  
to determine if you are eligible to participate**