

Participant Information Sheet

Concussion Assessment and Return to motorSport

(CARS)

We'd like to invite you to take part in our research study.

We plan to investigate how brain function in racing drivers changes following a potentially concussive event sustained during motorsport activity. This information sheet is for the CARS study.

Joining the study is entirely up to you; before you decide we would like you to understand why the research is being done and what it would involve for you. One of our team will go through this information sheet with you, to help you decide whether or not you would like to take part and answer any questions you may have. We'd suggest this should take about 30 minutes.

Please feel free to talk to others about the study if you wish. If you are aged less than 18 years, this must include your Parent or Legal Representative. Do ask if anything is unclear.

*The first part of the Participant Information Sheet tells you the purpose of the study and what will happen to you if you take part (**pages 2-5**).*

*Then we give you more detailed information about the conduct of the study (**pages 6-12**)*

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How to contact us

If you have any questions about this study, please talk to the doctors that organise it:

Professor Peter Hutchinson
or **Dr Naomi Deakin** (see **page 11**).

Part 1

1. Why are we doing this study?

Concussion is an important health issue in sport and this is also true for motorsport. The symptoms of concussion include headaches, feeling sick (nausea) or tired (fatigue), as well as problems with memory and concentration. To help manage drivers after concussion, the Motor Sport Association (MSA) published the first Concussion Guidelines in 2016. These guidelines advise avoiding racing for 2-3 weeks after a driver is diagnosed with concussion or is involved in a potentially concussive event during motorsport.

The symptoms of concussion can also be caused by other medical conditions and so concussion is difficult to diagnose. We do not understand how the symptoms of concussion change over time, especially after racing incidents. The **CARS** study will investigate brain performance (for example memory and problem solving) and brain function in competitive drivers after they are involved in a potentially concussive event. The information we collect will be compared to drivers assessed before an accident, in the **CaRBON** study.

The **CARS** study will be based in Cambridge, UK and will last for two years (2018 – 2020).

2. What do I need to know about the assessments used in this study?

There is no perfect test for concussion, so the **CaRBON** study will investigate a number of different assessment tools which may be useful in motorsport. This will include tests of memory (**CANTAB**), biomarker levels in saliva, and specialised imaging of the head (**fMRI**). **CaRBON** will also investigate the use of a medical device called **I-PAS** which has proven useful for concussion assessment in other groups of patients. **I-PAS** is currently used for concussion assessment in the American IndyCar series, but does not yet have approval for use in the UK.

3. Why am I being asked to take part?

All motorsport competitors who have been diagnosed with concussion or who have been involved in an incident that may have resulted in concussion during racing activity have been invited to participate in the **CARS** study.

Do I have to take part?

No. It is up to you to decide. We will describe the study in detail and go through this information sheet with you. If you would like to participate in this study, we will ask you to sign a consent form to show that you have agreed to take part.

You are free to withdraw your consent at any time, without giving a reason. This will not affect the medical care you receive, or your participation in motorsport.

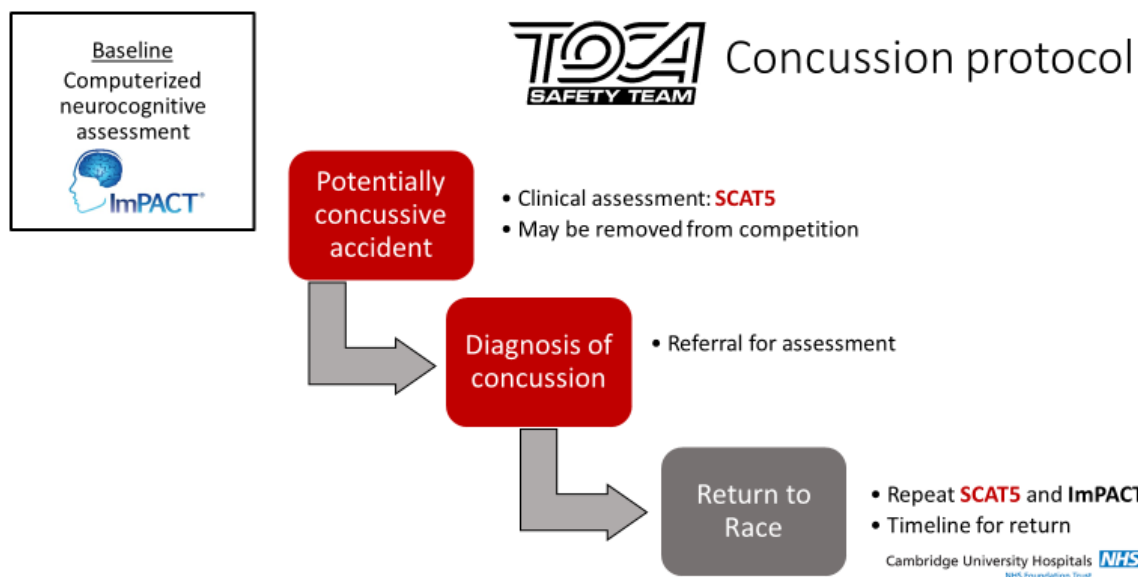
What happens if I am aged less than 18 years at the time of the study?

We ask that you bring a Parent/Legal Representative to all assessments. We ask that they also read this sheet and consent to participation with you if you wish to proceed.

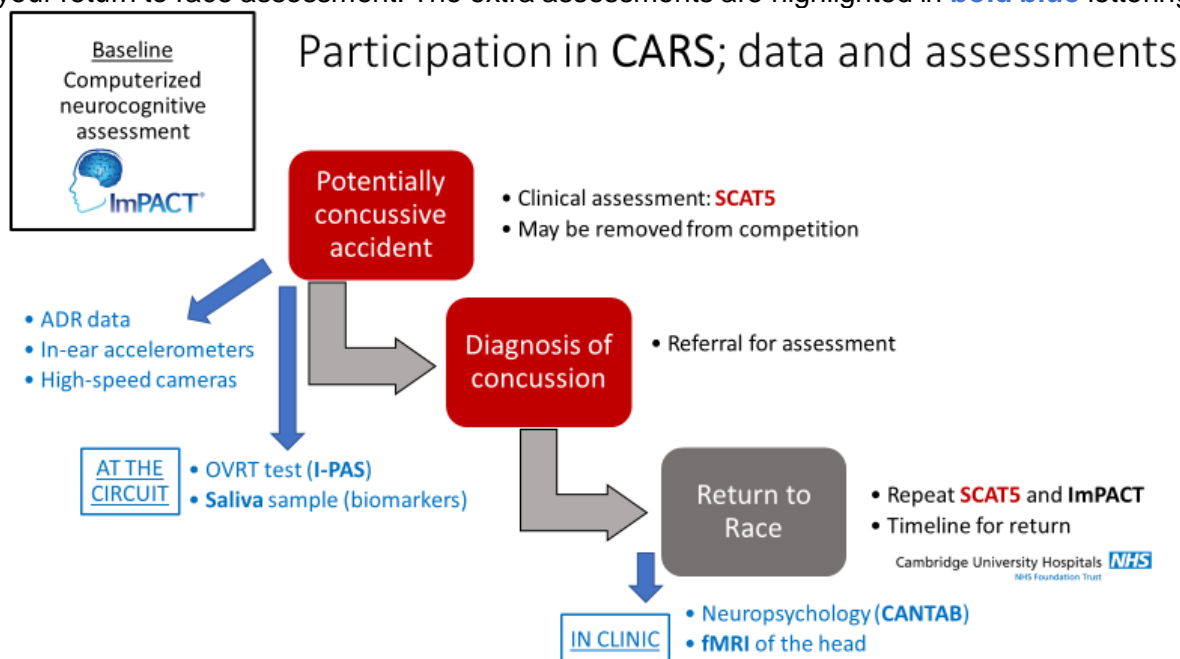
4. What will I need to do if I take part?

To be eligible to participate in the **CARS** study you must have been involved in an accident during motorsport within the last 3 weeks. The highest priority is your safety and you should have been assessed by a Medical Team. If you are concerned that this might not be the case, please discuss this with the study team member present.

Following an accident which may have lead to concussion, it is usual protocol to complete a medical assessment. If you are diagnosed with concussion, you must complete a return to race assessment at a later date. One example of this process is the TOCA Concussion protocol (see below), which you may be familiar with.



If you decide to take part in the **CARS** study, you will follow the TOCA Concussion protocol, but will complete extra assessments at the circuit where your accident happened and during your return to race assessment. The extra assessments are highlighted in **bold blue** lettering:



We will ask to assess you as soon as possible after your accident, which may be at the circuit. If you participated in the **CarBON** study, the group of assessments will be familiar. If you choose to participate in **CARS**, we will take a history, asking questions about you such as your past medical history and any previous concussions. We will ask how the accident occurred and how you are feeling at the time of assessment. We would like to assess:

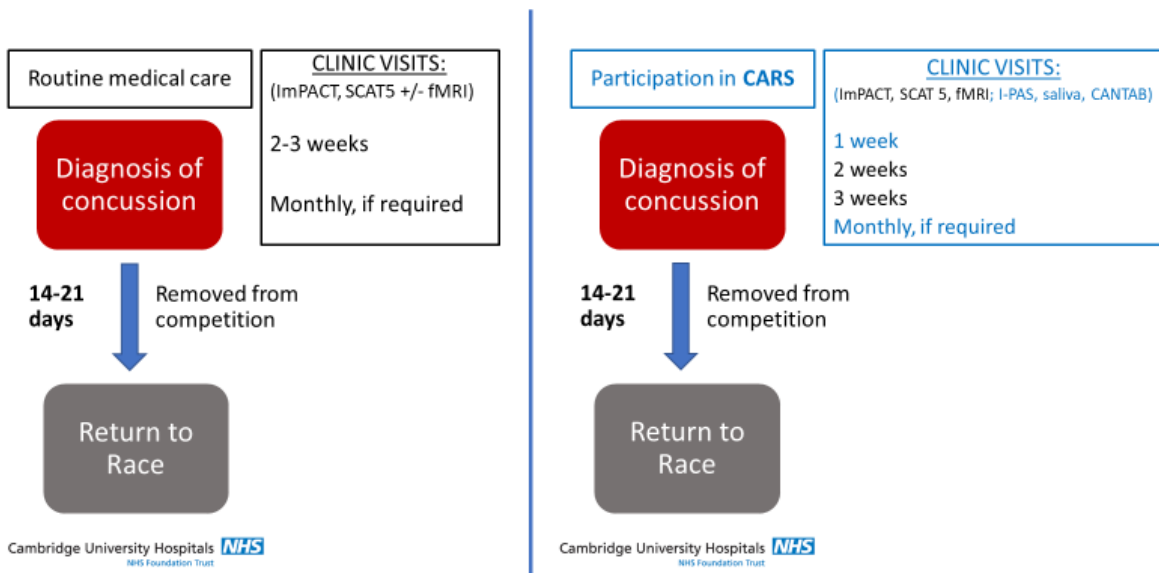
- Eye, inner ear and reaction time function using a portable 3D headset (8min)
- Saliva for levels of biomarkers associated with concussion (such as S100B)

We will then invite you to Cambridge to complete the full assessment which will include tests you are familiar with, such as ImPACT (a test of thinking) and SCAT5 (an assessment of head and neck function). We will also ask you to complete assessments of:

- Memory using a 40-minute computerised assessment of memory completed on an iPad (**CANTAB**)
- Brain structure and function with a magnetic resonance image (**fMRI**) of your brain (90min)

We would like to monitor how these assessments change over time and may invite you for repeat assessments at one, two and three weeks. The slide below shows the usual management of concussion in motorsport on the left. If you choose to participate in **CARS**, the added assessments and visits are shown in blue on the right:

Participation in CARS; clinic visits



Wherever possible, we will organise these assessments at a time and location convenient to you, however it is necessary to travel to Addenbrooke's Hospital in Cambridge for the brain scan (MRI).

You are encouraged to bring someone with you to each assessment (such as a partner, relative, friend or team member). In line with motorsport policy, if you are aged less than 18 years you must be accompanied by a Parent or Legal Representative to all assessments.

You will receive payment for your time in clinic and travel to Cambridge. The assessments will be completed during the working week, so you may need to take time off work to attend.

What happens if I don't feel able to make a decision about participating?

It is possible that you might not be able to make a decision about participating in **CARS** due to your recent accident. If you feel unable to participate, or if the study team member is concerned about your ability to make decisions, we will postpone the discussion until you are able to do so.

What happens if I don't recover after 3 weeks?

If you continue to experience symptoms 3 weeks after your accident, we will offer two additional assessments at monthly intervals. If your symptoms continue past this point, we will refer you to Addenbrooke's Hospital or a local hospital for ongoing assessment, as appropriate.

5. Possible side effects

There is a small risk that the use of the head-mounted **I-PAS** device may make you feel dizzy or sick (nauseous). We will use short and slow tests to check how you respond. If you feel unwell, we will stop the testing.

We also ask that you do not participate in any driving activity until one hour after the I-PAS assessment is complete.

This completes Part 1 of the Participant Information Sheet.

*(The BTCC is part of the TOCA series, a UK motorsports events package that includes two adult (Porsche Carrera Cup Great Britain and Michelin Ginetta GT4 Supercup), one mixed age (Renault UK Clio Cup) and two adolescent (Simpson Race Products Ginetta Junior Championships and British Formula 4 Championship; certified by Fédération Internationale de l'Automobile, FIA; powered by Ford) racing series.)

6. More information about taking part - Part 2

i. Background to the study and the purpose of the research

We suspect that motorsport competitors have better reaction times and visual capabilities than the general population, but there is little data available to support this. After a diagnosis of concussion, it is usual to compare post-injury assessments to baseline values, however there is very little data available for motorsport specifically. This makes it difficult to accurately assess drivers after concussion and might affect the quality of care that they receive. The **CArBON** study will investigate brain function in racing drivers before an accident has occurred and create a database of assessments to which post-injury tests can be compared. The results of the **CArBON** study will form part of **Dr Naomi Deakin's** PhD thesis. We aim to recruit 20 participants and will be recruiting drivers from the BTCC and its associated series.

We would like to invite you to participate, but you are under no obligation to do so. Taking part will have not affect the medical care you will receive. If you decide not to proceed with the **CARS** study or to leave the study at any point, it will not alter your medical care then, or in the future.

Who is organising and funding the research?

The study is joint sponsored by Cambridge University Hospitals NHS Foundation Trust and the University of Cambridge, organised by a research group from the Academic Division of Neurosurgery, Department of Clinical Neurosciences and the Department of Psychiatry. Funding has been provided by the Global Institute for Motor Sport Safety.

Who has looked at and approved the study?

All research in the NHS is looked at by an independent group of people called the Research Ethics Committee. The Committee is created to review each project carefully and to protect your safety, rights, wellbeing and dignity. This study has been reviewed and given favourable opinion by the relevant Ethics Committee, as well as the motorsport-specific FIA Scientific Advisory Committee (SAC).

ii. What does taking part involve?

After an accident during motorsport, drivers participating in national and international motorsport should be managed according to a concussion protocol, such as the TOCA Concussion Protocol (**page 3**). It is usual practice for you to be assessed trackside or in a Medical Centre and if diagnosed with concussion, to complete a return to race assessment. This will often include an **ImPACT** assessment and possibly a **SCAT5**.

If you choose to participate in **CARS** you will be invited to complete some additional assessments trackside and in Cambridge. We would like to assess your:

- Biomarker levels in saliva (5min)
- Eye and inner ear function, plus reaction times, using a 3D head-set (**I-PAS**; 10min)
- Thinking and memory, using the computerised **CANTAB** battery (40min)
- Brain structure and function, including assessment of blood oxygen levels (**fMRI**; 90min)

We will try to complete these assessments at a location convenient to you; either at the Medical Centre of the race circuits where your accident occurred, or at Addenbrooke's Hospital, Cambridge. We expect that all the assessments will take 3-4 hours to complete. Ideally, we would like to repeat the assessments as you recover and will invite you to come to Cambridge at weeks 1, 2 and 3.

What if relevant new information becomes available?

Sometimes we get new information about the problem being studied. If this happens, we will tell you at your next assessment and discuss whether you should continue in the **CARS** study. If you decide not to carry on, we will withdraw you from the study. If you decide to continue in the study, we may ask you to sign an updated consent form.

If the **CARS** study is stopped for any other reason, we will tell you. This will not affect your care in any way.

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

You can withdraw from the study at any time without giving a reason, but we would like to know if this is your decision. Information that was already collected about you may still be used, unless you ask us not to use it. Your withdrawal will not affect your medical care in any way.

What will happen if I miss a study appointment?

If you are unable to attend an appointment, please contact the **Study Co-Ordinator** as soon as possible. If we do not hear from you, we will contact you (or your Parent/Legal Representative, if applicable) a maximum of three times to re-arrange the appointment. If we are unable to contact you on the third attempt, we will withdraw you from the study and pass your details to either the **Race Medical Director** or **Chief Investigator**, so that they may ensure that you are safe and well.

iii. What are the possible benefits of taking part?**What are the possible benefits of taking part?**

Participants in the **CARS** study may have easier access to specialised post-concussion medical assessment because of participation in the study. We hope the results will improve the future medical management of drivers after concussion and that the results will help update the MSA concussion guidelines and TOCA Concussion protocol.

iv. Possible risks and disadvantages**What is the risk of physical harm?**

Provision of a saliva sample, MRI of the head and computerised assessment of thinking and memory are not associated with significant risks of physical harm.

The **I-PAS** device, which will be used to assess eye, inner ear and reaction time function, has been identified as a non-significant risk device by the Food and Drug Administration, FDA. The device will also be reviewed by the Medicines & Healthcare products Regulatory Agency, MHRA, prior to use in this study. It is not expected that testing with the **I-PAS** system will be associated with any risk of physical harm.

What are the possible disadvantages?

The assessments and MRI scan take a few hours to complete. You may feel unusually tired after your accident, which might make the assessments difficult.

There are no guidelines for driving on the road after concussion. If you are experiencing symptoms which raise concern for road driving, the study team will encourage you to report

this to the DVLA. If you do not do this, in dangerous circumstances, the study team may have to refer this to the DVLA themselves. You will be informed if this occurs.

The MRI must be completed in Cambridge, which might not be close to where you live. This might be inconvenient to you. The MRI scan involves the use of a large magnet. If you have any metal implants in your body, or have worked with metal previously (such as welding), we must discuss this further prior to starting the scan, as part of the MRI-compatibility form. It is possible, but unlikely, that the MRI scan may find an anomaly that you are not aware of. If this happens the study team will refer you to a specialist at Addenbrooke's, or a hospital local to where you live. For any MRI-specific queries, please contact the Wolfson Brain Imaging Centre-appointed independent adviser, Superintendent Radiographer Vicky Lupson (vc121@wbic.cam.ac.uk).

What are the risks to confidentiality?

Cambridge University Hospitals NHS Foundation Trust and the University of Cambridge (UoC) are the sponsors for this study and both are based in the United Kingdom. We will be using information from you and/or your medical records in order to undertake this study and will act as the data controller for this study. This means that we are responsible for looking after your information and using it properly. Cambridge University Hospitals NHS Foundation Trust and the University of Cambridge will keep identifiable information about you until the study has finished.

Your rights to access, change or move your information are limited, as we need to manage your information in specific ways in order for the research to be reliable and accurate. If you withdraw from the study, we will keep the information about you that we have already obtained. To safeguard your rights, we will use the minimum personally-identifiable information possible.

You can find out more about how we use your information at:

<https://www.cuh.nhs.uk/corporate-information/about-us/our-responsibilities/looking-after-your-information>

or by emailing the Data Protection Officer at: gdp.enquiries@addenbrookes.nhs.uk.

Further information can also be found at:

<https://www.medschl.cam.ac.uk/research/information-governance/>

or alternatively you may email the Information Governance team at: researchgovernance@medschl.cam.ac.uk.

Who else will have access to my data?

It is important that you understand who will be able to access data collected in the **CARS** study, and what relevant legislation will apply.

Cambridge University Hospitals NHS Foundation Trust will collect information from you and/or your medical records for this research study in accordance with our instructions. Cambridge University Hospitals NHS Foundation Trust will use your name, date of birth, NHS and/or hospital number and contact details to contact you about the research study, and make sure that relevant information about the study is recorded for your care, and to oversee the quality of the study.

Individuals from Cambridge University Hospitals NHS Foundation Trust and the University of Cambridge and regulatory organisations may look at your medical and research records to check the accuracy of the research study. Cambridge University Hospitals will pass these

details to the Sponsors along with the information collected from you and/or your medical records. The only people in the sponsor organisation who will have access to information that identifies you will be people who need to contact you to for study visits or to audit the data collection process. Other people who analyse the information will not be able to identify you and will not be able to find out your name, date of birth, NHS and/or hospital number or contact details.

Cambridge University Hospitals NHS Foundation Trust will keep identifiable information about you from this study until the study has finished.

Special considerations for **RESCUE-RACER**

The **CARS** study is funded by the Global Institute for Motorsport Safety (**GIMSS**) who are based in Switzerland. The study team will send an annual report to the Funder (**GIMSS**), which will summarise the progress of the **CARS** study. This will include anonymised information, such as the number of participants and the assessments that have been completed.

The **CARS** study uses a device (**I-PAS**) which is provided free of charge for research purposes by the manufacturer, Neuro Kinetics Incorporated (**NKI**), who are based in the United States of America. The study team plan to share anonymised **I-PAS** data with the device manufacturer (**NKI**) located in Pittsburgh, USA. This will include your age at the time of testing, and scores from the eye, inner ear and reaction time tests (**I-PAS**). The sharing of this data will be subject to a Data Transfer Agreement, approved by CUH, in accordance with Human Research Authority (**HRA**) guidance '*Sharing of Anonymous Data Collected for Research Purposes*'. **NKI** employees who analyse the **I-PAS** data will not be able to identify you and will not be able to access your personal information. The study team may also be required to send **I-PAS** data to regulatory authorities, if requested, which will be subject to the appropriate approvals.

No identifiable information will be shared with **GIMSS** or **NKI**, therefore it is unlikely that identifiable information will be accidentally disclosed. The annual report and data I-PAS to be transferred will be approved locally prior to sharing.

What if there is a problem?

Please contact the **Study Co-Ordinator's** if there is any problem with your involvement in the study (**page 13**).

What if I am unhappy with things or something goes wrong?

If you have concerns about any aspect of this study, you are encouraged to contact the **Study Co-Ordinator** who will do their best to answer your questions (contact details **page 13**). If you remain unhappy and wish to discuss the matter with an independent service or to formally complain, you can do this through the NHS Complaints Procedure. Details can be obtained from the Addenbrooke's Patient Advice and Liaison Service (contact details **page 13**).

Are there compensation arrangements if something goes wrong?

In the unlikely event of anything untoward happening, all patients registered with Cambridge University Hospitals NHS Foundation Trust are covered by the Trust's indemnity. In addition, clinical staff carry their own personal insurance. In the event that something does go wrong, and you are harmed during the research and this is due to someone's negligence, then you may have grounds for a legal action for compensation against the University of Cambridge, who will provide insurance cover for negligent and non-negligent harm to research subjects in

the UK under the University's Clinical Trials and/or Human Volunteer Studies policy, subject to ethical approval of the study.

v. Eligibility

The study protocol outlines some exclusion and inclusion criteria for participation in **CARBON**. For example, you must not have been diagnosed with concussion in the last 6 months. If you choose to participate, a member of the study team will discuss the criteria with you. If you are not eligible, your medical care will not be affected in any way and you will be managed as per the usual TOCA Concussion Protocol.

vi. Involving your GP and the TOCA Safety Team

Will my GP be informed?

We won't routinely inform your GP about your participation in **CARS**, unless you specifically ask us to. We believe that there is no benefit in routinely informing GPs because participation in this study will have no immediate or long-term effects on your health.

However, we will ask for consent to contact your GP to access your medical records for previous history of concussion. You can choose whether we are able to access these records or not.

Will the TOCA Safety Team be informed?

We won't routinely inform the TOCA Safety Team about your participation in **CARS**, unless you specifically ask us to. We believe that there is no benefit in routinely informing the TOCA Safety Team because participation in this study will have no immediate or long-term effects on your health.

If you decide to take part in the **CARS** study, we will ask for consent to access your records held by the TOCA Safety Team (including medical and accident data). This will allow the study team to utilise data already collected about you (such as previous ImpACT assessments, medical reports from accidents and in-car footage).

vii. Saliva sample

If you decide to participate in **CARS**, we will ask you to provide a single saliva sample (less than 20ml) using a collection kit. The sample will be collected at the Race Circuit Medical Centre or during your visit to Addenbrooke's Hospital, Cambridge. There are no known risks to saliva donation. We plan to analyse levels of biomarkers associated with concussion (specific consent). We will also ask for your consent to analyse the samples for other markers in the future (generic consent); there is no obligation to agree to this. We do not believe there is any likelihood of discovering any significant health related finding for either analysis. The saliva will be separated and frozen for analysis in the future, which may be conducted at another research centre in the UK.

viii. Expenses and payments

If you decide to participate in the **CARS** study, you may be eligible to receive a single payment for your time (£50, up to one day) and, when attending Addenbrooke's Hospital for assessment, your travel (up to £40).

ix. Accessing NHS data

If you decide to participate in the **CARS** study, we will seek consent to access your medical records (collected in hospital, by a Family Doctor/GP or at motorsport events) to confirm your concussion history. You can choose to provide this consent or not. CUH and UoC will use this information to verify your history of conditions that might change the outcome of our research, such as concussion.

x. How will study data be stored?

To make participation in the study as easy as possible, the initial **CARS** assessments may be completed at race circuits participating in the TOCA series. To do this we must use portable computers such as a study laptop or study iPad. The use, security and storage of these devices and their data will be in line with CUH remote working policy. Linked anonymised data will then be transferred to University devices for analysis and storage.

Study data will be kept securely for a minimum of 15 years and possibly indefinitely at the University of Cambridge and Cambridge University Hospitals (CUHT) data archive, in accordance with good research practice.

Anonymised study data shared with **NKI** will be stored in line with their Health Insurance Portability and Accountability Act of 1996 policy (**HIPPA**). Study data will be stored securely and only accessed by NKI employees who are collaborating on the project.

What will happen to the study results?

It is our aim to share the results of the study with other scientists and healthcare professionals. The results will be published in peer-reviewed scientific journals, internal reports and conference presentations, as well as publication on websites and other forms of scientific dissemination. All disseminated results will be anonymised and unidentifiable.

xi. Related research (generic consent)**How your data may be used in future research**

When you agree to take part in a research study, the information about your health and care may be provided to researchers running other research studies in this organisation and in other organisations. These organisations may be universities, NHS organisations or companies involved in health and care research in this country or abroad. Your information will only be used by organisations and researchers to conduct research in accordance with the UK Policy Framework for Health and Social Care Research.

This information will not identify you and will not be combined with other information in a way that could identify you. The information will only be used for the purpose of health and care research and cannot be used to contact you or to affect your care. It will not be used to make decisions about future services available to you, such as insurance.

This completes Part 2 of the Participant Information Sheet.

Thank you for considering participation in this study. Our research depends entirely on the goodwill of potential volunteers such as you. If you require any further information, we will be pleased to help you in any way we can.

You may withdraw from the study at any time without explaining why and it will not affect your present or future medical treatment in any way.

This research study has been approved by the **East of England Cambridge Central Research Ethics Committee.**

7. How to contact us

Study Co-Ordinator	Chief Investigator	TOCA Safety Team Medical Director
Dr Naomi D Deakin	Prof PJ Hutchinson	Dr Paul Trafford
<u>Address:</u> Dept of Clinical Neurosciences Addenbrooke's Hospital, Hills Road, Cambridge, CB2 0QQ www.rescueracer.org	<u>Address:</u> Box 167, Academic Division of Neurosurgery, Addenbrooke's Hospital, Hills Road, Cambridge, CB2 0QQ	<u>Address:</u> British Touring Car Championship Accessed via: http://www.btcc.net/contact/

For further independent assistance, please contact:

Patient Advice & Liaison Service (PALS)

Box 53, Cambridge University Hospitals NHS Foundation Trust,
 Hills Road, Cambridge CB2 0QQ

Tel: 01223 216 756

E-mail: pals@addenbrookes.nhs.uk