

What is the EMPOWER-SMS GP randomised controlled trial?

This trial is testing if sending a text message-based wellness program to patients between GP appointments can:

- 1) improve people's health, especially physical activity and healthy eating and,
- 2) be helpful for GPs (e.g. reducing burden, improve patient satisfaction)

The trial was designed in partnership with patient advocates, GPs, health professionals, researchers, and members of the Primary Care Collaborative Cancer Clinical Trials group.

What is EMPOWER-SMS GP text message program?

The text messages (1-2 sentences each) provide general evidence-based information about staying well, managing side effects and increasing physical activity and healthy eating and weblinks to evidence-based websites and free health programs. Patients receive 4 messages/week for 6-months. They don't need to reply and can opt-out at any time by replying 'STOP'. A research team member will see all replies and respond, if necessary, within 72 hours.

How can EMPOWER-SMS-GP help my patients?

EMPOWER-SMS has been tested by over 1000 breast cancer survivors across Australia and was found to be effective for improving endocrine therapy medication adherence and well-liked by participants; most '(strongly) agreed' EMPOWER-SMS GP was **easy-to-understand (99%), useful (85%), helped them feel supported between appointments (87%) and motivated them to increase physical activity (70%) and healthy eating (69%)**.

How can this help me and my practice?

You can claim CPD hours (details on page 2). Also, EMPOWER-SMS can complement GP care by supporting patients' healthy lifestyle between appointments. Feedback from our previous studies found that breast cancer survivors want to receive this program from their GP.

What does your practice need to do?

Your team will only need to:

1. **Use our custom Pen-CAT4 report to generate a list of eligible patients***, which you can review if desired

**Patients are eligible if they finished active treatment (surgery, chemotherapy and/or radiation therapy) in the last 3 years (can still be taking endocrine or targeted therapy) and visited your practice 1 time in the past 2 years.*

2. **Send 1 study invitation text message (2 sentences) to eligible patients**, with a link to the online consent

The University of Sydney team does the rest. We'll tell you which patients signed up, so that it can be noted in their medical file, and keep you updated about the study progress via email. Staff may also be invited to an interview to talk about the pros and cons of the process of sending EMPOWER-SMS-GP to patients.

What do my patients have to do if they sign up?

After consent, patients will fill in surveys (5-10mins) at baseline, 6-, 12-, 18- and 24-months, wear an activity watch for 7 days at baseline and 6-months, then either receive EMPOWER-SMS-GP or usual care for 6-months (50/50 chance). There are no costs for patients to be involved. The control group will be offered EMPOWER-SMS-GP at 24-months and some participants will be invited to a focus group (optional) to share what they liked/disliked about EMPOWER-SMS-GP. Patients will also give consent to collect de-identified clinical data (e.g. diagnosis, medication list) via PenCAT, which we will coordinate (no additional work for your practice).

Data security

Your patients' confidentiality and privacy are our top priority. Participant data is collected and stored securely in accordance with Human Research Ethics guidelines (ethics approval# 2023/081) and Australian laws on University of Sydney-approved, password-protected systems. All text messages are sent via Burst SMS, a web-based platform that complies with Australian Data Protection Laws and under a legal agreement with the University of Sydney.

MORE INFORMATION

EMPOWER-SMS pilot randomised controlled trial (n=160): <https://pubmed.ncbi.nlm.nih.gov/35460441/>

EMPOWER-SMS national implementation pilot study (n=844): <https://www.jmir.org/2023/1/e45164/>

Co-design EMPOWER SMS pilot text message program: <https://www.jmir.org/2021/6/e27076/citations>

EMPOWER-SMS reach, acceptability and utility: <https://link.springer.com/article/10.1007/s11764-021-01106-7>

Appendix 1. CPD hours and activities by year for involvement in the EMPOWER-SMS-GP trial

Activity	Who can complete this task?	Description of EMPOWER-SMS-GP Activities	Approx. hours (min hours claimable)
Year 1			
Educational activity	GP or any appropriate staff member	• Review EMPOWER-SMS-GP trial legal documents: A study overview, including trial design, outcome measures and automated patient screening processes.	1 (0.25)
Measuring outcomes	GP or any appropriate staff member	Involvement in trial that aims to improve patient outcomes. • Automated patient screening and recruitment: Use automated EMPOWER-SMS-GP PenCAT filter to identify eligible patients and send an invitation text message. GPs can review the list, if desired. The number of eligible patients and text messages sent patients is then provided to the study team. • Support with automated data extraction if needed: In the unlikely event that the automated system fails, manual data extraction using PenCAT may be needed.	1 (0.25)
Year 2			
Measuring outcomes	GP or any appropriate staff member	Involvement in trial that aims to improve patient outcomes. • Support with automated data extraction if needed	1 (0.25)
Reviewing performance	GP or any appropriate staff member	• (optional) Brief feedback survey: Completed by appropriate staff member. Provide self-reflection regarding pros/cons about the trial and impacts on patient care (if any) • (optional) 15-30min interview: GP or other appropriate staff member involved in the trial. Provide self-reflection regarding pros/cons about the trial and impacts on patient care (if any)	1 (0.5)
Year 3			
Measuring outcomes	GP or any appropriate staff member	Involvement in trial that aims to improve patient outcomes. • Support with automated data extraction if needed • (optional) Review EMPOWER-SMS-GP results: Study staff will provide trial results and patient feedback to practice staff	2 (0.25)

****Staff members may claim more than the approximate number of hours***