

CLASP – Cancer: Life Affirming Survivorship support in Primary Care (RENEWED ONLINE)

Aim: To develop a cost effective web-based intervention to improve the quality of life and long term prospects through secondary prevention of cancer. The intervention will provide patients who have finished primary treatments for breast, colon and prostate cancer with self-management support for a healthy lifestyle and improved mood that will increase their quality of life and hopefully assist in preventing the recurrence of cancer.

Method: Patients will provide online consent to take part and will complete a short quality of life questionnaire. If eligible they will then be randomised to either:

1. **A group using 'Renewed Online' for up to a year, or**
2. **A group using 'Renewed Online' plus brief Nurse/HCA Support from their GP Practice;**
3. **The 'control group' (usual care and given access to Renewed Online after a year).**

Participants in groups 1 or 2 will be sent a link to the website intervention which they can use as much as they like over 12 months. Nurses/HCAs who provide support to patients in group 2 will also be invited to take part in an interview about their experiences of the study.

Renewed online provides support with making behaviour changes (physical activity, diet, weight loss and mindfulness) which can improve physical symptoms e.g. fatigue and distress. Participants will complete questionnaires online.

What practices need to do:

NB This is effectively a 'search and mail out study' with the addition of Nurse/HCA support to a small number of patients (expected to be 3-6 who are allocated to Group 2 per practice, depending on response rates and list size).

- Run 3 searches using the practice database for patients that have finished their primary treatment for breast, colon and prostate cancer, using the inclusion/exclusion criteria provided;
- Mail out to potential participants using DOCMAIL (to include an invite letter, information sheet and a 'decline' reply slip with a freepost envelope);
- Provide a suitable 'support practitioner' who will be expected to complete an online training session of approximately 15 minutes;
- The system will identify patients allocated to Group 2 and contact the Support Practitioner to provide up to 3 'support sessions' MAXIMUM 10 MINUTES,(face-to-face,by phone or email)
- Notes Review for recruited patients at 12 months

What Patients need to do:

- Log in to the website using an unique identifier to complete the eligibility criteria and consent (or decline participation using reply slip and envelope provided);
- Respond to the instructions received from the website depending on which group they are assigned;
- Researchers will set up interviews with the patients by telephone if required.