

Keeping you updated about



Dear UK-ROX participant,

We would like to say a huge **THANK YOU** for taking part in UK-ROX. Without your help and contribution we wouldn't be able to carry out this important research.

Why UK-ROX?

Oxygen is one of the most common treatments given to patients in the intensive care unit. Doctors and nurses adjust the amount of **extra** oxygen they give, based on how much oxygen is in their **blood**.

Currently there is not much evidence about the best amount of extra oxygen that nurses and doctors should give during treatment. Currently, there is not much evidence on how much oxygen in the blood to aim for, to help with recovery. We know that very low oxygen in the blood is harmful, but we think that very high levels may also cause harm. Recent research suggests that giving slightly less extra oxygen may be beneficial, but more research is needed.

Therefore, half of the UK-ROX participants received treatment using a slightly lower oxygen target **of around 90%** (90-93% oxygen in the blood) and the other half received the usual NHS treatment. Both groups will be compared at the end of the study to see if one was more beneficial to

How you are helping

You are part of a smaller group of participants being contacted after three months of being involved in UK-ROX.

We'd really appreciate your help by completing and returning the questionnaire that we've posted to you.

The information you provide in the questionnaire will let us know how you are currently feeling and will be used to **help improve the care of future patients** who have been in a similar position to you.

If you would prefer to go through the questionnaire over the phone, or to receive it in an e-mail, please do not hesitate to get in touch.

We are very thankful for your time and assistance.

Helpful contacts

Healthtalk – A partnership between a charity (Dipex) and The Health Experiences Research Group (University of Oxford) provides health information for patients, from patients. Watch patients, family & friends share their health & illness stories on film: www.healthtalk.org/intensive_care

ICUsteps – support for patients and relatives affected by critical illness. **Website:** www.icusteps.org/

Critical Care Recovery – information, advice and support on recovery after intensive care. **Website:** www.criticalcarerecovery.com

Samaritans – confidential emotional support for people experiencing feelings of distress.

Telephone: 116 123 (this is a free phone number) **Website:** www.samaritans.org/

We're here to help you...

If you have any questions about UK-ROX, or about your questionnaire, we're more than happy to help:



Mr Paul Mouncey, Chief Investigator

I am responsible for the overall running of UK-ROX at the Intensive Care National Audit & Research Centre (ICNARC).

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Professor Daniel Martin OBE, Chief Investigator

I am responsible for the overall running of UK-ROX, and provide specialist medical support for the research.

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