

Optimising Treatment for High Blood Pressure in the Elderly

Participant Information Sheet
OPTiMISE long-term follow-up

This leaflet is about the OPTiMISE trial that you participated in three years ago. It is for information only and you do not have to do anything to respond.

- This trial aimed to see whether it is safe to stop blood pressure lowering medications when people get older, to reduce the risk of adverse effects such as falls.
- We showed after three months of follow-up that it is possible to reduce the number of tablets being taken and still achieve good blood pressure control, which is important for preventing stroke.
- We have published details of our results on our website: <https://www.phctrials.ox.ac.uk/studies/OPTiMISE>
- As planned, we would now like to find out what happened to our participants in the longer-term.



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What do we want to learn from the long term follow-up?

We want to learn whether it is safe to reduce the number of blood pressure lowering drugs prescribed to older people whose blood pressure is considered to be within the normal range. We want to obtain this information for up to 5 years from when you participated in the OPTiMISE trial.

What will happen in the Long term follow-up?

We will gather information on health outcomes (such as hospital admissions) for everyone who took part in OPTiMISE. We will then look at the information to see if there are any differences between the participants in the “control” group, whose care did not change, with those participants in the “intervention” group who had one of their blood pressure medications removed.

How will you get the information you need?

We will share identifiable data (your name, date of birth, and NHS number) in a secure manner with NHS Digital to collect data on hospital admissions if they occur and your health status. This information will be provided by NHS Digital, via their patient tracking service, and from Primary Care records (such as medical notes held by your GP).

What will I have to do?

You do not need to do anything. This leaflet is simply to provide you with information.

Do I have to take part in the Long-term follow-up?

If you do not want us to obtain this information, please let us know using the contact details at the end of this information sheet. Any decision to do so will not affect the treatment you receive from your GP.

Will my data be kept confidential?

We will share identifiable data (your name, date of birth, and NHS number) in a secure manner with NHS Digital to collect data on hospital admissions and your health status. All data will be kept securely on an electronic study database and will comply with the General Data Protection

Regulation (GDPR) and Data Protection Act 2018 which require data to be de-identified as soon as it is practical to do so. Your individual results will not be identifiable in any report or publication.

Where can I find the results of the long term follow-up?

The results of this follow-up research will be published in a scientific medical journal and on our study website <https://www.phctrials.ox.ac.uk/studies/OPTiMISE>

Who is funding this long term follow-up?

This long term follow-up is being run by The Primary Care Clinical Trials Unit, at the University of Oxford. The British Heart Foundation has provided funding for resources required to complete this study but will not have access to any of the data collected.

Our Contact Details

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Thank you for your continued participation in the OPTiMISE trial



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