

# Appendix D

## The EMS Sleep Health and Fatigue Education Study

### EMS Clinician Study Flyer

**Who?** Daniel Patterson, PhD, NRP from the University of Pittsburgh Department of Emergency Medicine is leading a research study that seeks to examine the impact of a sleep health and fatigue education and training program tailored to Emergency Medical Services (EMS) clinicians. This research study has financial support from the National Highway Traffic Safety Administration to the National Association of State EMS Officials (NASEMSO). The University of Pittsburgh has partnered with the NASEMSO as a sub-contractor for purposes of conducting this research study.

**What?** This research study is an experiment that will test the impact of a new sleep health and fatigue training education program. The program is designed to improve the individual EMS clinician's sleep health and reduce work-related fatigue through education and training. The program will be administered entirely online (via the internet) and will be accessible to EMS clinicians located at the EMS agencies that agree to participate in this research study.

**When?** The study team will begin recruiting EMS agencies to participate in this study on XXXXXX, 20##. Each agency will be asked to participate for a total of 24 weeks. Participation is voluntary.

**How?** You are being recruited for this study to help researchers learn more about sleep health and fatigue education of EMS shift workers. Participation will be completely voluntary and confidential. The study team will mostly use data collection tools available via the Internet. Some data collection will involve mobile phone text messages. The research study's website will be secure and require a unique login (username and password) from each individual EMS clinician. Some EMS clinicians may be asked to wear a wrist actigraph to measure sleep, complete a paper-based sleep diary, and complete a reaction time test at the start and end of a few scheduled work shifts during the study period.

**Who is Eligible?** The study team is seeking participation from EMS clinicians that work at EMS agencies where the agency's leadership has agreed to voluntarily participate in this research study. Criteria for eligibility include:

- [1] The individual EMS clinician must be currently working as a full-time or part-time EMS clinician at an EMS agency that has agreed to participate in this research study.
- [2] 18 years of age or older.
- [3] Licensed/certified as an EMT-Basic, Firefighter, Paramedic, Flight Nurse, or other level of EMT or first responder).
- [4] Currently work shifts (e.g., 8-hr, 12hr, 16-hr, 24-hr or longer).
- [5] Typically work at least one shift per week.
- [6] Own a cellular, mobile, smartphone that can receive and send text-messages.
- [7] Willing to answer online surveys and willing to respond to text-message queries for 7 days in a row every third week of the month for a total of 24 weeks/6 months.

**Remuneration:** Remuneration in the form of a \$20 Visa/Mastercard gift card will be provided to each individual EMS clinician at the end of the study period.

**Interested?** If you wish to participate or wish to know more about this study, please contact the study team at: [XXXXXXXX@pitt.edu](mailto:XXXXXXXX@pitt.edu) or 412-###-####. Participation in this study is completely voluntary. If you choose to participate, your involvement will be kept confidential with the study team.