Before the study begins

- Create a study identity that includes a logo on all study documents
- Train research personnel in maintaining participant confidentiality
- Ensure all study personnel are aware of study procedures

At screening

- Exclude participants who are likely to be difficult to follow for the duration of the trial (e.g. no fixed addresss, patients with dementia and no family support)
- Be explicit about follow up procedures including when to expect contact from study staff, how often, and what type of contact (in person, email, phone etc.)

At baseline

- Collect several personal contacts including friends or family members to assist with locating patients later
- Ensure informed consent is conducted in an appropriate manner, including using examples and explanations that are accessible to a lay audience

During the study

- Provide participants with a choice of email, phone, and/or inclinic visits when appropriate (i.e. when no radiographs are required)
- Be flexible on scheduling inclinic visits
- ensure participants can easily contact study personnel by providing them with contact informatio nthat is easy to access
- Routinely verify that the participant's contact information is up to date

For patients who are difficult to contact

- Try previously disconnected phone numbers
- Search online or in telephone books for updated contact information
- Search the hospital's database for hospital admissions
- Try to contact participants form a different phone number or at a different time of day
- Hold regular staff meetings to brainstorm creative ways to locate participants who are dificult to contact