

Participant Information Sheet for Older Children and Teenagers (11-15 years)

Prescription Alerts for Reliever Inhalers in Children (PARC) Project

Lead researcher: Dr Anna Selby



**Would you like to join a research project to find out if we
can improve the care of children with asthma?**

Before you decide if you would like to take part, it is important that you understand why the project is being done and what it will involve for you. Please read this information carefully and ask questions if anything is unclear. You may like to talk to family or friends, but it is up to you whether or not you take part.

What is the project about?



Asthma is very common in children and young people. It is a long-term lung condition which causes wheezing and breathlessness. Severe asthma attacks can be serious. Many children and young people with asthma are treated with two types of inhalers: Relievers (usually a blue inhaler) and preventers. Children and young people who need to use their blue reliever inhaler often are more likely to have severe asthma attacks.



We want to find out whether inviting children who have been given lots of blue reliever inhalers in the past year to an enhanced nurse-led check-up will mean they have fewer asthma attacks in the following year.

Why have I been invited to take part?

You have been asked to take part because you have been prescribed 7 or more blue reliever inhalers in a year. This means that you may be at high risk of having an asthma attack because you may have uncontrolled asthma. You may therefore benefit from a check-up.

What will happen if I decide to take part?

1. You will have an enhanced asthma check-up with a specially trained nurse. The check-up will take about half an hour and will be done at a local clinic. You will be offered a video call if you cannot travel. The nurse will ask you some questions about your asthma and will check your inhaler technique. Changes will be made to your asthma treatment if needed and you will be given an asthma action plan.
2. About 4 weeks after your check-up, the nurse that you saw will contact you to check how you are getting on.
3. We will collect some information from your medical records shortly after you enter the project and again about a year later. This will include information about your asthma and medications used to treat it.

Will the project help me?

Taking part in this project may improve your asthma control and reduce your chances of having an asthma attack. The results of the project might also help other people with asthma in future. If you have a check-up, you will be given a £5 voucher to say thank you for taking part.

Are there any risks involved?

Taking part in this project involves little risk. The asthma check-up is similar to a standard annual asthma check-up but will be longer and more detailed. No new medications are being tested and we are not doing any tests.

Will my information be kept private?

Yes, all of your information will be kept private. We only tell people that need to know like your parent or carer and your GP. It will not be possible to recognise you from looking at your project information. A unique number will link your information to you, but we will keep a separate record with people's names and project numbers. Once the project has finished, we will keep your information for up to 15 years.

Do I have to take part and what happens if I change my mind?

No, it is up to you whether or not you take part. If you change your mind, can stop taking part at any time. Just tell your parent or carer.

What will happen to the results of the project?

When we have finished the project we will tell people what we have learned in medical magazines and at meetings for doctors and nurses who look after children and young people with asthma.

Will I be asked to take part in other research?

We may ask whether you would like to have a chat with a researcher about your asthma check-up. This will help us to understand what was good about the check-up and whether you think we should do anything differently. You do not have to do this if you don't want to. If you don't want to do this, you can still take part in the rest of the project.

Who is organising and funding the project?

The project is being organised by University Hospitals Southampton NHS Foundation Trust (UHS) and is being paid for by the National Institute for Health and Care Research (NIHR).

Who has checked the project?

Before any research goes ahead, it has to be checked by a group of people called the Research Ethics Committee (REC) to make sure the research is worthwhile, safe and fair. This project has been reviewed by the West of Scotland Research Ethics Service.

Contact Details

If you have any questions about this project or would like more information, please contact a member of the research team (led by Dr Anna Selby and Professor Graham Roberts).

Email: parc@soton.ac.uk

Phone: TBC



Thank you for reading this information sheet.