

## Participant Information Sheet for Younger Children (5-10 years)

# Prescription Alerts for Reliever Inhalers in Children (PARC) Project

**Lead researcher:** Dr Anna Selby



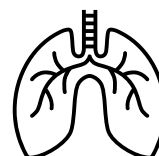
**Would you like to take part in a research project about asthma?**

### What is research?

Research is a way of answering important questions and working out the best way to help people with health problems. The research team are the people doing the research.

### What is asthma?

Lots of children and teenagers have asthma. It is a health problem that can make you cough, sound wheezy or feel breathless. When people with asthma find it hard to breathe, this is called an asthma attack.



Children with asthma are usually given two inhalers: a 'Preventer' to stop them from having asthma attacks and a 'reliever' inhaler (which is usually blue) to help them feel better when they find it hard to breathe. Children who need to use their blue inhaler lots are more likely to have asthma attacks.



### Why is the project being done?

**We want to find out whether inviting children who have used their blue inhaler lots for an extra check-up can stop them having asthma attacks.**

## Why me?

You have been asked if you would like to take part because you have been given lots of blue inhalers in the past.

## What will happen?

**You will be seen by a specially trained nurse for an enhanced asthma check-up.**

**They will ask you and a parent/carer questions about your asthma and will check that you know how to use your inhalers.**



**The check-up will take about half an hour. You will be seen by a nurse who will talk to you and a parent or carer.**



30 mins

**Some information about your asthma will also be collected from your medical notes at your doctor's surgery/the hospital.**



## Will taking part help me?

Some people with asthma get breathless/wheezy when running around and cough at night. Taking part may stop you having problems like this and stop you from having asthma attacks. The results of the project might also help other children with asthma. If you take part, you will be given a £5 gift voucher to say thank you.

## Do I have to take part?

No, it is up to you. If you decide to take part, you and your parent or carer will be asked to write your names on a form. If you don't want to take part, just say no!

## Contact Details

If you have any questions about this project, a parent/carer may be able to answer them. If not, they can contact research team (led by Dr Anna Selby and Professor Graham Roberts).

Email: [parc@soton.ac.uk](mailto:parc@soton.ac.uk)

Phone: 07584 613936



**Thank you for reading this information sheet.**