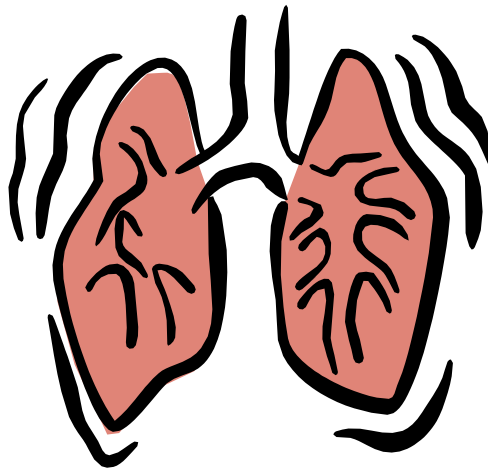


Predicting Progression to School Aged Asthma

Information sheet for the younger child
Age 5-11years



Thank you for taking the time to read this leaflet, we hope it will help you to answer some questions about the study you have been asked to take part in.

What is research?

Research is done to try and find out answers to important questions about why people get ill.



Why we are doing this research study?

We want to find out more about children who have trouble with their breathing and why some children wheeze and develop asthma. This will help us to learn how to treat children with breathing problems in the future.



Why have I been given this leaflet?

You have been invited to join our study because you had some important tests when you were younger that looked at the fluid in your lungs.

Now that you are school-age, we'd like to see how your lungs are working and check for any allergies or infection.

Do I have to take part?

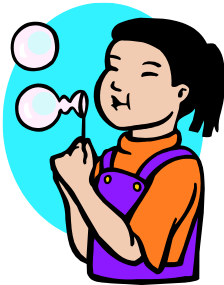
Taking part in research is voluntary. This means that you can say yes or no to joining our study or change your mind at any time.

What happens if I agree to take part?

If you agree to take part, we will ask you to come to the Royal Brompton Hospital with your parent for a research visit. During your visit you'll meet our research team who will spend around 15 minutes doing a short questionnaire about asthma with you and your parent and will ask about your breathing, general health and any medication you use. We'd also like you to do some special tests that will help us understand how your lungs are working. The visit can take a couple of hours and so vouchers to use for food and drink snacks will be available for you and your parent and you can take a break at any time. You might not be asked to do all of the tests and you can always change your mind.

If you already have a hospital appointment and would like to do the special tests on the same day as your next visit, just let us know and we can try to arrange it.

What are the tests?



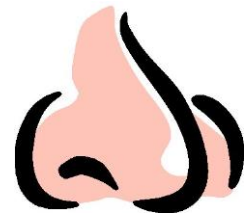
Blowing Tests

We have special machines that can tell us how your lungs are working by blowing into them. In some of these we will ask you to just breathe normally for a couple of minutes into a tube and in another test to breathe really fast to see how hard you can blow!

Some people feel dizzy when doing blowing tests and you can have a break any time if that happens and it will get better very quickly.

Nose and Throat Samples

We will collect some fluid from your nose. This will involve putting a small filter paper (like a tiny piece of tissue) in your nose for about half a minute. It doesn't hurt but the nose clips might feel a little uncomfortable. We'll also swab your nose and throat to check for any infections using a special swab that looks like a long cotton bud with a soft tip. This doesn't hurt but might make you cough.



Induced sputum (Spit or Phlegm test)



We will collect a sample of sputum (spit, phlegm) that you cough up. We will give you a salty nebuliser which forms a mist to help you to cough up the phlegm. Sometimes this can cause chest tightness, but this can easily be made better with an inhaler.

We will then look under the microscope at the phlegm to see what types of cells are there, and whether there is inflammation.



Skin Prick Tests

We check for allergies by putting small drops of liquid on your arm. Each little drop will have a tiny amount of common things that children are sometime allergic to, such a grass pollen or dog hair. A tiny 'prick' is made on top of the liquid drop and your arm will be checked in 20 minutes for any redness on your skin that could be a sign of allergy. We usually do 6-8 of these tiny pricks for different allergies. It isn't painful but your arm may feel a little itchy afterwards and we can give you a cream to make this feel better if needed.

Blood tests

We would like to take one blood test (about 1 teaspoon of blood) to test for allergies and inflammation. Blood tests can be a little uncomfortable and so you can have special numbing cream or spray to make sure it isn't painful. You might have a tiny bruise after but this heals very quickly. We would also like to store a sample of your blood DNA for future research looking at genes in asthma.

Urine sample

We'll give you a urine pot and as you for a sample that you can do whenever you're ready or feel like you need to wee. We test the urine for inflammation and smoking.

What if I don't want to take part?

It is important to talk to your parents about whether or not you would like to take part in this research. If you decide not to take part that's fine and you will still be looked after by your regular doctors. You can also change your mind at any time.

Who is running the study?

Dr Louise Fleming, Professor Sejal Saglani and Professor Adnan Custovic are in charge of the study.

Further questions?

If you have any further questions, please ask to speak to someone in our team and you can contact us on: 020 7352 8121 ext 82257.

