



FIRST-ABC: A study about breathing difficulty in children and young people

Introduction

We are doing this research study to find out the best way of treating children and young people who have trouble breathing ~~with breathing difficulties~~ and need some extra help to breathe.

Why are we doing this research?

This study aims to answer the question: in a child ~~or~~and a young person requiring non-invasive ~~breathing~~respiratory support, which of the two commonly available ~~treatments~~modalities, high flow nasal cannula (HFNC) or continuous positive airway pressure (CPAP), should be used as the first treatment option ~~to achieve the best patient outcomes?~~

The first treatment option is ~~The most commonly used technique for non-invasive breathing support is~~ called continuous positive airway pressure (CPAP). It provides oxygen/air through the ~~individual's~~ nose or ~~via~~ a face mask. We know that CPAP is quite effective – 4 out of 5 children and young people get better~~stabilise when using CPAP on the treatment~~ and do not need any further breathing support. However, some children or young people find it ~~it can be~~ uncomfortable ~~and is sometimes not tolerated well by children and young people.~~

The second treatment option is ~~Recently, a newer form of breathing support~~ called high flow nasal cannula (HFNC). This is a newer option and some children and young people seem more comfortable when using HFNC. ~~has become available, which is much better tolerated by children and young people. It is being used by many hospitals already.~~ However, we do not yet know for sure whether HFNC is as good as CPAP and which one should be used as the first treatment option for children or young people that need help with their breathing ~~in preventing children and young people from deteriorating and needing to be put on a ventilator.~~ This study will help us find out if HFNC is as good as CPAP and help doctors and nurses decide which one should be used for children and young people in the future.

~~The results of this study will provide recommendations on whether HFNC is an effective and safe treatment to offer children and young people across the NHS.~~

Why were my parents/guardians asked if I could take part in the study?

Your parents/guardians were asked if you could take part because you were having difficulty breathing and needed extra support. About 1,200 other children and young people will be taking part.

If you have any questions about the research or taking part in the study, you can ask your parents/guardians Mum or Dad, or one of the nurses in the hospital. You can also ask them to show you a short animation called 'You took part in research' which will help to explain what taking part in this kind of emergency research means. You can find the animation by searching 'You took part in Research' on You-Tube, or typing in the following web address: https://youtu.be/_Fs1yUxeBFQ

What happened as part of the study?

You were put into one of two groups:

- ★ Children in **group 1** were looked after by the doctors and nurses, and had the CPAP machine to help. If you were in this group, you would have worn a mask or a hood which can help you to breathe more easily.
- ★ Children in **group 2** were looked after by the doctors and nurses, and had the HFNC machine to help. If you were in this group, you would have worn something just under your nose which can help you to breathe more easily.
- ★ ~~CPAP group: if you are in this group, you would have had CPAP treatment. You would have worn a face mask or a hood which can help you to breathe more easily.~~
- ★ ~~HFNC group: if you are in this group, you would have had HFNC treatment. You would have worn nasal prongs which can help you to breathe more easily.~~

A computer decided at random which group you would be in (like flipping a coin). There was an equal chance that you would be in each group; your parents/guardians weren't allowed to pick which group you went in. This makes it a fair for everybody test.

We will collect information about you while you are in the hospital, to be able to compare the two groups. ~~It doesn't matter which group you are in, in; y~~ You will always get the best possible care if you are in any of the two groupscare. After six months, we will ask your Mum and Dad some questions about how you are doing.

What are the possible benefits of taking part?

You are playing an important part in finding out what is the best way to help young people like you to get better. We can't promise this research will help you, but you will be helping others just like you who have the same problems in the future.

What happens when the research stops?

When we have collected information from everyone, we will tell you and your family what we found out.

Will anyone else know I am doing this?

No. All of your information will be kept strictly confidential and only people working on the study will be allowed to see it.

Thank you for reading this leaflet

