

# Children's Information Booklet

## A child's journey through the Clinical Research Facility in Cambridge

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### Background & Aim

The **NIHR/Wellcome Trust Cambridge Clinical Research Facility (CRF)** hosts both adult (n=118) and paediatric (n=38) studies. We are committed to ensuring paediatric participants have a positive experience of research within our facility. The absence of any pictorial and written information detailing a child's journey through the Cambridge CRF was highlighted at our recent Children's Executive Board. Lack of information for children is contrary to current best practice as outlined by Jaaniste (2007) and it was felt this should be addressed by creating generic information booklets about the CRF for different age groups. The aim of this poster is to outline the processes involved in designing and creating information booklets for children and detail the impact of their implementation.

### Process

The processes of developing the information booklets are outlined below:

- Reviewed literature and other hospitals resources
- Consulted children attending the CRF
- Consulted the UKCRF Network Paediatric Workstream
- Walked around the CRF in a 'child's shoes'
- Generated a story board of the booklet following a typical research journey
- Planned each photographic shot with list of props required
- Drafted basic outline of accompanying text
- Contacted Children's Executive Board Members about potential participation
- Engaged services of a professional media agency
- Created a timetable of the photo-shoot day and liaised with families
- Received informed consent from children and families to participate
- Directed photo-shoot
- Cared for participants and gave out vouchers as thank you
- Sent drafts to 'Active Readers' part of the Addenbrooke's Children and Young People's Board who reviewed age appropriateness of booklet contents
- Sent finalised drafts to printers



### Results

The booklets are now on display throughout the Cambridge CRF and have been well received by participants, parents and researchers utilising the facilities. Copies of the booklet are now available in the paediatric out-patient clinic and they are often requested by researchers and research nurses to use with current and potential research participants. Since publication, the booklets have also been used at educational visits to local schools and at a recent Diabetes Research Network Awareness Day in Cambridge. Their use outside of the CRF is testament to their success.

### Conclusion

These booklets have proved to be an engaging way to inform children and their families about the CRF and the concept can be translated to other CRF's. We believe the booklets will improve children's experience of research and hope the wider distributions to other departments will contribute to raising the profile of children's involvement in research (Whiting 2009).

### References

Jaaniste, T. Hayes, B. and Baeyer, C. 2007. Providing Children with Information About Forthcoming Medical Procedures: A Review and Synthesis. *Clinical Psychology: Science and Practice*, 14(2), pp124-142.

Whiting, I. 2009. Involving Children in Research. *Paediatric Nursing*, 21(5), pp32-36.

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