

If so, you might be interested in the SPIROMAC study. You can read more about the study below.

We think your child might be eligible to take part in the SPIROMAC study, but they don't have to take part if they don't want to.

### What is the SPIROMAC study all about?

The SPIROMAC study will see if using the results from a breathing test called spirometry can help guide asthma treatment and prevent asthma attacks in children with asthma.

Spirometry is a breathing test where people with asthma blow into a machine called a spirometer. It measures how much air a child can breathe out in one breath. It is sometimes called a lung function test because it measures how well the lungs are working.

*Here is a photo of a child doing spirometry*



Usually at an asthma check-up the doctor or nurse asks how your child's asthma has been, about any coughing or wheezing, and how often they use their blue reliever inhaler. The doctor or nurse uses this information to help decide whether the asthma inhalers and any other medicines that your child takes should stay the same or be changed. Sometimes at an asthma check up, your child will do spirometry. Asthma specialists don't know how best to use the results from spirometry to help decide whether asthma preventer treatment should stay the same or be changed. The SPIROMAC study will help answer this question.

### What will happen in the study?

There will be two groups of children in the SPIROMAC study. Children in both groups will be seen every three months for a year in their usual/local hospital. The first visit will last for one hour. The following visits will last approximately 30 minutes.

- One group will have their asthma preventer treatment guided by the normal way, i.e. the doctor or nurse will ask about their asthma cough, wheeze and breathlessness and how often they use their asthma preventer and reliever inhalers.
- One group will have their asthma preventer treatment guided by both spirometry and cough, wheeze and breathlessness and how often they use their asthma preventer and reliever inhalers.

We will collect information about any asthma attacks from all the children who take part. We will then compare whether one group has fewer asthma attacks than the other group. The results from the study will help asthma specialists better understand how to use the results from spirometry tests in the care for children with asthma.

To do this study we need 550 children aged 6 to 15 years who have asthma to take part and we will recruit these children from across the UK.

## How can I find out more about the SPIROMAC study?

If you or your child are interested in finding out more about the study, you can contact us. We will send you some more information and we can also answer any questions that you have about the study.

If you would like to take part, please contact the research team using the contact information below:

### Local research team

### SPIROMAC study office

SPIROMAC study office  
Centre for Healthcare Randomised Trials (CHaRT)  
Health Services Research Unit  
University of Aberdeen  
Health Sciences Building  
Foresterhill  
Aberdeen  
AB25 2ZD  
Tel: 01224 438089  
Email: [spiromac@abdn.ac.uk](mailto:spiromac@abdn.ac.uk)  
Web: [www.spiromac.co.uk](http://www.spiromac.co.uk)