

SPIROMetry to Manage Asthma in Children

SPIROMAC is a study to see if a breathing test called spirometry can help stop asthma attacks.

You can read more about the study and talk to family and friends. You can decide if you would like to take part or not.

What would happen if you take part?

You will see asthma nurses every three months for a year. They will ask you (and your parent or carer) how your asthma has been. They will measure your height and weight.



They will ask you to do two breathing tests.




Spirometry
breathing test



NIOX VERO®

This breathing test
measures a gas that
people breathe out.

They will give you a special gadget to put on your inhaler. This measures how often you take your inhaler. It will look something like this. 



You will be in one of two groups of children in the study.



In one group, the asthma team will decide what inhaler each child should take using information about how their asthma has been.

In the other group, the asthma team will also use the spirometry breathing test to help decide what inhaler each child should take.



When the study is finished, we will count the number of children who had an asthma attack in each group.

Do I have to take part in the study?

No. And if you decide to take part but then change your mind, you can stop at any time.

Who is leading the study?

An asthma doctor in Aberdeen called Professor Steve Turner. Your asthma doctor and nurses are helping him with the study.



You can see pictures of some of the other doctors and nurses who are taking part in the study on our website: www.spiromac.co.uk

Thank you for reading about the SPIROMAC study.

If you would like to take part in the study, please tell your parent/ guardian.