Children’s Health Queensland Child / Adolescent

Information Sheet

Project Title HABIT-ILE: A RANDOMISED TRIAL OF HAND ARM BIMANUAL INTENSIVE TRAINING INCLUDING LOWER EXTREMITY TRAINING FOR CHILDREN WITH BILATERAL CEREBRAL PALSY

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Introduction

This project is for kids (6 to 16 years old) who would like to learn new motor skills so they can play and do everyday activities that they need and want to do. We have a two week school holiday camp with around 10-12 kids using a new program called HABIT-ILE.

Description of Experiment - methods and demands

If you think you might like to be in the study, we will ring you and your parent to talk about the project. This will take about 10-15 minutes.

If we are not sure if you would benefit from HABIT-ILE we will organise a time for you come and meet with the physiotherapy and occupational therapist to do a few activities and talk some more about the project.

Before the first school holiday camp, we will get you to come in for a meeting with the therapists and do some tests. Then you will be randomly assigned, as by the flip of a coin, completely by chance, to either HABIT-ILE straight away or a HABIT-ILE group in 6 months time.

HABIT-ILE runs over 2 weeks of the school holidays like a “day camp”. You will come to a group every day from Monday to Friday between 9 and 3.30. There will be about 10 to 12 children in each group. One therapist will work with you all the time.

Each day the camp will involve a lot of different and fun activities like:

1. practice of daily life goals that are important to you, like riding a bike or getting dressed
2. Table-top games, craft, cooking and other activities
3. Activities of daily living while standing/walking
4. Gross motor play and physical activities

Your parent will be able to stay and participate in the program, or you can drop your child off. We ask all parents to join us each day during the camps for at least the last hour of the day so you can see what your child is working on and talk with your child’s therapists about things you can work on at home with your child.

you finish this meeting and if you are keen to come along to the group, you will be randomly assigned, as by the flip of a coin, completely by chance, to either PEERS® or a waitlist PEERS® group. The PEERS® group will be the first to start the program and the waitlist group will start PEERS® after about 5 months later.

PEERS® runs once a week for 14 weeks. Each group will take about 90 minutes. We will make sure these groups are after school times. You will work with up to 10 other kids and your parent will be in a group with other parents in a different room. The kids group will be run by a therapist and some helpers. Each week, you will go over how your homework went (30 minutes), do role plays and practice different friendship exercises (30 minutes), talk with the other kids in the group (20 minutes) and then meet back with your parents again. In the parent group, your parent will go over your homework activities and learn what you have been doing so they can help you at home. We will videotape each group session so we can make sure that all the information in the program has been given to you.

To help us work out if PEERS® helps you with your friendships, you and your parent will do some tests and fill in some forms. Some of these will be done when you first meet with the therapist before the groups start, and then when you have finished PEERS® and then another 3 months after that. Tests and forms that you will do are:

Risk & Discomfort

*Under this heading the following, is required:*

* A description of the discomforts and inconveniences that might reasonably be expected
* Describe all foreseeable risks and the likelihood of their occurrence

Benefits

*Under this heading the following, is required:*

* Describe any benefits that might reasonably be expected

Withdrawing from the Study

*A phrase similar to the following must be included:*

My decision whether or not to participate will not prejudice my future relations with the Children’s Health Queensland (CHQ). If I decide to participate, I am free to withdraw my consent and to discontinue participation at any time. The decision to withdraw from the study will not affect my routine medical treatment or my relationship with the people treating me.

Information regarding whom the child can talk to about the study, eg: Mum or Dad, Doctors, Nurses, etc.