

MESSAGE PROGRAMME INFORMATION SHEET FOR PARENTS

Invitation paragraph

You are being invited to take part in a small study to explore the value of a Massage Programme delivered to you and your child at Medina House School. Before you decide, it is important for you to understand why the study is being done and what it will involve. Please take time to read the following information carefully

What is the purpose of the study?

The Massage Programme is based on the Training and Support Programme (TSP), developed 10 years ago by Dr Lesley Powell based at Coventry University, for parents of children with disabilities. The aim is to provide parents with a practical skill that can be safely used with their child at home.

The Massage Programme is a variation of the TSP. The Massage Programme (MP) will comprise 2 parts. Part 1 consists of one-to-one massage sessions for you and your child with your allocated massage therapist followed by a series of Workshops for parents and some members of staff. Part 1 of the MP will be delivered to you by qualified massage therapist who will receive additional training specifically to deliver the MP. The same therapist will work with you for the duration of Part 1.

Part II consists of a series of five workshops for parents and some members of staff at Medina House School. Information about these workshops will be provided nearer the time (i.e. September 2008).

Do I have to take part?

It is up to you to decide whether you and your child would like to take part. If you do decide to take part you will be given this information sheet to keep and be asked to sign a consent form indicating that you agree for yourself and your child to take part in the study. Please note that if you do decide to take part you and your child are still free to withdraw at any time and without giving a reason.

What will happen to me if I take part?

Once we receive your signed consent form you will be given a questionnaire to complete. This will be co-ordinated by your school. Once the questionnaire is complete you will be given a date and time to start the MP. As we are unable to take on all parents and children at the same time, it may be that some parents will complete a consent form and questionnaire later in the year. However, all parents and their children that have indicated their desire to take part will receive the MP during the period January 2008 to September 2008.

What do I have to do?

The MP consists of 6 sessions and an initial telephone consultation between you and your allocated massage therapist. Following the telephone consultation, sessions one to six are weekly, 1-hour sessions that you and your child attend together with your allocated therapist. The MP will be delivered at Medina House School during the day. During this time you will be asked to complete some forms to record your experience of giving massage to your child and to record any changes you notice in your child. The MP is designed to complement any existing treatment you or your child may be receiving, therefore, you should continue using existing therapy or treatment whilst on the MP.

What are the side effects of any treatment received when taking part?

There can be an occasional reaction to the Sweet Almond Oil used for the massage. Alternatives are available. There are no other known side effects.

What are the possible benefits of taking part?

We hope that the MP will help you to feel more confident in caring for your child and may help to enable your own ability to relax, in addition to learning a new practical skill. Parents have reported a number of benefits to their children also including improved sleep patterns, improved muscle relaxation, calmer and more relaxed. However, these benefits cannot be guaranteed.

What happens when the study stops?

Once you have completed Part 1 (i.e. received the one-to-one massage instruction) you will receive a second questionnaire. On completion of the study all the information we have collated will be examined. You will receive a summary of our findings on completion of the study.

Will my taking part in this study be kept confidential?

All information about your participation in this study will be kept confidential. Your name and your child's name will not appear on the questionnaire. Instead, you will be identified by a code number. Information from the questionnaire and record forms will be input onto a computer datasheet which can be accessed via a password known only to the nominated member of staff at Medina House and Dr Lesley Powell. Once the study is complete, all questionnaires and record sheets will be destroyed.

What will happen to the results of the study?

A Report will be produced at the end of the study and all parents will receive a summary of results (January 2009). As already mentioned, results will be reported in such a way that preserves confidentiality.

Identification Number:

**CONSENT FORM FOR PARENTS
MEDINA HOUSE MASSAGE PROGRAMME**

Please initial box

1. I confirm that I have read and understand the information sheet dated November 2007 for the above study and have had the opportunity to ask questions and have had these answered satisfactorily.	
2. I understand that my participation is voluntary and that I am free to withdraw at any time, without giving any reason, without my medical care or legal rights being affected.	
3. I agree for myself and my child to take part in the above study.	
4. I agree for my child to take part in the above study supported by a member of his/her class team	
Please sign below	
Please print name	
Date	