

# Exploring the Experiences of Children Who Have Provided Cardiopulmonary Resuscitation\* and the Impact of CPR\* Training

## Information Sheet

- Q Have you ever been involved in trying to help someone who was having a cardiac arrest\*?
- Q Were you were 11 years old or older when this happened?
- Q Did it happen more than 3 months ago?

**If your answers to these questions are 'yes', we would like to invite you to help us with an important research\* study. Please read this leaflet to find out more.**

Please note: All words in this leaflet with a \* are explained in the **Glossary** at the end.

## Why are you doing this research\*?

We think it is important to understand what it is like for young people when they are involved in trying to help someone who is having a cardiac arrest\*.

This can be a very difficult experience and we want to know:

1. The best way to help prepare young people for this experience – so we can improve the CPR\* training offered to young people;
2. What helps young people cope with this experience – so we have a better idea of how to support young people afterwards.

There isn't much knowledge about this at the moment, so we have planned this research\* to find out more.

## Why are you asking me to take part?

We are asking you to take part because your parent\* has told us that you were involved in providing CPR\* for someone having a cardiac arrest. Therefore, you know more than most people about this subject. It would be very helpful to hear about your experiences. We'd also like to hear your views about what might be helpful for other young people in a similar situation.

## Do I have to take part in this research?

**No, you do not.** It's up to you. We have already been in touch with your parent\*, and they have agreed that you can take part **if you want to**. It's important that you discuss this with your parent\* before you decide. You may want to discuss it with other important people in your life too.

If you do decide to take part, you can leave the study at any time without giving a reason. **Your decision will not affect your education in any way.**

## If I agree to take part, what will happen?

You will be invited to talk to a researcher (Freya Brown) about your experiences. Freya was a nurse for children and young people for over 15 years. She is now working as a researcher\* at King's College London.

If possible, this conversation will take place in a private room at your school. If this isn't possible, Freya can arrange another place to meet with you and your parent\*.

Your parent\*, or a member of staff at your school can be in the room too if you would like. If you would prefer them not to be in the room, we will still make sure somebody is nearby in case you change your mind or want some support after talking to Freya.

Your conversation with Freya would be audio-recorded and then typed up. Once it is typed up, the audio-recording will be deleted.

## What will you ask me about?

Freya will ask you about your experience of helping someone when they were having a cardiac arrest. She will also ask how you have felt after this experience.

Some of the questions might bring up difficult memories that are upsetting. You won't have to answer the questions if you don't want to. If you do get upset, Freya will check that you are OK to continue, and you will be able to stop the conversation at any time. If this conversation takes place in school, we will make sure a member of staff is available to support you if needed. We will also give you and your parents information about how to access support if you want to.

Freya will also ask about any CPR training you have had. You may be able to tell her about things that were helpful (or not so helpful!) about the training.

Finally, Freya will ask about things like your religion, gender, age, education and where you live. This is only because we want to try to include young people from different backgrounds and with different experiences. It's up to you if you want to answer these questions.

## Who will know if I take part?

Your parents and the researchers at King's College London will know. Some members of staff at your school will also know that you are taking part. This is so the school can provide you with support if you need it.

## Who is organising this research?

The research is being led by King's College London. The lead researchers\* are Claire Hawkes and Michael Smith at King's College London. Other researchers\* who are involved in organising this research\* work at King's College London, University of Warwick, or Oxford University. Some members of the public are also helping with the research\*. They include people who have had a cardiac arrest\* themselves or have witnessed someone else having a cardiac arrest\*. Some of these people have experience working in schools, teaching CPR\* or providing support for people who have been involved in a cardiac arrest\* situation.

## What will happen to the information I give you?

All information that identifies you will be stored in a safe place at King's College London. Only researchers at King's College London will be able to access this information. Once the research is completed, the information will be archived\* in a secure place for 10 years and will then all be destroyed.

Any information that you give us will be pseudonymised\* before it is shared with anyone else. This means that you will **not be named**, so people will not be able to tell that it is about you.

It is important to share what we learn from this research\*. Other people might be able to use this information to provide the best possible CPR\* training or to support other young people who are involved in a cardiac arrest\* situation. Therefore, after we have finished the research\*, we will write about what we learnt. We may use some of your words when we write about this research\*, but we will **not** use your name or any other information that identifies you.

If you share something with us that makes us concerned about your (or another person's) safety, we must tell someone else. If this happens, we will talk to you about it in private, and we will only tell the right people who can help you to stay safe.

## **If there is anything I'm not happy about when I take part in this research\*, how could I make a complaint?**

We hope this won't happen. However, if it does, it is important that you discuss it with your parent\*. They have another leaflet that explains how to make a formal complaint.

## **What are the benefits for me of taking part?**

There probably won't be any direct benefits for you if you take part. However, we hope that the things we learn from this research will be used to help other young people in the future. **Your contribution to this research would be really valuable, and we will give you a £25 voucher after your interview to say "Thank You!"**

**If you are interested in taking part, your parent can let us know by contacting Freya and Claire at:**

Email: [childcprstudy@kcl.ac.uk](mailto:childcprstudy@kcl.ac.uk) or scan QR



Phone: 020 7848 2303

# Glossary:

- Archived** ..... Stored, usually for a long time.
- Cardiac Arrest** ..... When a person's heart stops beating and they collapse.
- Cardiopulmonary Resuscitation** ..... Actions that can help a person who has stopped breathing, and whose heart may have stopped beating. This might include pushing down on the person's chest or blowing into their mouth. It could also involve using a machine to try to make their heart beat properly again.
- CPR** ..... A shorter way of saying cardiopulmonary resuscitation (see above)
- Parent** ..... An adult who is responsible for you. This could be your mother, father or your social worker, for example.
- Pseudonymised** ..... If your information is pseudonymised, this means that your name is replaced with a different name (a pseudonym) or number. Also, any information that might help identify you is deleted or replaced with something different. This includes place names – for example the name of the place you live or your school will be removed. The aim of pseudonymising information is to prevent others from knowing who the information is about.
- Research** ..... A careful study of something in order to understand it better.
- Researcher** ..... A person who plans and carries out research (see above).