



# Your Guide



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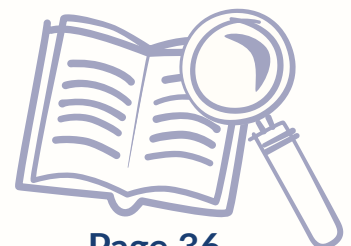
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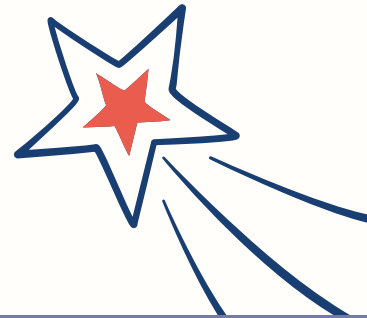
Page 36

**Hello**



# We are Great Ormond Street Hospital (GOSH) Young Persons' Advisory Group for Research!

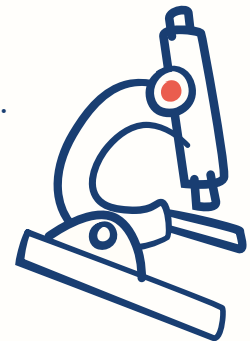
- ✓ We believe that children and young people should have a say in how child health research is planned and carried out.
- ✓ We help improve research projects by giving our views and opinions to researchers to get them to think about the young patient at the centre of their research.



Often, researchers are applying for funding to carry out their research and need to ask GOSH YPAG their views on their research ideas and plans, in order to reassure funders that they have considered the voice of children and young people.

If you want to find out more about us and how we:

- Help shape child health research at GOSH and beyond!
- Learn more about science, medicine and processes involved in research.
- Hear about different National Health Service (NHS) roles and meet the people behind them.



Keep reading to find out how we are changing research for the better!



Skip to [page 37](#) for a Mini Dictionary to explain all the **highlighted** words in this guide.



# **Our Team**

# Who are GOSH YPAG?

- ✓ Aged between 11-21 years old.
- ✓ Patients or **siblings** of patients at GOSH or other hospitals.
- ✓ Young members of the public.



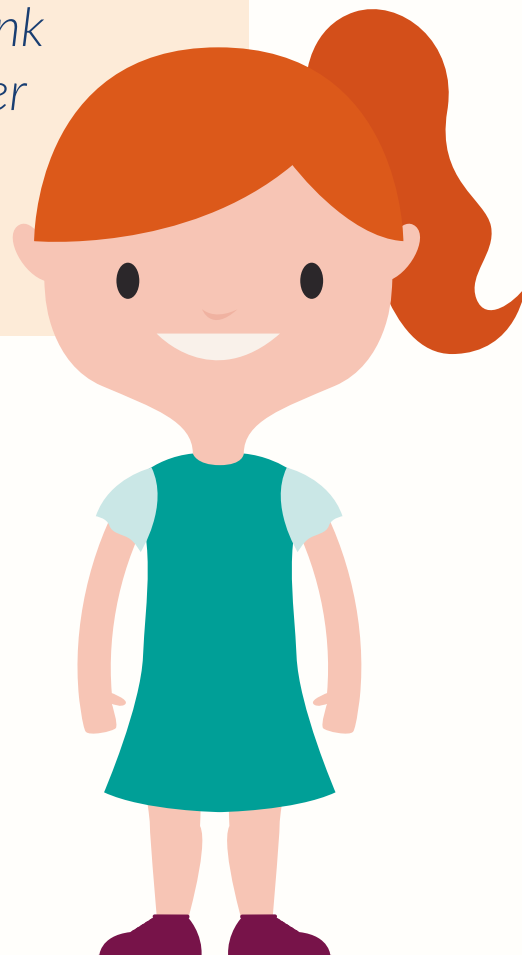
Some of our members are also members of the GOSH **Young People's Forum** (YPF) and sometimes GOSH YPF members are invited to our meetings.

Meet some of our members [here](#)



“ We want to represent the voice of the children and young people who will be taking part in research and to use our lived experiences to help others in valuable ways. We think that we look at problems with fresher perspectives than adults; this puts the Y into YPAG! ”

GOSH YPAG member.



# Who are GOSH YPAG Young Facilitators (YFs)?

Aged over 21 years of age and are either:

## **GOSH YPAG members who want to keep involved with our work**

Using their experience of being a GOSH YPAG member to help children and young people express their opinions and help researchers to speak to the group in a way that makes sense to them.

## **GOSH staff or staff from other organisations with an interest and/or experience in **research** and working with children and young people**

They bring their own knowledge to our meetings. For example, a research nurse can help make a **clinical trial** more understandable and can bring the patient's experience to the meeting.

## **Young members of the public with an interest or experience in medicine and/or research, working with children and young people who may have:**

- Been a patient or had a sibling as a patient at GOSH.
- Supported other YPAGs and can bring their experience to help our group.

*“The role of a Young Facilitator is to make sure that everyone who wants to have a say at our meetings can do so.”*

GOSH YPAG Young Facilitator

Some Young Facilitators (YF) often **co-facilitate** some of our GOSH YPAG involvement opportunities outside of the group. You can read more about this within this guide [on page 16](#).

# The Core GOSH YPAG Staff

## Patient and Public Involvement and Engagement (PPIE) Manager for Research

The PPIE manager's role is to support GOSH YPAG members throughout their time with the group by planning and facilitating meetings and regularly communicating information to all members of the group.

## Technical Support Staff Member

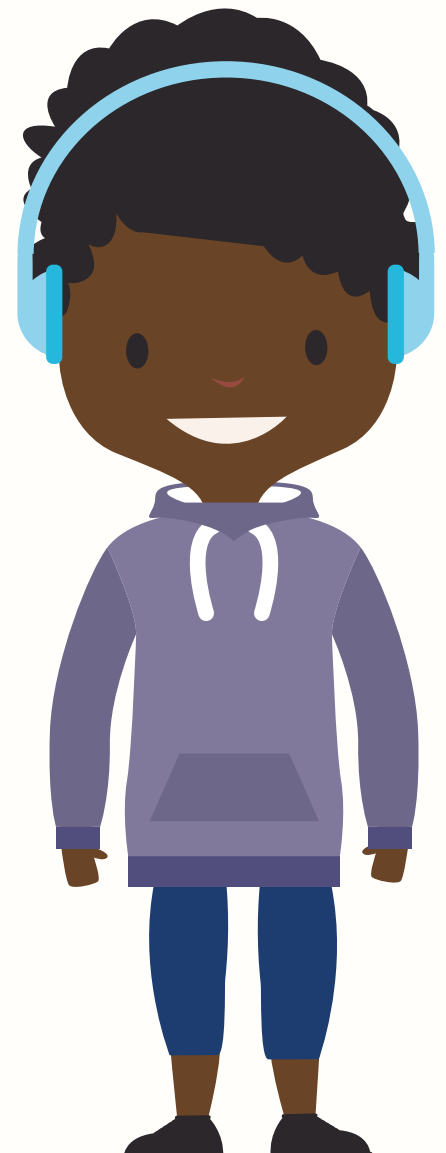
Helps to ensure our meetings run as smoothly as possible and fixes any tech problems that come up.

## GOSH YPAG is Part of GenerationR

There are many YPAGs across the UK and we are all part of the GenerationR Alliance; a national network of YPAGs that continues to grow! All YPAGs work towards a shared common goal:

*“to support the design and delivery of paediatric research in the UK”*

You can head to the [GenerationR website](#) to read the blogs our YPAG members have written over the years.

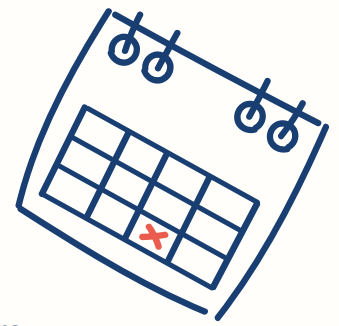






# Our Meetings

# How we roll



## Timings:

- Meetings run on a Saturday from 11.00am to 3.00pm/3.30pm
- There are 6 meetings a year: in January, March, May, July, September and November.
- Date reminders are sent out regularly throughout the year.

## Attendance and Accessibility:

- Meetings tend to be held virtually via Zoom.
- We aim for two 'hybrid' (virtual and in person combined) meetings annually.
- The meeting agenda, reminder and Zoom link are sent out the week prior to the meeting.
- We understand that members may not be able to attend every meeting, or the full duration each time.
- We understand that members may need to cancel at short notice due to illness or other commitments.

## Meeting Format and Culture:

- We open all meetings with a 'meet and greet' warm-up or icebreaker activity, followed by recent GOSH YPAG updates.
- The remainder of the meeting is for visiting researcher sessions, lasting approximately 15-45mins.
- We have a mid-morning and lunch break.
- We sometimes try to squeeze in a fun quiz that all attendees can participate in.
- Although GOSH YPAG is not a support group for children and young people, we are supportive of each other and work to make sure that all voices are heard at our meetings.



## Fun Facts:

- ✓ Around 20-30 GOSH YPAG members attend our online meetings.
- ✓ We often have visitors drop in to learn more about our group and what we do!
- ✓ GOSH YPAG is growing all the time!

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# Snapshot of a Meeting Session

# Listen, Learn and Feedback

- ✓ Each GOSH YPAG meeting session is as different as the research topics being discussed.
- ✓ Visiting research teams all have different styles and experience of presenting.
- ✓ Some have worked regularly with children and young people in their research before, for others it is their first time.

The most important thing for our members at their meetings is that they get to listen, learn and feedback their opinions on research projects, which make for a really enjoyable and rewarding experience. Researchers coming to the group are also there to listen and learn from us!



## Example A. GOSH YPAG Meeting Session

### What is the Best Medicine for Nerve Pain: Session Summary

A GOSH **Paediatric** Pain and **Anaesthesia** doctor met the group to discuss her **randomised** trial. She shared a PowerPoint presentation and answered questions throughout.

- During part one of the presentation we learned:
  - What chronic pain and nerve pain is and why it is difficult to treat.
  - The types of treatment patients receive at the pain clinic at GOSH.

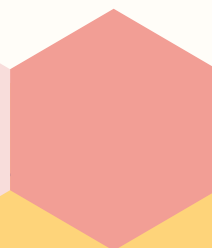
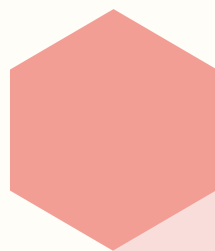
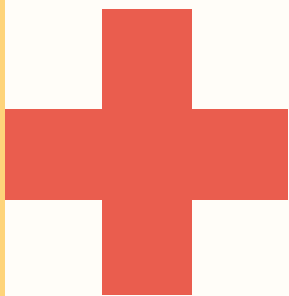
This helped us to understand the effects chronic pain can have on patients.

- During part two of the presentation, we were given an overview of the trial. This helped us to form an understanding of what the participating patients would be doing to give our opinions with those patients in mind.



## The Research Plan

- Young patients on the trial will be seen by pain doctors for a set of investigations, then randomised into either Group 1 or Group 2.
- Group 1 will be given medicine A for eight-weeks, followed by one-week with no medicine, then given medicine B for eight-weeks.
- Group 2 will be given medicine B for eight-weeks, followed by one-week with no medicine, then given medicine A for eight-weeks.
- After each eight-week period the doctors will see if medicine A or B has made any difference to their pain, whether it has changed their quality of life including sleep and anxiety and also whether it has affected their thinking skills.
- Throughout the research neither the young patient or the doctors will know which medicine was taken first and which one was taken second (randomisation).
- They will only find out at the end of the research study. This helps researchers to find out whether one medicine is better than the other for young people with chronic nerve pain.



## What did the Researcher ask GOSH YPAG and what was their Feedback?

The researcher wanted to see if GOSH YPAG thought the trial was a good idea and to look at any areas of the research that caused concern or raised questions for the group. The researcher could then ensure that all questions were well answered in the 'Patient Information Sheets' and/or at the patients first appointment before the trial began.

### Q1. Imagine you had nerve pain, what would worry you about taking part in this study?

#### What GOSH YPAG said:

- Any reported side effects.
- Whether the treatment would get rid of the pain completely.
- Feeling confident in asking to stop the trial at any point.
- Patients might worry about whether taking part will stop them getting the most effective treatment for them at the earliest possible point (e.g. if the first treatment does not help you then do you still have to wait eight weeks to try the next medication?)

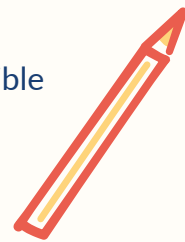
#### What GOSH YPAG recommended:

- ✓ Arrange a meeting with patients and their family before the trial to discuss any concerns or questions.

### Q2. How would you feel about changing the medicine after a few weeks?

#### What GOSH YPAG said:

- Some patients may be scared or not willing to change if the first medicine was working really well.
- If there was no change in the level of pain felt, a patient may want to change medicine but would still be nervous as the new medicine might make the pain even worse.



### What GOSH YPAG recommended:

- ✓ Patients will need regular guidance, reassurance and information from doctors throughout the trial – not just at the beginning!
- ✓ It would be helpful for patients to have a named nurse to speak to when needed.
- ✓ Create a 'Frequently Asked Questions (FAQ)' resource which provides all of the necessary information for patients between medical appointments.

### Q3. What do you think about the process of randomisation; what does it mean to you?

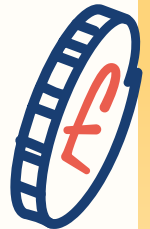
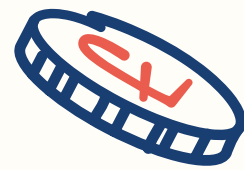
#### What GOSH YPAG said:

- It's like 'tossing a coin' as the computer chooses which group a patient goes into.
- Mostly, members did not express concerns about randomisation.
- It's fair as every patient has a chance to take both medicines.

#### What GOSH YPAG recommended:

- ✓ Clearly define the process of randomisation within the patient information literature and discuss again at the first meeting with patients.

We welcome researchers to return to our meetings and update us on their projects. There was so much discussion at this session, that the researcher came back to our following meeting to continue it!



# How We Give Feedback to Researchers

## The Zoom 'chat' function

YFs manage the 'chat' function by reading questions/comments aloud and asking GOSH YPAG if they want to discuss any written comments further.

## Verbally 🙋

Our members can use the 'raised hand emoji' in Zoom to help with taking turns.

## We also sometimes use:

### 'Mentimetre' or 'Whiteboard'

Digital apps to support group interaction. Instructions and tech help are available to make sure everyone is set up.

## Breakout rooms

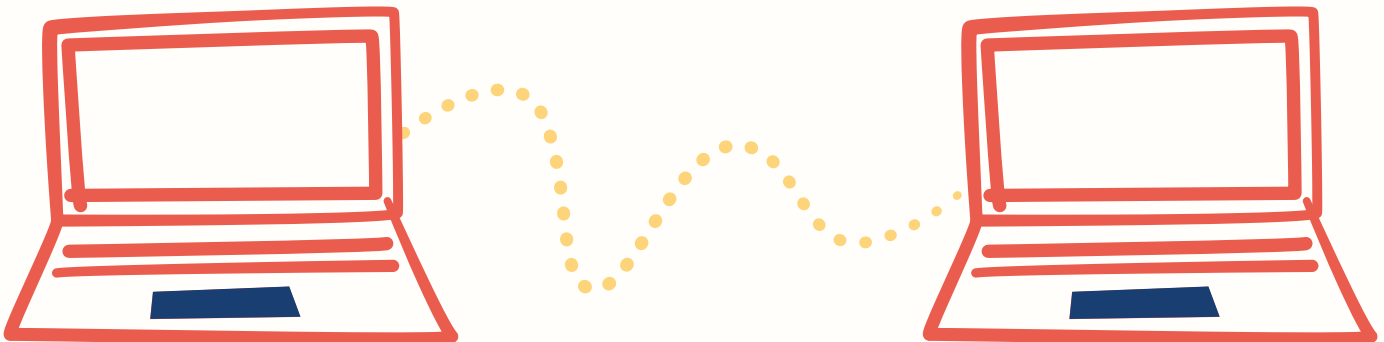
Smaller group discussions with researchers. One or two YF will also be allocated to each breakout room to help make sure everyone who wants to has an opportunity to contribute.

## After a meeting

All notes taken by YFs and feedback, or questions raised in 'Chat' are typed and sent to researchers together with Zoom audio recordings. No first names are recorded to protect **anonymity**. The audio recordings are deleted by researchers once they have used them to verify against the typed feedback notes.

“ We have been tremendously impressed with how engaged, thoughtful and considered your feedback has been. Thank you GOSH YPAG! ”

Visiting researcher







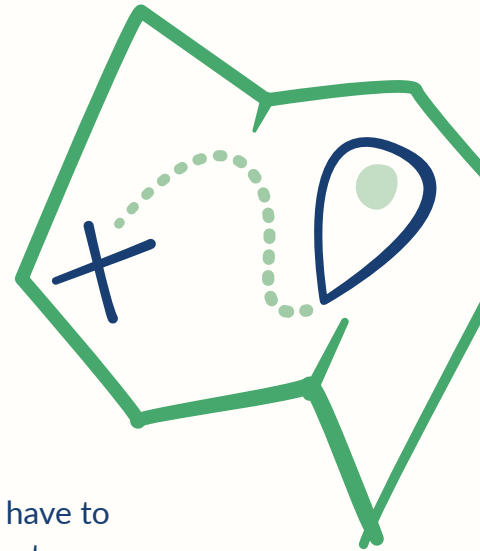
# **What Matters to Us**

# The Road Map to Getting Involved

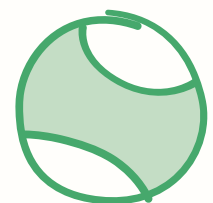
## Trying out a GOSH YPAG Meeting


Anyone thinking they might like to join our group can choose to have an informal 'pre-meet' chat with the PPIE Manager and/or a YF; either on the morning of the meeting or at another time.

- ✓ If more than one young person is attending a meeting for the first time, then we can meet as a group.
- ✓ If it's an in-person meeting, you can be offered a buddy for support; it's your choice!
- ✓ You can attend all day or for one session. There is no pressure and you can decide on the day.
- ✓ You may just want to take it all in at your first meeting, so you don't have to speak up or use the 'Chat' function if you don't want to; it's totally up to you.



- ✓ You can let the PPIE Manager know how you found the meeting via email, or a Zoom meeting.
- ✓ If you choose to join the group, then you can complete the GOSH YPAG 'About me Questionnaire'. More information on this can be found further down this guide. [See Page 33.](#)
- ✓ All pets are welcome to join online too!





*“GOSH YPAG members made me feel so welcome. I really enjoyed it- the projects were all incredibly interesting and I was inspired by the excellent ideas of the other YPAG members- now that I have a good idea of the process, I hope that I can contribute a bit more to the next meetings. It was overall a very engaging experience that I'd love to continue to be a part of.”*

Newly joined GOSH YPAG member

*“Thank you for including me in today's meeting; I found all the researchers' projects incredibly interesting and am excited to see them being developed more, I'm looking forward to the next meeting in September!”*

Newly joined GOSH YPAG member

# Meeting Day Preparation and Communication for Attendees

- GOSH YPAG members are asked to let the PPIE Manager know if they can attend the meeting or need to send apologies. Please remember:
  - It's not expected that everyone needs to attend every meeting, but we would like to know whether you can or not.
  - We understand how sometimes GOSH YPAG members need to have a break from attendance but are able to participate in online involvement activities. We work with you to help you manage your time.
- Travel bookings will be arranged in advance for in person meetings and lunch/snacks are provided. We will need to keep in contact with you for this to check for any dietary needs.

## On a GOSH YPAG meeting day

Meeting Guidelines	Why are these guidelines needed?
<p><b>Join Zoom and return from breaks on time.</b></p> <p>(If you're super early that's fine – we will move you into the Zoom waiting room and send you a message to say hi!)</p>	<p>We don't want our members to:</p> <ul style="list-style-type: none"><li>▪ Miss the 'meet and greet' and researcher introductions.</li><li>▪ Feel left behind as researchers begin their presentation.</li></ul> <ul style="list-style-type: none"><li>• The screen gets busy quickly and it's helpful to know who is here.</li><li>• Good time keeping is a valuable life skill!</li></ul>

Meeting Guidelines	Why are these guidelines needed?
<p><b>Let the PPIE Manager know if you</b></p> <ol style="list-style-type: none"> <li>1. Are running late.</li> <li>2. Need to pop in and out of the meeting.</li> <li>3. Feel unwell during the meeting and need to take a break or leave.</li> <li>4. *Feel that a research topic or medical procedure discussed caused you any concern.</li> </ol> <p>*The PPIE Manager plans sessions with researchers in advance to check that presentations are suitable for discussion.</p>	<p>Letting us know you will be missing a part of the meeting helps us prepare to update you on anything you miss when you rejoin, and helps us know you are safe. Where appropriate, the PPIE manager may also get in contact after the meeting to check that you are okay. If you are under 16 years, they may also check in with your parent/carer.</p>
<p><b>Sharing your opinion</b></p> <p>Listen to others and don't talk over other people</p> <p>What happens when we start to run out of time and there are too many hands raised?</p> <p>What happens if nobody raises their hand or if we notice that certain members have not given any feedback?</p>	<ul style="list-style-type: none"> <li>• We want to make sure that everyone has a chance to speak.</li> <li>• We sometimes need to agree to disagree.</li> <li>• We want to respect each other.</li> <li>• We can learn from others.</li> <li>• We may have to ask you to put your feedback in the chat box, especially if you have already had a chance to speak.</li> <li>• We may ask people for their thoughts if nobody raises their hand or if an attendee hasn't had the chance to give feedback yet. Sometimes members prefer being asked than having to start the discussion.</li> <li>• You may be asked if you'd like to give feedback, but you can always feel free to say you'd prefer not to speak right now.</li> </ul>

## Technical Information

Tech Guidelines	Why are these guidelines needed?
<p><b>Zoom name</b></p> <p>Rename your Zoom to your first name. If you prefer, you can then choose to enter your pronouns (e.g. she/her, he/him, they/them).</p>	<ul style="list-style-type: none"><li>• To make sure we know who is attending, this is difficult to do if a Zoom name is “iPhone”.</li><li>• It creates a friendly environment in which all members can get to know each other.</li></ul>
<p><b>When to mute your microphone</b></p> <ul style="list-style-type: none"><li>• During breaks.</li><li>• During researcher talks.</li><li>• When you are not giving feedback.</li></ul>	<ul style="list-style-type: none"><li>• We don’t want to listen in to personal conversations.</li><li>• It’s distracting for researchers and other GOSH YPAG members.</li></ul>
<p><b>Using your Camera</b></p> <ul style="list-style-type: none"><li>• If you can, please turn your camera on when we start the meeting and when researchers arrive at the meeting. (However, you will never be forced to use your camera if you prefer not to).</li><li>• Please turn your camera off if you’re in a public place or if you think there may be people in the background who don’t want to be seen.</li></ul> <p><b>Only tech support staff will take screen shots</b></p>	<ul style="list-style-type: none"><li>• It makes researchers feel welcomed and it’s good for interaction. We also always love to see any pets who are there with you!</li><li>• It’s distracting for others.</li></ul> <p>If we do take a screen shot, we ask everyone for their permission. Names will be blurred out. If someone doesn’t give permission, they will turn camera off. Please note: we rarely ask for screen shots.</p>

## Technical Information

### Tips on how to share your opinions

- Raise your virtual hand on Zoom to share your thoughts or feel free to type in the 'Chat'.
- At in person meetings, please raise your hand to have your say.
- You can always send in feedback after a meeting over email or by writing it down at an in-person meeting.

### Meetings will be audio recorded

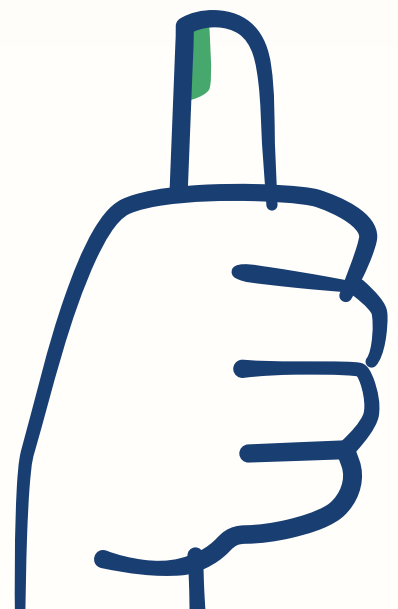
- Meetings will be audio recorded. Researchers are sent the recording to help them document the feedback given.
- Your permission for meeting recording will always be requested first.
- Video recordings are not made.
- Recordings will be destroyed once this is done.

## After a GOSH YPAG Meeting

Members who attended:

- Are sent a thank you e-voucher.
- Can send in any additional feedback they might have via email.
- Can contact the PPIE Manager to discuss any concerns they may have had or to give feedback if they were attending the group for the first time.

All members are emailed GOSH YPAG updates and any new opportunities to keep everyone up to date.





# **Other Ways to Get Involved**



# Collaborate, Co-Produce and Co-Design!

*“Involvement opportunities make us feel part of the growing patient and public involvement community at GOSH. They allow us to meet in smaller groups at workshops or focus groups or to work individually.”*

Newly joined GOSH YPAG member

These opportunities have previously included:

## Individual online opportunities

- Reviewing 'Patient Information Sheets' (PIS) for clinical trials and research projects.
- Judging poster entries for 'Early Career Researcher' events.
- Judging panel members for the GOSH **'A Moment of Discovery'** research image competition.
- Writing blogs for the GenerationR website or contributing to articles for GOSH [website](#).
- Co-authoring research papers and articles.

Feedback on the skills developed through taking part in these activities:

*“Helps develop critical thinking and writing skills and learning more about medicine, science and research. Can also help with learning to meet deadlines!”*

GOSH PPIE Manager

## Small group online workshops and focus groups; often in collaboration with other GenerationR YPAG's

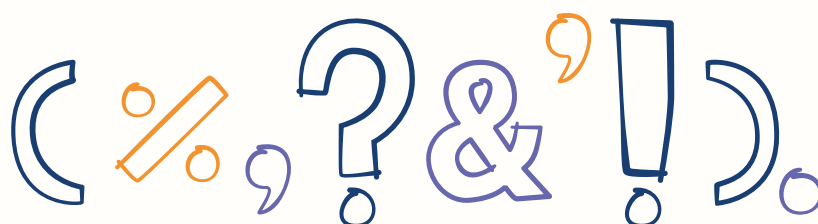
- Co-developing 'Patient Information Sheet' PIS [Guidelines](#) and a 'Checklist' for researchers.
- Co-developing an 'Autism Explainer' guide for children and young people.
- Co-developing the 'Your Guide to GOSH YPAG'.
- Focus groups for [research projects](#) that attended GOSH YPAG meetings.
- [Medical Research Council](#) focus group.
- National Institute for Health and Care Research (NIHR) Children and Young People (CYP) MedTech Cooperative [Young Person Reviewer Workshop](#).
- Young Research Interviewer training [workshops](#).
- Future Minds [Podcast](#).
- Clean air [Podcast](#) with GOSH Chief Executive Officer.
- GOSH YPAG [Podcast](#) for researcher training.



Feedback on the skills developed through taking part in these activities:

“Helps with team-building skills, improves writing and helps with concentration.”

GOSH PPIE Manager



### In person workshops and events at GOSH or out in the community

- University College London (UCL) Division of Psychiatry [workshop](#).
- Routine Data [seminars](#).
- GOSH Biomedical Research Centre (BRC) Annual Showcase [event](#).
- GOSH [Rare Disease Day](#) and [International Clinical Trials Day](#) events.
- Royal Society Summer of Science [Exhibition](#).
- 'Sensing Spaces of Healthcare' creative research [workshops](#).

Feedback on the skills developed through taking part in these activities:

*“Helps develop engagement or public speaking skills and understanding of the science behind the research at GOSH and beyond”*

GOSH YPAG members aged 16 to 19 years can also apply for a short placement on the [GOSH Young Visitors Programme](#).



*“I love going to all the opportunities and meetings and being there with my sister makes it better like a fun daytrip.”*

GOSH YPAG member





# Being Seen and Heard



# Making Sure Your Needs Are Met

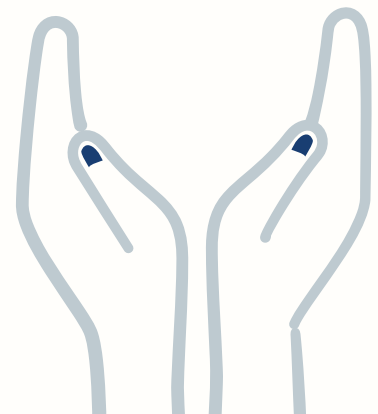
- ✓ We are always looking for feedback on how we can make our group more inclusive and diverse.
- ✓ We welcome new thoughts and ideas on this as we grow and expand our group. It's very important that all GOSH YPAG members feel part of our group and that our meetings and involvement activities are safe and respectful.
- ✓ We want to make sure that everyone's needs are met.

Here are some of the ways we already make this happen:

## GOSH YPAG Meetings and Involvement activities

- Travel to in person GOSH YPAG meetings is pre-booked.
- We work with outside organisations to ensure that travel is reimbursed.
- All dietary needs are catered for.
- Provision of an on-site quiet room and prayer room.
- Meeting venue is wheelchair accessible.
- Subtitles available for presentations.
- Large font printed presentations are available.
- Members under 16, who are new to the group can be accompanied by a parent/ carer.
- Buddy system for new members if they choose.
- PPIE Manager can be contacted should a GOSH YPAG member wish to discuss any concerns following a meeting or involvement activity.
- If the PPIE Manager has any concerns about a GOSH YPAG member's wellbeing, they will follow GOSH safeguarding policy and procedures..
- Members are never expected to share personal details including that of their health condition at meetings.
- There is zero tolerance of inappropriate language or behaviour at meetings.

It's helpful for the PPIE Manager to know of any additional requirements a GOSH YPAG member may have, and any hidden disability or related health condition needs, so these can be suitably addressed.



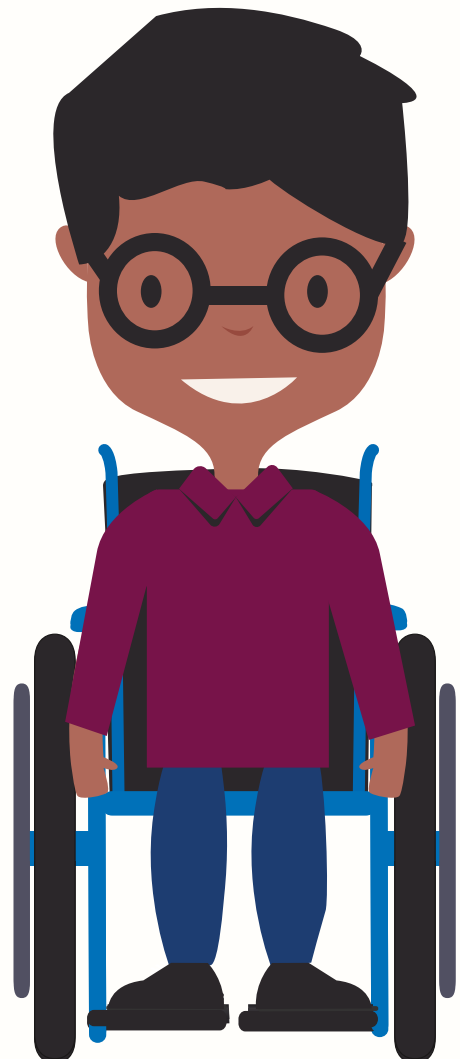
The background is a light blue color with several teal-colored geometric shapes and lines. There are thick lines forming partial rectangles and thin lines forming smaller squares and rectangles. The text is centered within a large, teal-outlined square shape.

# Thinking About Joining?



# It's Important You Feel GOSH YPAG is Making a Difference To **You** as well as Making a Difference To Research!

How GOSH YPAG may benefit you:


- ✓ Builds your public speaking confidence, which is particularly helpful for being job-interview ready!
- ✓ Develops your critical thinking and writing skills.
- ✓ Boosts your Curriculum Vitae (CV) for further education and job applications and can be used for your Duke of Edinburgh Award (The PPIE Manager can provide you with a GOSH branded reference and/or certificate of attendance).
- ✓ Teaches you about the research process, science, medicine and the NHS.
- ✓ You can contribute to research and have your voice heard!
- ✓ Gives you research presentations to share at school or use for science projects.
- ✓ Introduces you to likeminded people
- ✓ You receive e-vouchers and a free GOSH YPAG branded hoody - it's a one of a kind!
- ✓ It's fun!



## What Our Members Say

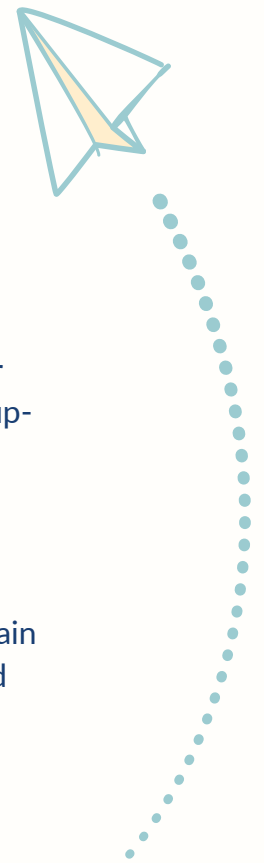


*“ I believe that GOSH YPAG has been very good for me, and it challenges me in ways school doesn't. It's very rewarding to know that I could help people even if I am too young to vote. ”*



*“ There is always a way to contribute to make other people's lives better and GOSH YPAG is one of the best ways to do so. Especially when taking your own experiences, good or bad, and using it for the benefit of patients and researchers. I really enjoy GOSH YPAG and I'm very happy to be a part of it! ”*





## Becoming a Member

- Contact [research.ppi@gosh.nhs.uk](mailto:research.ppi@gosh.nhs.uk) for the PPIE manager to get back to you with the 'About Me Questionnaire'.
- Give as much information about yourself as possible.
- Once a year you will be asked if you would like to provide an update on your interests and education. This helps the PPIE Manager to offer you relevant up-skilling opportunities and to celebrate your achievements.

## Moving on or Taking a Break from GOSH YPAG

- We understand that school, college, and university can get very busy at certain times and that members may need to concentrate exclusively on studies and exams. Please let the PPIE Manager know your plans and you are always welcome back when you have more free time.
- When members are over 21 years old, they are welcome to try out the Young Facilitator role and support meetings as and when they are able.
- We always love to see previous members pop back to say hello or keep in touch.

*“I think it is the right time for me to end my involvement in GOSH YPAG. I have really loved being part of the group for the past couple of years, it has given me many opportunities that I would not have had otherwise. I would have loved to keep being involved but medical school is very busy as I am sure you can imagine. Best wishes for the future of GOSH YPAG, I hope to see it still helping with research far into the future.”*

GOSH YPAG member, now medical student



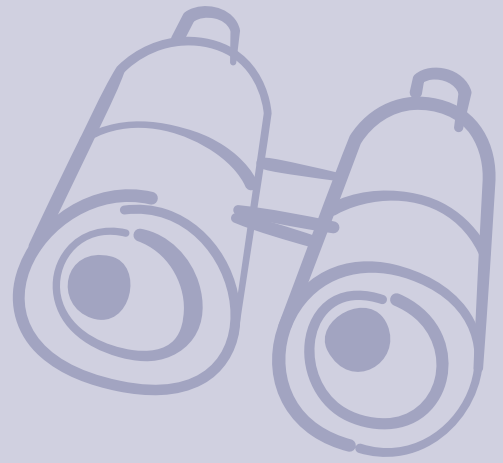


# How to Sign Up

# How to Sign Up

1. Contact the GOSH PPIE Manager at [research.ppi@gosh.nhs.uk](mailto:research.ppi@gosh.nhs.uk) who will send you the GOSH YPAG 'About Me Questionnaire' or to arrange a time to meet and have a chat about the group and/or to help you complete the Questionnaire.
2. When completing the 'About Me Questionnaire', try and give as much information about yourself and your interests. This will help the PPIE Manager offer relevant opportunities that may be of interest and identify where you may need extra support.
3. If you'd like to attend a meeting, we can arrange an informal 'pre-meet' chat with the GOSH PPIE Manager and/or a GOSH YPAG member or Young Facilitator.
4. Come along to a meeting and remember, there's no pressure from us to join in!





# Mini Dictionary



# Words Explained

## Siblings

Brothers and/or sisters.

## Research

A way that researchers try and find out answers to questions to help children get better when they have a certain health condition. A research study looks to find out something new that could lead to changes to diagnosis, and to find better ways to prevent and treat disease.

## Diagnosis

The name for how doctors find out what is causing a person's symptoms. They collect lots of information through examinations, asking questions, and ordering tests, including blood tests or X-rays.

## Clinical trial

A type of research designed to learn more about how our bodies respond to drugs or other treatments. Most new treatments must be tested in clinical trials before they can be approved by health authorities. These health authorities want to be sure that the new treatments are safe and that they work effectively.

## Co-facilitate

This means helping to run a meeting or group with another person who is leading it. A co-facilitator will make sure everyone can get involved and have their say.

## Agenda

A document sent before a meeting which advises what is going to be discussed and how long each session will be.

## Paediatric

Means 'children' aged 0-18 years.

## Anaesthesia

A medical practice in which specially trained medical staff give a medication to a patient to either cause a temporary numbness or to cause them to fall fully asleep. It is often used during surgery or to manage pain. The aim is to reduce pain or discomfort during medical treatments.

## Randomised Trial

This is a type of trial which contains at least two different treatment groups. The people taking part are put into one of the groups or at random. The process is called 'randomisation' and is usually done by a computer, therefore which group a person goes into is made by chance.

## Anonymity

Not using people's names, so that no-one can tell who took part, or who said what.

## Contact

GOSH PPIE Manager  
[research.ppi@gosh.nhs.uk](mailto:research.ppi@gosh.nhs.uk)

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