

# The OSTRICH Study Newsletter

## July 2014



### WELCOME to the first edition of the OSTRICH study Newsletter!

In this newsletter we will update you on developments within the study and to share information.

### Study Summary

Otitis media with effusion (OME), also known as glue ear, is an accumulation of fluid in the middle ear. About 80% of children have had OME by the age of 4 years. While OME usually gets better by itself, for thousands of children it can result in deafness. If deafness lasts longer than 3 months, children are usually offered hearing aids or a grommet operation, these have risks, side effects and are costly. Finding a simple, safe, acceptable, effective treatment would be of great benefit to children, their families and the National Health Service (NHS).

The aim of the OSTRICH study is to determine if a short course of oral steroids (Prednisolone) improves the hearing of children with OME in the short and longer term. We hope to recruit 380 children into the study aged 2 to 8 years.

### Recruitment Sites

OSTRICH has been open since March 2014. We currently have seven recruiting sites in Wales, five of which are open to recruitment and two opening soon.

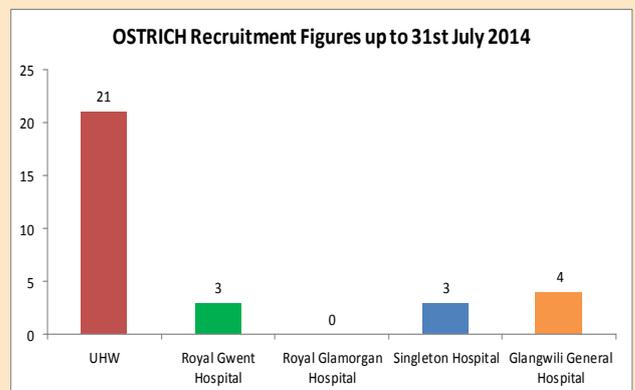


### Site Principal Investigators

UHW	Mr David Owens
Royal Gwent	Mr Carl Passant
Royal Glamorgan	Mr Sandeep Berry
Singleton	Mr Heikki Whittet
Princess of Wales	Mr Steven Backhouse
Glangwili General	Mr Antony Howarth
Wrexham Maelor	Mr Arvind Arya

### Recruitment so far.....

At the end of July, 31 participants had been recruited into the study. Our leading recruiter is UHW with a total of 21 recruits. Well done to all sites that have recruited so far, please keep up the good work. We are currently behind our target figures and we need everyone to do their best to identify and recruit participants.



### Information for sites

#### Study Medication coverage



Please note additional tablets are supplied to participants, meaning tablets will be left over at the end of the course.

Parents must be instructed that the child is to only take the required daily dose for seven days, and that the unused medication and packaging must be returned at the 5 week follow up appointment.

#### Screening Logs

Please can you complete and fax your screening logs to SEWTU **WEEKLY**, even if you have not screened any patients please return a blank screening form indicating no patients have been screened.



Oral Steroids for the Resolution of Otitis media with effusion In Children Study

**We thank Wendy Rabaiotti (Head of Audiology, Cardiff and Vale University Health Board) for taking the time to be interviewed for the first edition of our newsletter. We hope that sharing the insight gained by the enthusiastic team at University Hospital of Wales will be useful to our other recruiting sites.**

### 1. How has OSTRICH shaped the way you and your department view research?

The team having all attended GCP training are now very aware of the need for consistency and accuracy in research projects and are closely following the progress of each child enlisted.

### 2. How are you at UHW identifying potential recruits and how do you inform them about the option of participating in OSTRICH along with existing treatment options?

- All ENT clinics have a supporting Audiologist on clinic, if a suitable candidate is identified the Audiologist will go through the 3 main treatment options plus OSTRICH, explaining OSTRICH does not exclude them from any other treatment choice, if the parents are interested they are given a leaflet to read whilst waiting to see the medic and the medic is alerted that they are interested.
- All existing wearers of hearing aid for glue ear are informed of the trial.
- Conductive referrals from community to ENT for grommet listing are sent an OSTRICH invite letter whilst they wait to be seen in ENT.
- All suitable candidates on the grommet waiting list have been sent an OSTRICH invite letter.

### 3. How are you handling the follow up appointments?

These are being booked to coincide with any hearing aid follow ups or fittings should this be the case, if not booking within existing clinics as time taken to test and enter data is not too lengthy.

### 4. What advice would you give other Audiology departments who are taking part in OSTRICH?

Liaise closely and work as a team with the research nurse, look to tie in appointments with existing ones that are scheduled. Book only 2 new or 3-4 follow ups per session, patients per session, ensure your medics are on board, have a structured pathway for each appointment type and be sure at enrolment the family are aware of the time commitment.

### 5. What has been the response from parents regarding the OSTRICH study?

Parents are mostly very interested and keen, I think however our long wait for grommets influences this.



If you have any news or suggestions for future editions of the OSTRICH study newsletter, please get in touch with a member of the OSTRICH study team. We would love to hear from you.

## Contact details

Please do not hesitate to contact us if you have any questions or queries regarding the study.

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