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Cambridge University Hospitals 
NHS Foundation Trust

Information leaflet for
children and young
people:

11 years +



A study of Metabolic Reference Measurements
in Childhood and Adolescence.

NIHR/Wellcome Trust Clinical Research Facility

Metabolic Research Team

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What is the aim?

This study is looking at *metabolism* in healthy children and adolescents. *Metabolism* is what we refer to when your body uses the food you eat as energy so the rest of your body can function. If your body doesn't use all the energy you eat then it stores it as fat in the body for later. We would like to measure how much energy your body needs and uses, as well as how much is stored by using lots of different types of equipment.

Why are we doing this?

We would like to do these measurements so that we can understand the way energy is stored and used in children and adolescents who have a metabolic disorder.

Why have I been chosen?

You have been chosen because you are one of a hundred healthy children and adolescents aged between 6-16 years who would like to take part in research to find out about your fat and muscle, and also how much energy you use.

Did anyone check the study is ok to do?

Before any research is allowed to happen, it has to be checked by a group of people called a Research Ethics Committee. They make sure that the research is all ok. Your study has been checked by the Cambridge Central Research Ethics Committee

Do I have to take part?

No. It is up to you. We will ask you if you would like to take part and then get you to sign a form. We will give you a copy of this leaflet and the signed form to keep. You can change your mind and stop taking part at any time, without telling us why, we won't mind at all.

Are there any benefits or risks to me taking part?

You won't benefit directly from this study, but other children or adolescents may benefit from you taking part. We will pay your mum or dad back for any travelling costs. There are no risks to you taking part, although we would like to take a small blood sample and sometimes this hurts a little bit and might leave you with a bruise.

What if something goes wrong?

If something goes wrong we will make sure firstly that you are ok, then we will explain to you and/or your parent what to do next.

What happens next?

We would like you to come and stay with us overnight (with your mum or dad if you like) so that we can measure the amount of fat and muscle you have. We do this by using something called a DXA machine, by sitting in a Bodpod and by scanning your stomach. We would also like to see how much energy you use when exercising as well as how much energy you are using when you have just woken up.

To see what you will be doing during the visit in pictures then just turn the page.

What happens when you take part?

Day 1

Arrive at the CRF

Check in at reception

Meet your nurse

Make yourself at home



One of the doctors will tell you everything about the study



Have your blood pressure taken



The nurse will listen to your heart beat and take your temperature



You will then have your height and weight measured



Then you will meet our metabolic team, Jen, Laura and Katie



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They will take a picture of your skeleton, fat and muscle using a DXA machine



Then you will sit in the bodpod for 5 min to measure your fat and muscle. Don't forget your swimming stuff



Let's see how much energy you can use in the exercise test



After all that exercise,
it's dinner time



And after dinner there
is time to relax



Off to bed after all that
fun.



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Day 2

In the morning we see
how much
energy you are using



A small blood sample
before breakfast



Breakfast time



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Last measurement before home time

Off to see the radiologists
at the MRI scanner



The MRI scanner is a noisy
machine that takes a picture
of the inside of your stomach



Back to the CRF to say goodbye



If you would like to take part, or would like to come and
visit us first to have a look around and talk to the team
then either you or your mum or dad can give us a call or
you can send us an email

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