

THE SPARK-PICU STUDY

Sleep, Pain, and Recovery in Kids after Pediatric Intensive Care



WHY ARE WE DOING THIS STUDY?

Some children are not done healing when they leave the hospital. Children may experience problems with sleep, pain, and cognitive functions (like learning and memory) after being sick. We want to learn more about why some kids have lingering problems and how to help.



IS THE STUDY A GOOD FIT FOR ME?

You may be a good fit if:

- Your child is between 8 and 18 years old
- This is your child's first pediatric intensive care unit admission
- You speak English or Spanish fluently



WHAT HAPPENS IF I PARTICIPATE?

You will be asked to participate in 4 study visits, starting while in the hospital and 3, 6, and 12-months after discharge.

- You and your child will answer questions on electronic or paper surveys
- Child will wear actigraphy device (similar to a wristwatch) to measure sleep →
- One in-person visit at 12-months after discharge for cognitive testing



You will receive up to \$350 for participating in study activities to thank you for your time!

WHAT TO EXPECT:

TIMEPOINT 2: 3-MONTHS

- Parent surveys
- Child surveys
- Actigraphy for 7 days

TIMEPOINT 4: 12-MONTHS

- Parent surveys
- Child surveys
- Actigraphy for 7 days
- In-person child cognitive testing



TIMEPOINT 1: ENROLLMENT

- Consent discussion with staff
- Baseline surveys for parent and child
- Staff reviews medical records

TIMEPOINT 3: 6-MONTHS

- Parent surveys
- Child surveys
- Actigraphy for 7 days

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