

Participant ID:

Participant initials:

Date of birth: / /



CLOTHES Diary

Date of first visit

d	d/	m	m	m/	y	y	y	y
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Date you received letter/clothing

d	d/	m	m	m/	y	y	y	y
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Date of next clinic visit

d	d/	m	m	m/	y	y	y	y
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Diary number

(to be completed by the research nurse)

Useful Contact Details	
General study questions and appointments Local Research Nurse:	You/your child's eczema treatment You/your child's GP or consultant:
Clothing and re-ordering of clothing Study manager Nottingham Clinical Trials Unit Nottingham Health Science Partners C Floor, South Block Queens Medical Centre Nottingham NG7 2UH Tel: 0115 8844938 E-mail: clothes@nottingham.ac.uk	General clinical trial queries and complaints Patient Advice and Liaison Service (PALS):

REMEMBER NOT TO TELL THE NURSE IF YOUR CHILD HAS BEEN WEARING THE CLOTHING OR NOT!

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What to put in this diary

This diary is for you to write down information about details of eczema-related appointments, prescriptions or things that you have bought because of your child's eczema, plus time which has been missed at school and work. There is also space for you to jot down anything you would like to discuss with the nurse at your next clinic visit.

We would ask you to complete this diary when necessary and to bring it with you each time you visit the hospital where the research nurse will discuss it with you. You will be given a new diary at the end of each appointment.

Can we remind you that the nurse does not know whether or not you/your child has been wearing the clothing, so **please do not wear the clothing to your visit or discuss any aspects of your clothing with the research nurse**. Also – please do not write anything in this diary about the clothing, as the research nurse may see this.

If you have any questions about the use of the clothing, then please contact the study manager as detailed on the front cover and **NOT** the research nurse.

Washing instructions for trial clothing

How do I use the garments?

Please wear the garments as often as possible, both during the day and at night (either as underwear or as pyjamas).

Moisturising creams should be applied thinly to the skin (just enough for the skin to glisten) and should be applied a few minutes before putting on the clothing to allow the creams to be absorbed into the skin.

How do I care for the garments?

You will be given 3 sets of garments during the trial. This will allow one set to be in use, one in the wash and one spare. We recommend that you use all three sets within one week, rotating frequently.

To machine wash: Wash at up to 40°C using your usual mild non-biological detergent. The fibres of the garment are quite delicate and washing the garment inside a pillowcase on a delicate cycle will protect it during the wash. If possible, lay the garment flat to dry.

To hand wash: place in hand-hot water containing your usual mild non-biological detergent and agitate by hand for a few minutes. Rinse well with plenty of warm, clean water and squeeze dry. Do not wring. If possible, lay the garment flat to dry.

Other important points:

- Please don't use bleach. Make sure there are no bleaching agents in your detergent (such as Vanish)
- Please don't use fabric softeners
- Please do not tumble dry
- Any reduction in garment length is likely to be due to a tightening of the knit. A cool steam iron can be used to restore the shape of a garment that appears to have shrunk.

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CLOTHES: Examples of out of pocket expenditure related to eczema

During the study we are asking you to make a note of anything you pay for out of pocket as a result of your child having eczema that you would not otherwise have had to purchase.

Based on experience some parents/carers find it difficult to know what type of items we are interested in them recording. Here are some examples of the type of things we would like you to record purchasing and the price you paid. This list is not exhaustive, there may be other items you think are relevant that are not on the list. Equally there may be things on this list which you haven't had to purchase any differently as a result of your child having eczema and thus you should not record these.

We are interested in the **difference in cost** of looking after a child with eczema to a child without eczema thus you should only put the whole price down if the item is something you would not have bought if your child did not have eczema (e.g. an emollient). Some items you may have bought even if they had not had eczema (e.g. sun cream, washing powder) but you have to buy a more expensive make/brand in order to get one that does not irritate your child's eczema, in this case please record how much this cost, and if you know, how much you would have paid for the same thing if your child did not have eczema.

Please only record those items actually purchased during the time you are involved in the study.

Clothing	Special food
Night wear, underwear, school uniform, and day wear made from natural fibres such as cotton	Nut-free foods Special milk e.g. goats, oat or lacto free milk
Over the counter products	Laundry and bedding
Emollients, moisturiser, bio oil, sun cream Special shampoos, shower or bath gels Vitamins & mineral supplements, anti-histamines, herbal remedies Bandages, tubi-grips	Purchased bedding (sheets, pillow cases, duvet cases) made of natural fibres Anti-allergic pillows and duvets Bath towels made from natural fibres Special laundry powder/liquid undertake more laundry increasing electricity bills & amount of liquid used
Equipment	Appointments
Air cooler Water softener	Travel and parking costs to NHS or private visits Appointments with alternative medicine practitioners e.g. allergy testing, homeopath etc

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Eczema prescriptions

Please record details of any prescriptions you/your child has had for eczema. Please complete one line for each item

Date	What was prescribed?	Details (size/amount)
<i>Eg</i> <i>15/03/2013</i>	<i>Betamethasone ointment</i>	<i>100g tube</i>

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Purchases for eczema

Please record details of anything you have had to buy specifically because of you/your child's eczema. If you have had to buy something more expensive then please also record what you think you would have spent on the same item if you did not have to take eczema into account (eg natural fibre bath towel vs normal bath towel). Don't worry if you don't know this. Please complete one line for each item.

Date	Item bought	Cost	Estimated cost if you didn't need to buy a specialist item
16/03/2013	<i>Natural fibre bath towel</i>	£25.00	£15.00

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Anything page

This page can be used for anything. You can record additional notes for the nurse, you/your child's drawings etc.

Please remember to bring this diary to your clinic visit.