



NEWSLETTER



Trial Co-ordinator: Jo Milton, MCRN Clinical Trials Unit,
Email: MENDS@mcrnctu.org.uk, Tel: 0151 282 4523

Co-Chief Investigators: Dr Richard Appleton, Royal
Liverpool Children's Hospital and Dr Paul Gringras,
Evelina Children's Hospital

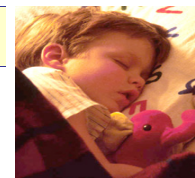


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Welcome to the 1st issue of the MENDS newsletter. The trial management team hope it will provide you with a valuable update as to the progress we have made in undertaking the study.

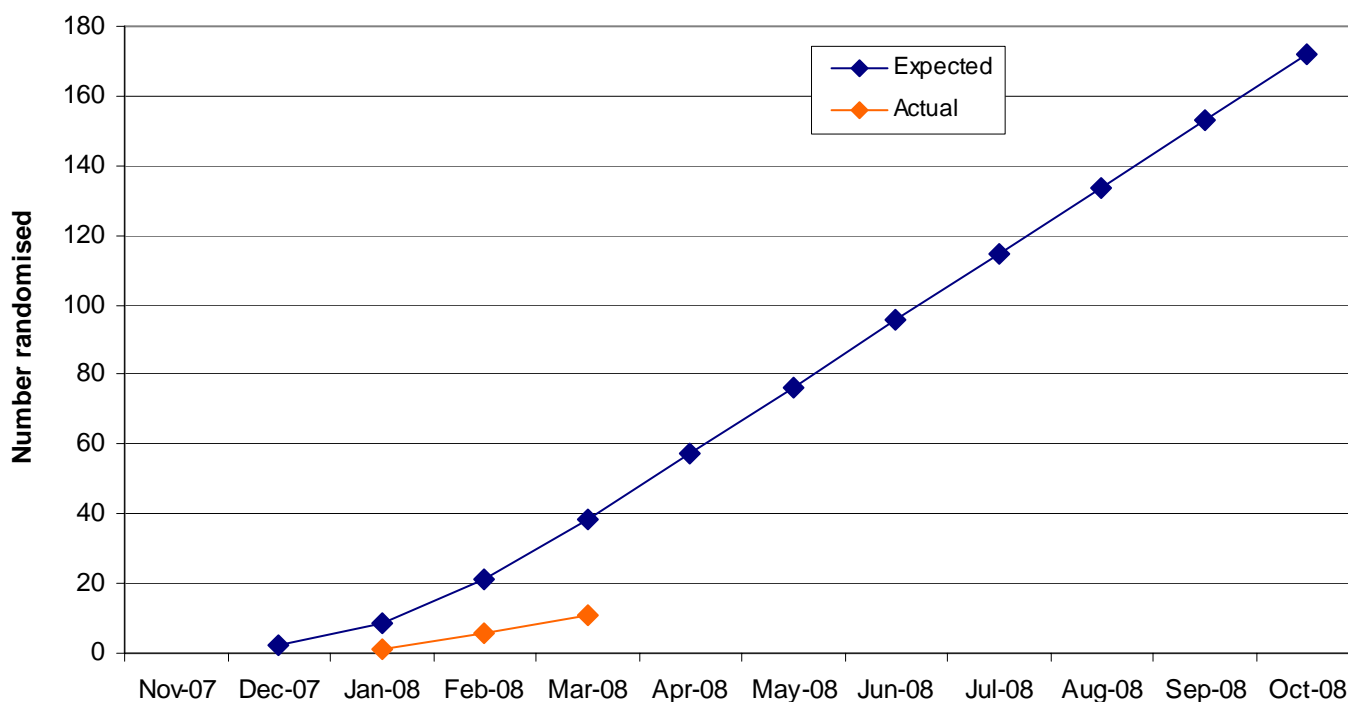
Trial Objective

To confirm (or refute) that immediate release melatonin is superior to placebo in improving total duration of night time sleep and reducing sleep latency (the time taken to fall asleep) in children with neurodevelopmental problems.



Recruitment Has Begun!

Following the launch meeting in September 2007, the first MENDS sites were initiated in December. 11 patients have now been randomised from 7 sites, with 5 patients pending randomisation in April.



Why Refer Your Patients?

There is no good scientific evidence that melatonin is effective in treating sleep disorders. Despite this 3000 children or more in the UK are being given melatonin for this purpose. Therefore the MENDS trial is even more important. **Less than one third of our expected target number of patients has been randomised. For the trial to succeed we need you to refer your suitable patients.**

The MENDS trial includes a 4-week behavioural run-in period, following which patients are randomised to either pharmaceutical grade melatonin or placebo. MENDS is the largest paediatric RCT of melatonin ever undertaken and the first dose escalating trial.

How to Refer Your Patients

If you work in the community close to one of the participating sites as either a paediatrician or other health worker you will have been sent this newsletter because we would like you to refer patients to MENDS. Please refer any children that you think might be eligible (see criteria overleaf) by sending a referral letter to the investigator at your local participating site. The children will remain your patients and will be returned to your care after the 4 months trial duration.

If in doubt please refer!





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Inclusion Criteria

- 1 Children aged 5 years to 15 years 8 months.
- 2 Diagnosis of a neuro-developmental disorder \pm autistic spectrum disorder \pm epilepsy.
- 3 Difficulty settling to sleep or staying asleep on at least 3 nights out of 5.
- 4 Children whose parents are likely to be able to complete sleep diaries.
- 5 Children who are likely to be able to wear an actigraphy watch.



Exclusion Criteria

1. Children treated with melatonin within the last 5 months.
2. Any plans to commence the following medications: any benzodiazepines, alimemazine tartrate (Vallergan), amisulpride (Solian), chlorpromazine (Largactil), haloperidol (Haldol), olanzapine (Zyprexa), risperidone (Risperdal), sertindole (Serdolect), sulpiride (Sulpitil, Sulpor), thioridazine (Melleril), trifluoperazine (Stelazine).
3. Current use of beta blockers (minimum 7 day washout required).
4. Children with a known allergy to melatonin.
5. Regular consumption of alcohol (>3 times per week).
6. Girls or young women who are pregnant.
7. Children for whom there are suggestive symptoms of Obstructive Sleep Apnoea Syndrome (OSAS).
8. Currently participating in a conflicting clinical study or participation in a clinical study involving a medicinal product within the last 3 months.

Participating Site Contact Details

Centre	Principal Investigator	Research Practitioner
Royal Liverpool Children's Hospital	Dr Richard Appleton, 0151 252 5851	Mandy Thorbinson, 0151 252 5570
Royal Manchester Children's Hospital	Dr Tim Martland, 0161 922 2555	Mandy Thorbinson, 0151 252 5570
Birmingham Children's Hospital	Dr Evangeline Wassmer, 0121 333 8152	Julie Menzies, 0121 333 8739
Royal Chesterfield Hospital	Dr Philip Preece, 01246 512520	Vanessa Unsworth, 01332 724721
Derby Children's Hospital	Prof Imti Choonara, 01332 724 693	Vanessa Unsworth, 01332 724 721
Nottingham City Hospital	Dr William Whitehouse, 0115 924 9924	Sam Jones, 01332 724 721
Evelina Children's Hospital	Dr Paul Gringras, 0207 177 4649	Karen Pratt, 0207 188 4667
University College London Hospital	Dr Alastair Sutcliffe, 0207 905 2190	Kenya Kantaris, 0845 1555 000 ext. 3392
Southmead Hospital Bristol	Dr Tom Allport, 0117 900 2354	Vicky Payne, 0117 342 0196
Great Ormond Street Hospital	Dr Paramala Santosh, 0207 829 8679 ext. 5857	Louise Spencer, 0207 762 6832
St George's Hospital	Prof Jeremy Turk, 0208 725 5531	Ros Loxton, to be confirmed
John Radcliffe Hospital Oxford	Dr Zenobia Ziawalla, 01865 226315	To be appointed

Reminders

Please remember to:

1. Remind care-givers to keep all unused medication and empty packaging and return it to you at the next visit.
2. Remind care-givers to use the medication in the correct order according to the visit schedule.
3. Encourage care-givers to complete the smiley faces on the second page of the sleep diary.
4. Adhere patient identifier stickers to every page of sleep diaries and questionnaire booklets.
5. Send 2 or 3 DNA samples at a time to Paris in individuals specimen bags, but one airmail envelope.
6. Only send diagnostic reports for ASD / epilepsy to MCRN CTU and anonymise all identifiable information.

FAQ page: login at www.mcrnctu.org.uk