



# BASIS study newsletter

## Bracing Adolescent Idiopathic Scoliosis – night-time versus full-time bracing in adolescent idiopathic scoliosis

ISSUE 11

The hospitals taking part in BASIS and BASIS2 are:

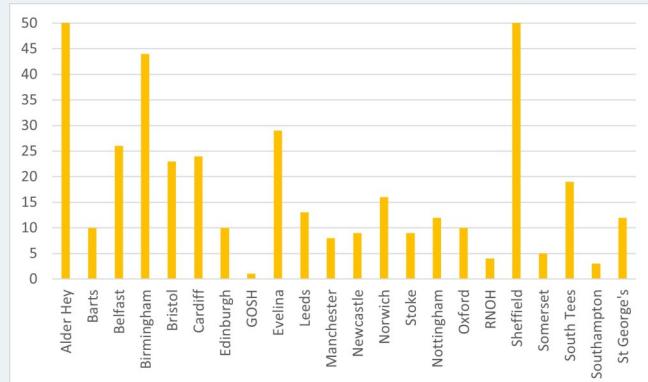
- Sheffield
- Alder Hey
- Birmingham
- Cardiff
- Newcastle
- Barts Health
- Somerset
- South Tees
- Evelina
- Bristol
- Belfast
- Edinburgh
- Nottingham
- Leeds
- Stoke
- Great Ormond Street
- Norfolk & Norwich
- Manchester
- RNOH
- Southampton
- St George's
- Oxford

## Latest News

Hello from the BASIS team!

The BASIS Study continues to include more patients each month, and we want to thank all of you for your continued support. Happy New Year and we hope everyone had a lovely break!

⇒ We now have 390 patients taking part in the BASIS Study, which is halfway to the recruitment target (780)!



**X-ray tips:** Please remember to remove your brace 24 hours before your x-ray.

### Let's hear from Charlotte



Hi, I'm Charlotte (21) and I wore a full-time back brace from the ages of 9-15. I'm part of the BASIS study PPI (Patient Public Involvement) team. It definitely took me a while to get used to wearing a back brace! Here are some of my tips on brace-wearing:

- Buy lots of long vests tops to wear under your brace.
- Show a friend or teacher how to do up your brace, so someone can help you put it back on if you're at school or away from home.
- Let someone know when it gets uncomfortable or no longer fits as soon as possible. The sooner you let someone know (hopefully) the sooner your brace can be refitted.
- Look into using an electric fan in summer if overheating is an issue for you.
- If you've got a big meal, pace yourself! Sometimes if you eat a lot in a short space of time, with the brace on, it can feel uncomfortable afterwards (from personal experience!).
- Try not to slouch your shoulders forwards whilst wearing the brace. I managed to create holes in the back of my t-shirts from doing this too much!

A big thank you to all participants for your ongoing involvement in the study!

Remember to visit our website to learn more about the study, including videos and links to other helpful information.



**Did you know** there's a charity called Scoliosis Support & Research in the UK? They're really great at helping young people like you who have scoliosis! They organise small, local fun meet-ups for around a dozen people as well as larger patient meetings for up to 100 people where you can make new friends who understand what you're going through. It's a chance to talk, share stories, and learn from others who also have scoliosis. Lots of young people have scoliosis, and meeting others who understand can make a big difference! Coming up soon:

- A patient meeting in Norwich on Saturday, March 22nd
- A patient meeting in London (Stanmore area) in June
- More events are being planned in other cities too

For more information, please contact James Alculambre, SSR Community Engagement Manager on [james.alculambre@ssr.org.uk](mailto:james.alculambre@ssr.org.uk)

