Parent Use of Over the Counter Cold Medication in Children in a Spanish Speaking Population

Contact Information:  Rebecca L. Lucas, MSN, FNP-C
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Introduction

One child in every ten children consumes cough and cold medication each week (Sharfstein, North, & Servint, 2007). In 2007, the FDA at urging of Pediatricians stated that over the cough and cold medications should not be used for children due the risk of creating further illness as well as the lack of evidence proving a significant effect for children. Ryan, Brewer, & Small (2008) recently performed a systematic evidence based review of research performed in the past ten years and found that none of the studies identified a significant benefit on symptom relief when these drug were used in children. There is also mounting evidence implicating these medications in the deaths of previously healthy children (Dart, et al., 2008; Rimsza, & Newberry, 2008; Sharfstein, , North, & Serwint, 2007; Vassilev, & Dravko, 2010).

Discussion related to the knowledge and attitudes of parents in administering over the counter cough and cold medications has also been reviewed. Garbutt et al. (2010), Lokker et al. (2009), and Yaghmai et al.(2010) identified parents administering incorrect administration of over the counter cough and cold medications in children. Locker et al.(2009) found that only 47% of the time parents were prompted by the package dosing directions. Yaghmai et al.(2010) found that many parents demonstrated dispensing an incorrect dose for their child. Garbutt et
al. (2010) found that the majority of parents surveyed believed that cough and cold medications relieve symptoms, were not dangerous, and they currently had them in their home.

The belief system for Hispanic parents can differ from other ethnic groups as their culture is based on a folk healing system of care (Robledo, Wilson, & Gray, 1999) (This system of care is also based in the of hot and cold for their theoretical belief of disease) this sentence does not make sense. The article discusses treatment of illness based on these principles. Foster, B., Read, D., & Bethell, C. (2009) found that acculturation rate was linked to medication use and the less acculturated Hispanic children were the less likely they were to use medication.

Purpose of this project

The purpose of this inquiry is to evaluate the current knowledge, attitudes, and behaviors of a Spanish only population of parents comparing acculturation rate to administration of over the counter cough and cold medications.

Context

- One child in every ten children consume a cough and cold medication each week (Sharfstein, North, & Servint, 2007).

- Ryan, Brewer, & Small (2008) recently performed a systematic evidence based review of research performed in the past ten years and found that none of the studies identified a significant benefit related to symptom relief when these drug were used in children.

- There is also mounting evidence that these medications have been implicated in the death of previously healthy children (Dart, et al., 2008; Rimsza, & Newberry, 2008; Sharfstein, North, & Serwint, 2007; Vassilev, & Dravko, 2010).
Garbutt et al. (2010), Lokker et al. (2009) and Yaghmai et al. identified parents administering incorrect administration of over the counter cough and cold medications in children.

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Foster, B., Read, D., & Bethell, C. (2009) found that acculturation rate was linked to medication use and the less acculturated Hispanic children were the less likely they were to use medication. This sections should be supporting statistics.

**Projection Description**

**Goals**

1. Explore parent’s beliefs, attitudes, and knowledge of the use of over the counter cough and cold medications.

2. Determine the relationship of Spanish speaking parent’s acculturation related to utilization of medication for their children.

**Objectives**

1. To assess the validity and reliability of a revised cough and cold medication tool based on the Yaghmai et al tool.

2. To assess and ameliorate the potential for harm due to parental treatment of cough and cold symptoms in children and provide information to prevent harm.

3. To determine the reliability and validity of English and Spanish versions of the revised Yaghmai Parent Survey in a population of parents who bring their children to a clinic for underserved children in rural Texas.
4. To compare knowledge and actions related to the use and dosage of over-the-counter cough and cold medicines in parents who have children aged 2 and under and parents who have children aged 3 to 12.

Research Question

In parents of children under the age of 12, who self-identify as Mexican-American, is there an association between level of acculturation to the United States and parental knowledge and actions regarding the use of over the counter cough and cold medications or other remedies to treat cold symptoms in their children?

Methodology

A prospective correlation study will be performed to investigate parental knowledge and action in relation to acculturation and to the use of over-the-counter cough and cold medications in their children. A convenience sample of 119 parents of children who report themselves to be Spanish only speaking who attend a rural pediatric clinic in Texas will be enrolled. Inclusion criteria consist of parents that report to be Mexican American and primarily speak Spanish. Exclusion criteria consist of parents with children who have chronic lung or chronic cardiac condition, those with tracheotomies. Eligible parents will be identified by the front office staff at the office check in area. If the parent indicates acceptance to participate informed consent will be obtained by the receptionist. The consent forms will be placed in an 81/2 X 11 envelope that is marked consent.

Parents will then complete the Yaghami Parent Survey tool as well as the Acculturation Rating Scale for Mexican Americans-II (ARSMA II) to be completed in the waiting area. The completed tools will be given to the medical assistant who will then review the form.
unanswered question. Parent’s questions will be answered by the MAs or one of the clinical providers. A copy of the FDA hand out on cough and cold medication use in children will be distributed to the parent for supportive information on current guidelines. All completed questionnaires will be placed in an 81/2 X 11 envelope. No identifying information will be collected with these two tools to preserve the anonymity of the test participants.

Data will be entered into a Lime Survey for organization of the data and exported to a Statistical Package for Social Sciences (SPSS) file. The statistical analysis will consist of reliability testing: item-item, item scale, scale-scale correlations and Cronbach’s alpha; validity testing: scale-scale correlations and factor analysis; correlations and ANOVA. A statistician will be consulted.

Timeline and Duration

1. September, 2010 - Meet with Capstone committee for approval of pilot project
2. September to October 2010 – Submit pilot study to Texas Women’s University Institutional Review Board (IRB) and obtain consent from clinical site for data collection.
3. October, 2010- Train clinical staff for data collection process. Enroll participants and collect data. Researcher will enter data in Lime Survey for organization of data.
4. November, 2010-Analysis of data utilizing Statistical Package for Social Sciences (SPSS)
5. December, 2010-Submit Capstone document to the TWU committee.
Sites and Personnel Required for Project

The site for this study will be Ennis Children’s Clinic, a private primary care pediatric clinic. Personnel required for this study would include office staff including receptionist and clinical staff (medical assistants, physician, and nurse practitioner). A statistician will be consulted as needed during the study.

Support Needed from Institution

TWU support will consist of the student’s Capstone committee review and approval of the project and the IRB’s review and approval of the project. Ennis Children’s Clinic will support require approval of the project and consent to allow research of parent’s of patients. Office staff support related to administering, collecting and answering clinical questions for participants.

Deliverables to Institution

A pilot study of Spanish speaking Mexican American parent’s knowledge and actions related to cough and cold medications in their children as measured by the Yaghmai et al. tool and the Acculturation Rating Scale for Mexican Americans-II: A revision of the original ARSMA Scale (ARSMA). A secondary outcome would be to educate parents on current medication measurements and FDA recommendations.

Benefit/Anticipated Outcomes

Identification of parents educational needs to make informed choices about whether or not give cough and cold medication to their children.
Development of educational tools to provide parents with an awareness of the dangers of over the counter cough and cold medication.

Assist providers in discussing and informing parents of current knowledge of cough and cold medications as a general category of medication as well as non pharmaceutical treatments for occasional cough and cold.
References


Appendix A

Research Questions and Hypothesis

- Research Question 1: Does the revised Yaghami et al. (2010) Parent Survey perform as a reliable, valid measure of parental knowledge and action related to the use and dosage of over-the-counter cough and cold medications and other treatments for cold symptoms in a population of parents who bring their children to a clinic for underserved children in rural Texas?

- Research Question 2: Are there differences related to reliability and validity of the English version of the revised Yaghami, et al. (2010) Parent Survey as compared to the Spanish translation of the revised Yaghami Parent Survey?

- Research Question 3: In parents who self-identify as Mexican American ethnicity, Is there an association between acculturation to the United States as assessed by the Acculturation Rating Scale for Mexican Americans-II: A revision of the original ARSMA Scale (ARSMA-II) and parental knowledge and action of cough and cold remedies to alleviate symptoms in their children.

Null Hypothesis

- Null Hypothesis 1: The Yaghami et al. survey tool is not reliable or valid when used on this population.

- Null Hypothesis 2: There are no differences in the reliability and validity of the English and Spanish translated Yaghami et al. tool.

- Null Hypothesis 3: There is no association between acculturation and parental knowledge and action of cough and cold remedies to alleviate symptoms in their children.

- PICO Question 1: Is there an association between acculturation of Mexican American parents to the United States, who’s primary language is Spanish and parental knowledge related to action of cough and cold remedies to alleviate symptoms in their children?
Planned Instrumentation

- A 15 question tool to evaluate parent’s current use of over the counter cough and cold medications in their children (Yaghmai, Cordts, Ahlers-Schmidt, Issa, & Warren, 2010).
- The Acculturation Rating Scale for Mexican Americans-II: A revision of the original ARSMA Scale (ARSMAs) tool is a 20 question self administered survey to evaluate Mexican-American participants adjustment to the United States.

Proposed statistical analyses of project

Data will be entered into a Lime Survey by the researcher and assessed for missing data. Data will then be transferred into SPSS for analysis and reassessed for errors. Demographic data will be analyzed using frequencies, percentages, means, standard deviations and ranges. The hypothesis will provide direction for the analysis of the study data. Multiple analysis of variance (MANOVA) will be utilized to explore relationship of parent’s acculturation and use of medications.
Appendix B

Instrument Permission

Re: Fw: One Community's Perspective on the Withdrawal of Cough and Cold Medications for Infants and Young Children
From: Brenda Issa <bissa@kumc.edu>
View Contact
To: drlucas@swbell.net
Cc: Cari Schmidt <cschmidt3@kumc.edu>

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I apologize for not getting back to you sooner. I asked the other authors if they minded sharing our survey. Please clarify which tool you are wanting to use. We used a few different surveys/tools for this project and I want to make sure we send the correct one to you.

Thanks,
Brenda Issa, MD

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Re: One Community's Perspective on the Withdrawal of Cough and Cold Medications for Infants and Young Children
From: Cari Schmidt <cschmidt3@kumc.edu>
View Contact
To: David A. Lucas <drlucas@swbell.net>
surveyotc.doc (97KB)

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Here is the survey in English. I will see if the primary author has a copy of the Spanish.

Cari

Carolyn R. Schmidt, Ph.D.
Research Assistant Professor
Office of Research
Department of Pediatrics
KU School of Medicine - Wichita
cschmidt3@kumc.edu
(316) 293-1810 (316) 293-1810
Title: Acculturation Rating Scale for Mexican Americans-II: A Revision of the Original ARSMA Scale
Author: Israel Cuellar, Bill Arnold, Roberto Maldonado
Publication: Hispanic Journal of Behavioral Sciences
Publisher: Sage Publications
Date: 08/01/1995
Copyright © 1995, Sage Publications

Gratis

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Appendix C

Instruments

Demographic Instrument

Please mark the answer that best represents you and your family with an X on the line.

1. My age is:____

2. I see myself:
   _____White
   _____Mexican/Hispanic
   _____African American
   _____Other

3. I speak:
   _____English
   _____Spanish

4. I have Insurance
   _____Yes
   _____No

5. I am a single parent
   _____Yes
   _____No

6. My Insurance for my children is:
   _____Medicade (state insurance)
   _____Private Insurance (provided at your work place)
   _____My children do not have Insurance at this time

7. I was:
   _____born in the United States
   _____I was born in another country

8. I have lived in the United States for ____ years

9. I am a:
   _____Male
   _____Female

10. My age is _____

11. The last grade I finished was:
    _____less than 12th grade
    _____High School Graduate
    _____Junior College
    _____Bachelors degree
    _____Graduate degree

12. Number of children _____

13. My children’s ages are: (if less than 1 year old indicate months)
    ____,
    ____,
    ____,
    ____
Parent Use of Over the counter med

Yaghmai, et al. Tool 2010

1. What is your child's age? 
   ________________ Years
   ________________ Months

2. How much does this child weigh? (Your best guess) 
   ________________ Pounds

3. When your child has been sick, have you given your child any “over the counter” medicines for cough and cold symptoms? 
   (Circle one answer)  
   Yes  No

4. Have you ever called a doctor about how much of these medicines you should give your child? (Circle one answer) 
   Yes  No

5. If you give a medicine like this, how fast do you expect it should work? 
   ___________ Min  ___________ Hours

If you felt you had to use a medicine for your child’s cough or cold....

6. Would you use any of the medicines presented?  (Circle one answer) 
   Yes  No

7. If Yes to number 5, tell us which medicine you would use by marking the box next to the name:

   Triaminic Night Time Cold & Cough  
   Children’s Tylenol Plus Multi-Symptom Cold  
   Robitussin Pediatric Cough & Cold  
   PediaCare Children’s Multi-Symptom Cold
8. Please indicate the amount you would give by marking the medicine cup with a line.

9. Do you know that stores have removed all combination cough and cold medicines for infants from their shelves?  
   Yes  No

10. Did you ever have any of these medicines in your home?  
    Yes  No  Don’t Know

11. Do you have these medicines in your home now?  
    Yes  No  Don’t Know

12. If you do, will you use them, or throw them away?  
    Use  Throw Away  Don’t Know

13. Sometimes people use other things to help when they have a cough or runny nose. Have you used any of the following to help your child when they were sick? 
   (Circle any you’ve used)

   Vitamin C  Garlic  Cool bath  
   Zinc Lozenges  Chicken soup  Vapor rub/Camphor  
   Echinacea  Onions  Rubbing alcohol  
   Elderberry  Massage  Prayer
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<tr>
<th>Chamomile tea</th>
<th>Candeling (ears)</th>
<th>Healer or Curandero</th>
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<tr>
<td>Ginger root tea</td>
<td>Humidifier</td>
<td>Kava Kava</td>
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<td>Any hot tea</td>
<td>Steamy room</td>
<td>Music</td>
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<tr>
<td>Cupping</td>
<td>Warm bath</td>
<td>Coining</td>
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14. How do you describe your race, or ethnicity? (Check one box or fill in the blank)

- [ ] Caucasian or White
- [ ] Asian
- [ ] African American or Black
- [ ] Other
- [ ] Hispanic or Latino

15. You are done! Thank you for your help. Please ask the nurse to record your child's exact weight here: ___________ KG or LB and give this survey to the nurse.

If you have questions about cough and cold medicines, please ask your doctor here.

Thanks
Parent Use of Over the counter med

The Acculturation Rating Scale for Mexican Americans-II: A revision of the original ARSMA Scale (ARSMA-11)

### Scale 1

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**[Circle a number between 1-5 next to each item that best applies.]**

**[Marque con un círculo el número entre 1 y 5 a la respuesta que sea más adecuada para usted.]**

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<td>1. I speak Spanish</td>
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<td>2. I speak English</td>
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<td>3. I enjoy speaking Spanish</td>
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<td>4. I associate with Anglos</td>
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<td>5. I associate with Mexicans and/or Mexican Americans</td>
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<td>6. I enjoy listening to Spanish language music</td>
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<td>7. I enjoy listening to English language music</td>
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<td>8. I enjoy Spanish language TV</td>
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<td>9. I enjoy English language TV</td>
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<td>10. I enjoy English language movies</td>
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<td>11. I enjoy Spanish language movies</td>
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<td>19. Mi contacto con los Estados Unidos Mexicanos ha sido</td>
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<td>20. My father identifies or identified himself as 'Mexican'</td>
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<td>20. Mi padre se identifica (o se identificaba) como Mexicano</td>
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<td>21. My mother identifies or identified herself as 'Mexicana'</td>
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<td>21. Mi madre se identifica (o se identificaba) como Mexicana</td>
<td>1</td>
<td>2</td>
<td>3</td>
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<td>5</td>
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<tr>
<td>22. My friends, while I was growing up, were of Mexican origin</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>22. Mis amigos(as) de mi niñez eran de origen Mexicano</td>
<td>1</td>
<td>2</td>
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<td>4</td>
<td>5</td>
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<tr>
<td>23. My friends, while I was growing up, were of Anglo origin</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>23. Mis amigos(as) de mi niñez eran de origen Anglo Americano</td>
<td>1</td>
<td>2</td>
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<td>4</td>
<td>5</td>
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<tr>
<td>24. My family cooks Mexican foods</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>24. Mi familia cocina comidas mexicanas</td>
<td>1</td>
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<td>5</td>
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<tr>
<td>25. My friends now are of Anglo origin</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>25. Mis amigos recientes son Anglo Americanos</td>
<td>1</td>
<td>2</td>
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<td>4</td>
<td>5</td>
<td></td>
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<tr>
<td>26. My friends now are of Mexican origin</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>26. Mis amigos recientes son Mexicanos</td>
<td>1</td>
<td>2</td>
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<td>4</td>
<td>5</td>
<td></td>
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<tr>
<td>27. I like to identify myself as an Anglo American</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>27. Me gusta identificarme como Anglo Americano</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td></td>
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<tr>
<td>28. I like to identify myself as a Mexican American</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>28. Me gusta identificarme como Mexicano Americano* (México-Americano)</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
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<tr>
<td>29. I like to identify myself as a Mexican</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>29. Me gusta identificarme como Mexicano</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
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</tbody>
</table>
|30. I like to identify myself as an American | 1 | 2 | 3 | 4 | 5 | 30. Me gusta identificarme como un(a) Americano(a) | 1 | 2 | 3 | 4 | 5 | **Estadounidenses de origen Mexicano**
Appendix D

Informed Consent to Participate

TEXAS WOMEN’S UNIVERSITY

CONSENT TO PARTICIPATE IN RESEARCH

Title: Parent Use of Over the Counter Cold Medication in Children in a Spanish Speaking Population

Investigator: Rebecca Lucas 972-875-5220
Advisor: Peggy Mancuso, Phd 214-689-6552

Explanation and Purpose of the Research

You are being asked to participate in a research study for Ms.Lucas’ capstone project at Texas Women’s University. The purpose of this research is to determine the acculturation, knowledge and action of parent’s related use to over the counter cough and cold medication in their children in a solitary Spanish speaking population.

Research Procedures

For this study, the investigator will conduct an anonymous survey of parents as they visit their child’s primary care pediatric office. You will be provided with staff to clarify questions. Your time commitment in the study is approximately 45 minutes

Potential Risks

Potential risks related to your participation in the study include fatigue and physical or emotional discomfort during the completion of the questionnaire. To avoid fatigue you may take a break as needed. If you experience physical or emotional discomfort regarding the questions, you may stop answering the questions at anytime. The investigator will provide you with information