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# Nottingham Maternity Research Network

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Nottingham Maternity Research Network aims to include the views of a range of local maternity service users. If you know anyone who might be interested in joining us, you can give them our email address or direct them to the website. We'll be happy to hear from them!



Join us on Facebook - just search for Nottingham Maternity Research Network and hit the like button!

## WELCOME!



A warm welcome to the latest issue of our regular network newsletter. In this edition, you'll find a summary of our latest meeting, which took place in January, information about some changes to the way our meetings happen, updates on current and recently completed projects, and an introduction to one of our network members.

## REPORT ON THE JANUARY NETWORK MEETING

Network members met at the Embankment Pub and Kitchen, on January 30th - and we enjoyed our first buffet lunch! There was lots to discuss, including:

- We shared the findings from our recent study exploring what midwives think about birth plans, and circulated our recently published paper from the other part of this study, which looked at women's views and experiences. If you'd like a copy of the paper, drop us an email and we can send a copy to you; We also discussed the next steps in our work on birth plans - we'll be putting out a call for involvement in the near future, as we make plans to apply for research funding;
- We updated the group on the progress made in our project that will develop guidance for the care of women in labour (more details about the project overleaf), and got plenty of really useful feedback from network members in relation to our latest specific questions. The network is proving most helpful in exploring questions and ensuring the guidelines will include what matters to women.

## SMALL CHANGE TO THE WAY WE DO MEETINGS

As you all know, Notts Maternity is a work in progress, and we frequently take the time to reflect on how we're doing, and whether we're meeting members' preferences for meeting times. At a recent network meeting, it was suggested that we might make the meetings slightly shorter, which would be easier for people to manage, but hold them every two months instead of every three.

So that's what we'll be doing from now - hence our next meeting being held in a couple of weeks' time, on Thursday 29th March. We'll carry on including lunch at the meetings, but we'll try and combine eating with talking! We'll be at the Embankment Pub again for this one, between 11.30am and 1.30pm. As ever, little ones are more than welcome, but we can cover childcare if you prefer. Travel expenses are always reimbursed, too.

## Royal College of Midwives Project Update: guidance for the care of women in labour in all settings

Work is progressing well with the RCM guidance project., and we've started on our new systematic reviews of evidence. The four topics selected are: birth environments; birth companions; birth following caesarean section; and women's experiences of epidural analgesia. We've also started preparing Evidence Summaries, for topics where there are already systematic reviews available.

At the next network meeting later this month, we'll be seeking members' views on how best to share this guidance with women and families.

In the meantime, you can find out more about the project by visiting this webpage: <http://www.nottingham.ac.uk/research/groups/mhw/knowledge/rcm-midwifery-practice-guidance-for-care-of-women-in-labour-in-all-settings-in-the-uk.aspx>

### New topics to be explored at March's meeting...

Two midwives will be joining the meeting in March:

- ◆ Serena Cox, midwife and early career researcher, is on a research training scheme, working with Helen and Phoebe. Serena writes: 'My area of interest relates to online peer support and how this may be helpful for women whose childbirth has been traumatic'.
- ◆ Josh Downey, midwife and teaching associate in midwifery, will be seeking the group's views on the research he is planning for his Masters in Midwifery. Josh writes: 'Midwifery remains a predominantly female workforce. Very little research has explored women's experiences of care during labour from midwives who are men. I'm planning a study using telephone interviewing and would be pleased to receive the group's feedback on my project'.

### Meet a Member of the Network

#### Rose Norman



I heard about the maternity network through a researcher visiting the Beeston Mums' Choir, of which I've been a member for over five years. At the time, the network was just beginning, and researchers were visiting baby and toddler groups around Nottingham to tell people about it. I was instantly interested, having been a researcher in the past, and having used maternity services - and expecting to use them again. I thought it was a great way to pull these interests together!

I've been attending meetings as much as I can over the past three years. The thing I love about the network is the discussion with everyone - researchers, mums, doulas, and other people who work with parents - about issues that really matter. It means there is an opportunity to improve others' experiences in using maternity services. It has also allowed me to raise and discuss my own experiences, which has been very cathartic.

**Get in Touch, Spread the Word!**

Visit our website: [www.nottsmaternity.ac.uk](http://www.nottsmaternity.ac.uk)

Email us at: [HS-nottsmaternity@nottingham.ac.uk](mailto:HS-nottsmaternity@nottingham.ac.uk)