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Nottingham Maternity Research Network

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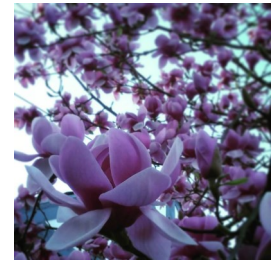
Nottingham Maternity Research Network aims to include the views of a range of local maternity service users. If you know anyone who might be interested in joining us, you can give them our email address or direct them to the website. We'll be happy to hear from them!



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, information about changes to the Notts Maternity website, details of forthcoming community engagement events, and a report of one of our recently completed studies.



REPORT ON THE APRIL NETWORK MEETING

Network members met at the Poppy and Pint (fast becoming our 'regular!') on April 27th. We had a busy meeting, although we did manage to squeeze in a working lunch...

Network members Sam and Melissa talked about their experiences of being involved in the Midwife Units study, part of which has involved co-facilitating focus groups, and it was great to hear their positive feedback. Anita talked about the recently completed rupture of membranes study (more details overleaf), and network members discussed possible next steps in that research.

A large part of the meeting was taken up with discussing what we'd like the Notts Maternity website to look like, and as part of our bid to make the site more engaging, several members took part in 'talking head' videos to highlight why they joined the network and explain what service user involvement means to them.

Exciting changes to the Notts Maternity website: new content coming soon!

Representatives from the University's web team came along to the April meeting to help with our discussions about changes we'd like to see. Network members had lots of ideas, so here's what will be coming soon:

- ◆ We're aiming to reflect the network membership better, moving away from the somewhat generic style we currently have. So there will be photos of network members and researchers on the website, with information about what we do and how we came to be involved;
- ◆ We're going to add more information about studies that are currently underway or recently completed—so more regular updates to the pages;
- ◆ We've found the Facebook page really useful for getting the word out and highlighting upcoming events, so we'll be putting a link to that onto the website, as well as setting up a 'closed' Facebook group for network members;
- ◆ The overall idea is to get the website looking like an extended version of this newsletter—highlighting the work we do and the people who get involved.

So lots of changes coming, and plenty of work to be done! Our first step was to make a video introducing some of our members and highlighting the kinds of thing people can get involved with. The video is now on the homepage, - pop across to www.nottsmaternity.ac.uk to have a look!

Notts Maternity gets out and about!

2017 is going to be a busy year here at Notts Maternity! Many of you will know about our community outreach work - and lots of you first heard about us at these sorts of events, so it's clearly a great way to spread the word about involvement in maternity research.

Over the next few months, we'll be involved with a range of events around Nottinghamshire. These are places we'll be visiting in June and July:

- ◆ **Café Connect at the Nottingham Contemporary, June 29th and 30th:** we'll be joining colleagues from various departments of the University, highlighting research opportunities and publicising the work of Notts Maternity—this is our third time at the Contemporary, and it's always a great place to meet local people;
- ◆ **Worksop Library, July 7th:** as part of our work to extend awareness about the network beyond Nottingham, we're visiting towns around the county. Worksop is the second venue within this project, and we're looking forward to new members signing up as a result of this outreach day.

Network members are always welcome to join us at these events—and it's great for visitors to hear from women who have become involved in the network. Drop us an email if you're able to come to either of these upcoming events.

Project update: rupture of membranes



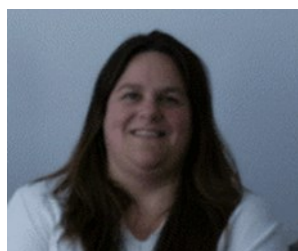
This recently completed study explored women's expectations and experiences of membranes rupturing, often called 'waters breaking' (RoM). Researchers wanted to hear women's views about the possibility of wearing a reagent pad that could confirm whether waters have broken.

38 women contributed to the study, either during pregnancy or after the birth of their first baby, and took part either in a focus group or in a phone interview.

Themes that emerged from women's experiences centred on understandings about what RoM might feel like, the need for better information during pregnancy about possible events around RoM, and the challenge of confirming RoM when it happens.

At the latest network meeting in April, members discussed the impact that wearing a reagent pad might have, and there were lots of ideas about possible next steps in this research area, particularly about how information is communicated during pregnancy about what to expect when your waters break. We'll be asking network members to help when the next part of this research is developed, so watch this space if it's an area of interest for you.

Meet a Member of the Network



Anita Hughes, Network member

I was a nursery nurse before completing a Psychology degree and moving into research. I have been involved in research around maternal and child health since 2001 in areas such as: breastfeeding; fetal monitoring; student midwives' views on pregnancy and parenthood; midwives' experiences of preceptorship; parent education; women's expectations and experiences of "waters breaking" and the development of premature infants.

I have recently become involved in the network and found my first meeting really enjoyable and helpful. I gave a short presentation about our recent study of women's experiences of their waters breaking, and found the discussion afterwards really useful in relation to getting information out and thinking about the next things to study in this area.

Get in Touch, Spread the Word!

Visit our website: www.nottsmaternity.ac.uk

Email us at: HS-nottsmaternity@nottingham.ac.uk