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# Nottingham Maternity Research Network

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Nottingham Maternity Research Network seeks to include the views of a range of local maternity service users.

If you know anyone who might be interested in joining us, please share this newsletter with them and encourage them to get in touch.

**We'll be happy to hear from them!**

**HS-nottsmaternity@nottingham.ac.uk**

## Our latest meeting

On 25th May the Nottingham Maternity Research Network met online once more.



We are working on making our public involvement in research as inclusive as possible. As part of this project, we are working with a freelance designer to produce some new posters for the Network, to be shared online. We looked at some 'mood boards' together to talk about what we liked and didn't like, and how to communicate what the Network is like. This will be followed up by workshops around some draft designs.

Alison Pearce-Smith is a midwife and a student at the University of Nottingham. Alison talked to Network members about her research around midwives' experiences of facilitating women's choices. We had a wide-ranging discussion about members' experiences and what the important issues are from our perspectives. Alison found the discussion really helpful to inform her research plans. Thank you everyone who contributed.

Finally Helen updated the group on the PANDA study (about preventing anaemia in pregnancy). Network members Jo and Steph will be facilitating a discussion about the study with another public involvement group in Wolverhampton to ensure a broad range of women's views inform the research.

**Our next meetings will be online on 15th July 11.30am—1pm and 15th September 11.30am-1pm**

## ARM@DA: A Realist Inquiry into Maternity Care @ a DistAnce



Catrin, Helen, Kerry and Candice have submitted a bid to the National Institute for Health Research. The Nottingham Maternity Research Network is a key partner in the project. We wait to hear whether or not we have been successful sometime in the late summer. Unfortunately the success rate for funding bids is usually around 20-25% so it is a very competitive process. The bid is for a review of theory and evidence to help provide guidance on how best to use non-face to face contacts in maternity care. In doing so, it will also identify any areas that need more research and will show where healthcare professionals need further training.

### Spreading the word!

Pearl and Julie made a short appearance on BBC Radio Nottingham on May 23rd to publicise the Network and to appeal for new members. We're committed to trying some new ways to reach out to our local community and invite people from a range of cultural backgrounds to join the Network. Let us know if you have any ideas or would like to get involved.

### Update and thank you

It has been almost two years since I attended the Nottingham Maternity Research Network to discuss my plans for my Masters project with the members. After several unprecedented challenges during the course of the project, I am very happy to be writing to say I have now completed the following study: "Recovery after sustaining a third- or fourth-degree perineal tear during childbirth: an exploratory study of the views and experiences of women". The study involved interviewing eight women from across the United Kingdom who had sustained either a third- or fourth-degree perineal tear in the last three years. The findings highlighted a number of themes that deeply impacted the participant's experience of both motherhood and womanhood. I intend to translate these findings into clinical practice and improve education to empower women affected by these injuries during their recovery. This has been the first research study I have conducted and I feel very privileged to have been given the opportunity to explore this area of women's health in order to make a meaningful contribution to future maternity service users and further midwifery-led research. Thank you to the members of the Nottingham Maternity Research Network for voicing your views at the outset of this project – your comments really paved the way for the development of this study and I'm excited to continue building on this work and sharing ideas with you all once again in the near future. Ana Gomez-Thompson.

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