Developing a New approach for Effective, Systematic, Timely and Integrated (NESTING) pregnancy, birth and early parenting education starts with consumer engagement.

Sheridan Guyatt
Faculty of Medicine
The University of Queensland
NESTING project

Presentation Outline

1. What is known / unknown
   a. Needs of stakeholders
   b. Effective education
   c. Outcomes that matter to consumers

2. Research plan for consumer engagement

3. Outputs and impacts of co-design
What is known

Perinatal Education

• Pregnancy, birth and early patenting education is a valuable part of perinatal care

• Health and wellness outcomes are not routinely measured

• No consistent effect on clinically relevant outcomes
What is known

Needs of Stakeholders
What is known

Needs of Stakeholders

**Content**
- Multidisciplinary team
- Consistent message
- Physical and psychological health, labour and birth, breastfeeding and parenting

**Format**
- Timely
- From early pregnancy to parenthood
- Includes partners and allows for social interaction
- Interactive, skill development, peer teaching

**Reach**
- Central trusted source of education
- Includes digital media
- Opportunity to choose / individualise
What is known

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NESTING project
Effective Perinatal Education

Right CONTENT
Right WAY
Right TIME
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Effective Perinatal Education

Relevant
to the needs of stakeholders

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Impact with meaningful outcome measurement

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Ongoing
plan for sustainability
A New approach for Effective, Systematic, Timely and INteGrated (NESTING) pregnancy, birth and early parenting education

A co-creation plan

@Nesting4mums #NAHC2019
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Levels of patient and researcher engagement in health research. This figure was adapted by Dr Vandall-Walker from the International Association for Public Participation's Public Participation Spectrum under the fair dealing provision of the Canadian Copyright Act for the purpose of research.

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<thead>
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<th>Participate</th>
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Israel Amirav et al. Pediatrics 2017;140:e20164127
### Levels of Patient and Researcher Engagement in Health Research

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**Dyad interviews – expectant and new parents**

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**Consumer partnership – Australian Maternity PROMS Alliance**

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A co-creation plan

@PROMsAlliance

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Supervisory Team
Shelley Wilkinson
Michael Beckmann
Megan Ferguson

Mater Research & Mater Foundation
The Betty McGrath Fellowship

Mothers, Babies and Women’s Clinical Stream

Acknowledgements

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References

Gagnon AJ, Sandall J. Individual or group antenatal education for childbirth or parenthood, or both. Cochrane Database of Systematic Reviews 2007.

Smith R, Homer C. Literature review on antenatal education - Content and delivery. Sydney: Centre for Midwifery, Child and Family Health, Faculty of Health, University of Technology, Sydney; 2017.


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