



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

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 parenting education is a **valued part of perinatal care**
- Health and wellness outcomes are **not routinely measured**
- No consistent effect on clinically relevant outcomes

Individual or group antenatal education for childbirth or parenthood, or both (Review)

Gagnon AJ, Sandall J

Gagnon AJ, Sandall J.
Individual or group antenatal education for childbirth or parenthood, or both.
Cochrane Database of Systematic Reviews 2007, Issue 3. Art. No.: CD002869.
DOI: 10.1002/14651858.CD002869.pub2.

www.cochranelibrary.com

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

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Effective Perinatal Education

Right CONTENT

Right WAY

Right TIME

NESTING project

Effective Perinatal Education

Relevant

to the needs of
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sustainability

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A **N**ew approach for **E**ffective,
Systematic, **T**imely and **I**Nte**G**rated
(NESTING)

pregnancy, birth and
early parenting education

A co-creation plan

@Nesting4mums #NAHC2019



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OF QUEENSLAND**
AUSTRALIA

NESTING project

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Levels of Patient and Researcher Engagement in Health Research

- TIME AND KNOWLEDGE NEEDED +

	LEARN/INFORM	PARTICIPATE	CONSULT	INVOLVE	COLLABORATE	LEAD/SUPPORT
Patient's Goal	To ask questions and learn about how to get more involved	To act as a subject or participant in a research study	To provide feedback and advice on specific research activities	To work directly with a research team throughout the project	To partner on equal footing with researchers in all aspects of research	To make final decisions and lead research activities
Researcher's Goal	<i>To provide information, listen, and answer questions honestly</i>	<i>To act ethically and respectfully in the conduct of research</i>	<i>To seek your input on an ad hoc basis</i>	<i>To include you as standing members in an advisory capacity</i>	<i>To partner equally with you as team members</i>	<i>To follow your lead and support your decisions</i>
How This Can Be Done	In an open atmosphere for sharing through orientation and information sessions, and media campaigns	Through quantitative, qualitative, or mixed methods research	Through scientific cafes, focus groups, priority-setting activities, and as members of ad hoc working groups or expert panels	As members of standing working groups and advisory committees or panels	Patients as co-investigators and research partners, and as members of research steering committees	Through patient or community steering committees and patients as principle investigators

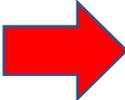
Israel Amirav et al. Pediatrics 2017;140:e20164127

Levels of patient and researcher engagement in health research. This figure was adapted by Dr Vandall-Walker⁸ from the International Association for Public Participation's Public Participation Spectrum⁹ under the fair dealing provision of the Canadian Copyright Act for the purpose of research.

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 **Survey** – women in early and late pregnancy and post birth

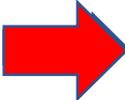
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 **Dyad interviews** – expectant and new parents

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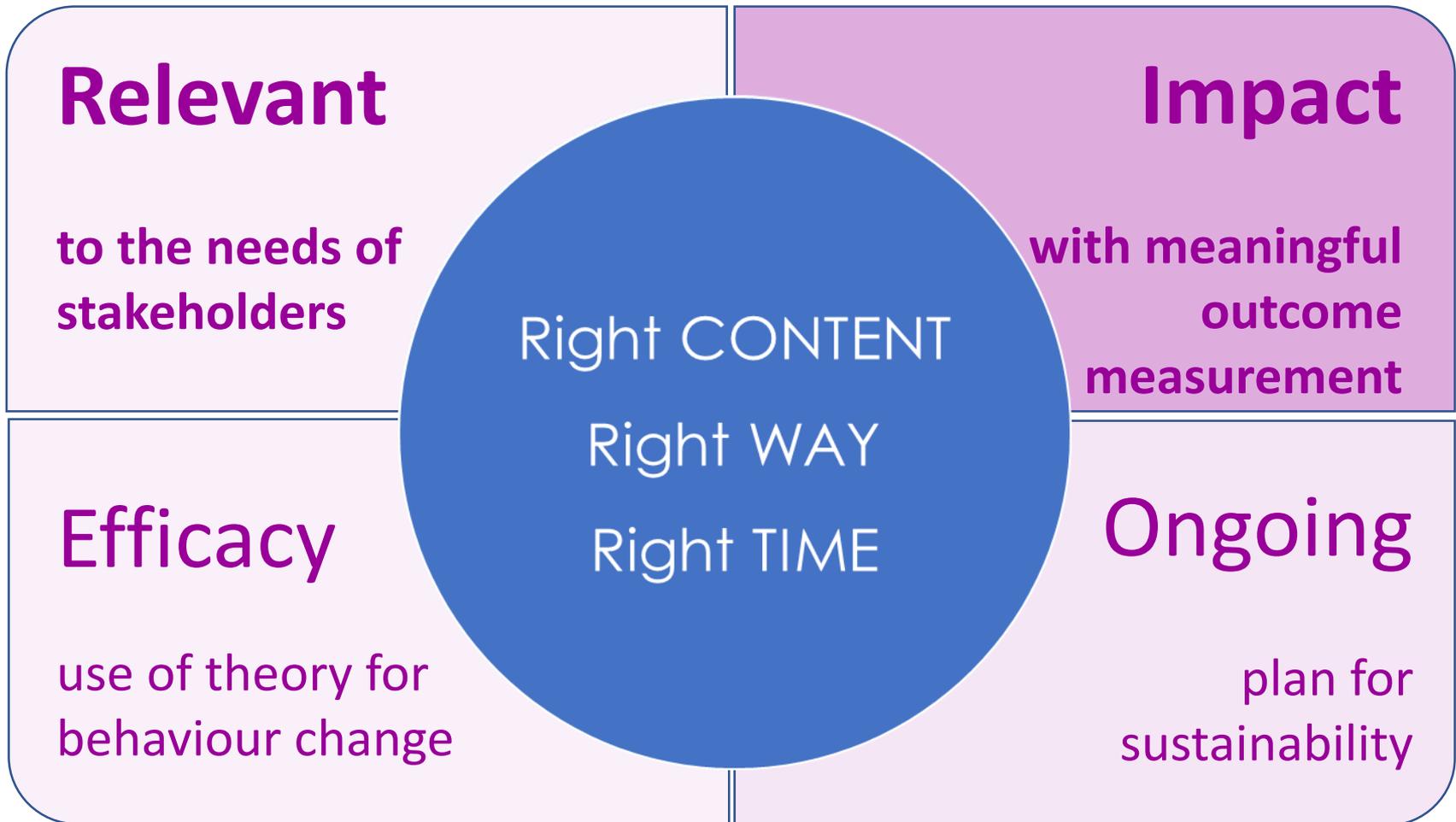
Consumer partnership – Australian Maternity PROMS Alliance

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A co-creation plan

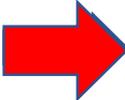
@PROMsAlliance



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 **Consumer members within research team**

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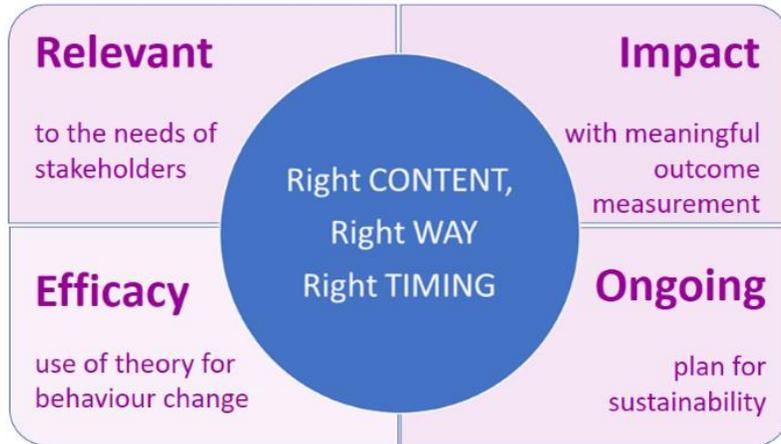
NESTING project

 mater
research

A New, Effective, Systematic, Timely and
InteGrated perinatal education program



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Supervisory Team

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Megan Ferguson

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Mothers, Babies and Women's
Clinical Stream



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