



Trinity College Dublin

Coláiste na Tríonóide, Baile Átha Cliath

The University of Dublin

What maternal health-related research matters to women in the first year postpartum?

Naomi Donaldson & Déirdre Daly

on behalf of

Dr Elizabeth Newnham, Dr Francesca Wuytack, Dr Patrick Moran, Ms Susan Hannon, & Professor Cecily Begley & all the women in the study



What maternal health-related research matters to women in the first year postpartum?

Today's presentation

- **Context**
 - Background to the **M**aternal health **A**nd **M**aternal **M**orbidity in Ireland (**MAMMI**) study
 - The **p**ublic **p**articipation in research initiative (PPI)
- **This study's aim**
- **Methods**
- **Findings**
- **Next step and conclusion**



The MAMMI Study Context

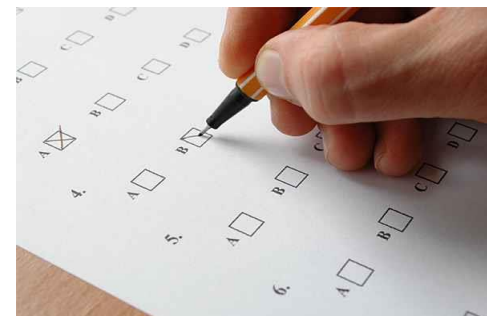


The MAMMI Study

A longitudinal (cohort) study with 3,047 first-time mothers: public, private, semi-private (set up in 2011).

- **Self-completion surveys**
- **Data collection** from consenting women's hospital records
- **Interviews (one-to-one conversations)** with sub-samples (n=20-30) of women experiencing morbidities

(leaking urine, pelvic & back pain, sexual health problems, post-caesarean section)





The MAMMI Study Context



The MAMMI Study

Data collection from
consenting women's
records

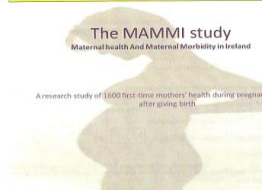


Interviews with
women experiencing
a morbidity



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Study No.



Survey Booklet One: Antenatal **1**

Thank you for taking the time to complete this survey. It will take you about 30 minutes to complete it and your answers are **confidential**. If you have any questions at survey, or need help answering any of the questions, please feel free to call 01 8888888.

The MAMMI survey has been approved by the Research Ethics Committees of the Rotunda Hospital and the Faculty of Health Sciences, Trinity College Dublin.

Please tick here if you do NOT wish to complete this or future surveys ☐

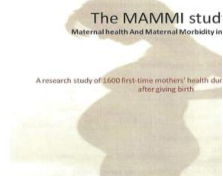
Survey Booklet Two: 3 Months Postnatal **2**

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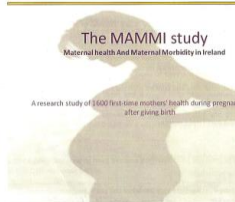
Survey Booklet Three: 6 Months Postnatal **3**

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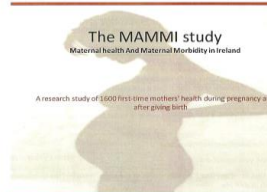
Survey Booklet Four: 9 Months Postnatal **4**

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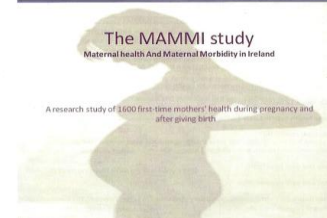
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Study No.



Study No.



Survey Booklet Five: Twelve Months Postnatal **5**

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Survey 1
Antenatal
First booking visit
(includes sections
on pre-pregnancy
health and health
problems)

Survey 2
3 months
postpartum

Survey 3
6 months
postpartum

Survey 4
9 months
postpartum

Survey 5
12 months
postpartum



The MAMMI Study Context



The MAMMI Study

Data collection from
consenting women's
records

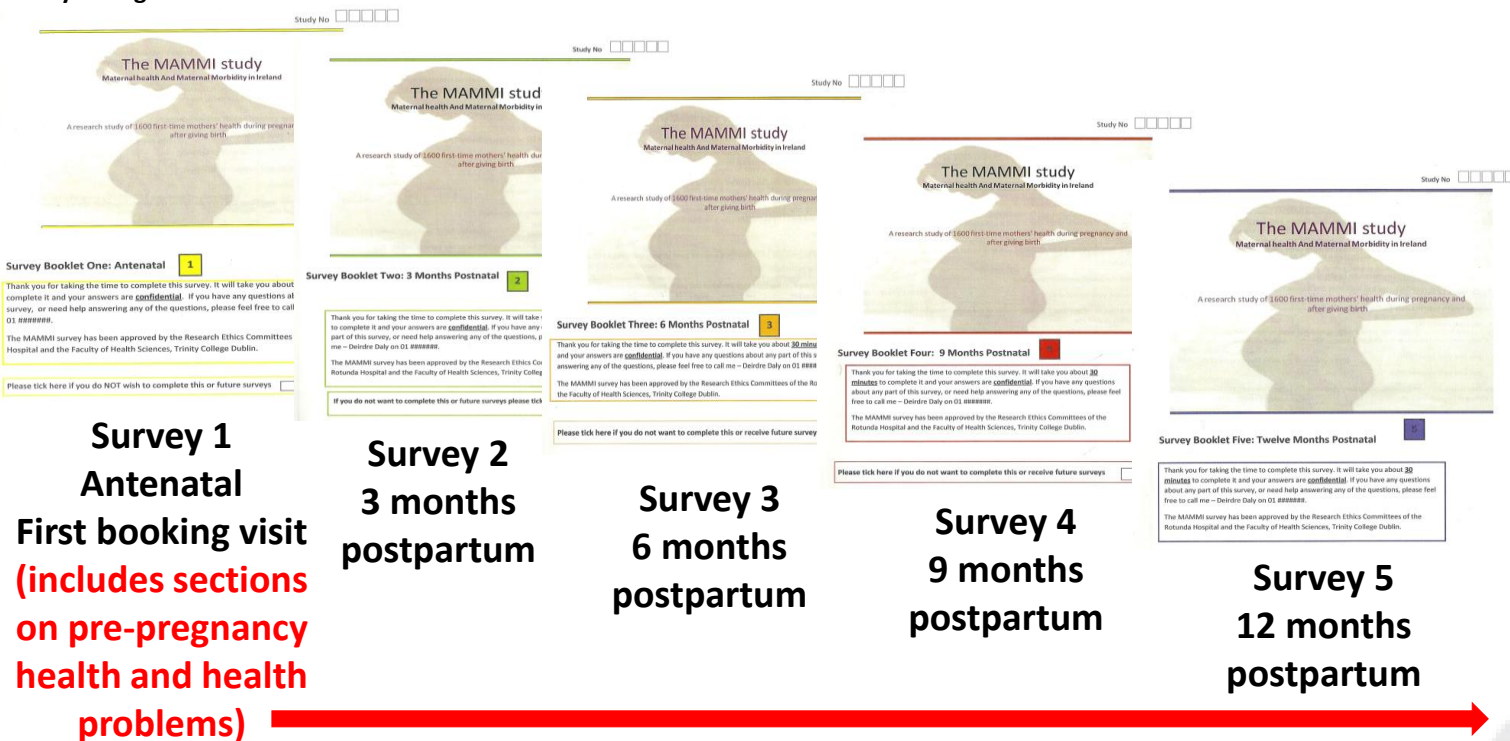


Interviews with
women experiencing
a morbidity



Identify factors
that are amenable
to intervention in
future trials

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The MAMMI Study Context



The MAMMI Study

Data collection from
consenting women's
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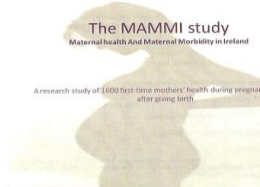


Interviews with
women experiencing
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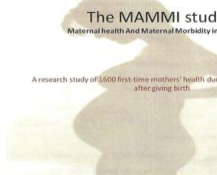
Survey Booklet One: Antenatal 1

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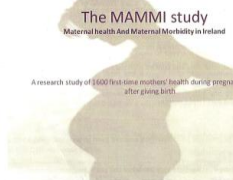
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Study No.



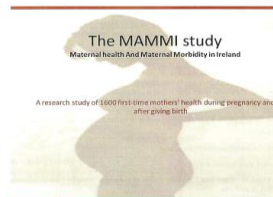
Survey Booklet Three: 6 Months Postnatal 3

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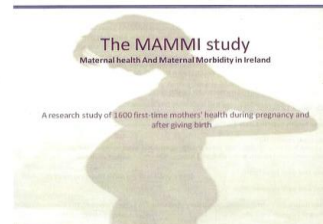
Survey Booklet Four: 9 Months Postnatal 4

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Survey Booklet Five: Twelve Months Postnatal 5

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Survey 5
12 months
postpartum

The MAMMI Study
Second baby follow-up study
6 & 12 months postnatal

The MAMMI Study
5-year follow-up study



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The MAMMI Study

Recruitment and retention



	Rotunda Hospital (RH) 2012-2014	Galway University Hospital (GUH) 2013-2015	Coombe Women and Infants University Hospital (CWIUH) 2015-2017
	Response Rate (n)	Response Rate (n)	Response Rate (n)
Antenatal	38.3% (1841/4809)	44.5% (333/748)	38.3% (873/2685)
3 months	86% (1484/1725)	92.8% (287/309)	89% (699/813)
6 months	84.5% (1381/1634)	87% (260/299)	86% (655/789)
9 months	80% (1301/1627)	83% (239/288)	81% (610/769)
12 months	78% (1223/1568)	78.6% (214/272)	75% (534/737)



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The MAMMI Study Philosophy



The MAMMI Study

Conduct research for and *with* women

Women who participate in research about their health and experiences during and after pregnancy ***must be active participants in all aspects of designing and producing the research, and disseminating the findings.***



Public Participation in research Initiative (PPI)





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Public Participation in research Initiative (PPI)

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Aim: to establish a public participation in research initiative (PPI) with MAMMI study participants



- i. host quarterly meetings/discussions
- ii. involve women in the development of follow-up study surveys and documents
- iii. identify, and prioritise, MAMMI study-related research that women wish to be conducted
- iv. **conduct 1-2 qualitative sub-studies on topics chosen by women**
- v. co-present at conferences



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Public Participation in research Initiative (PPI)

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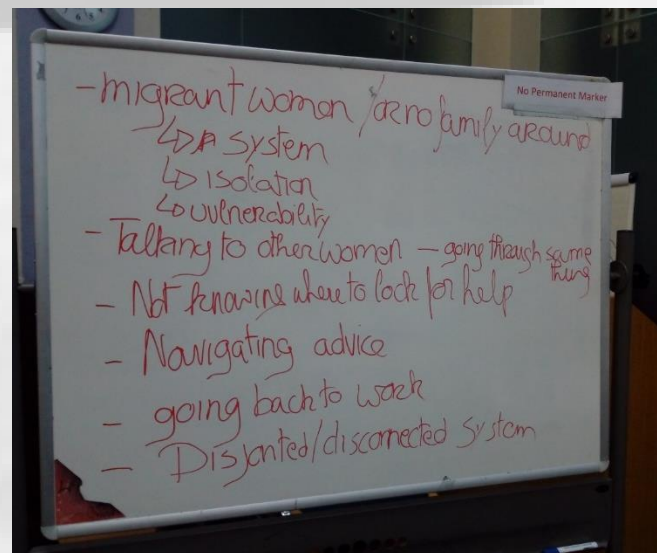
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1st and 2nd meetings

Generating & refining ideas





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Public Participation in research Initiative (PPI)

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After 2nd meeting

FACULTY OF HEALTH SCIENCES



RESEARCH ETHICS
APPLICATION FORM

What maternal health-related research matters to women in the first year postpartum



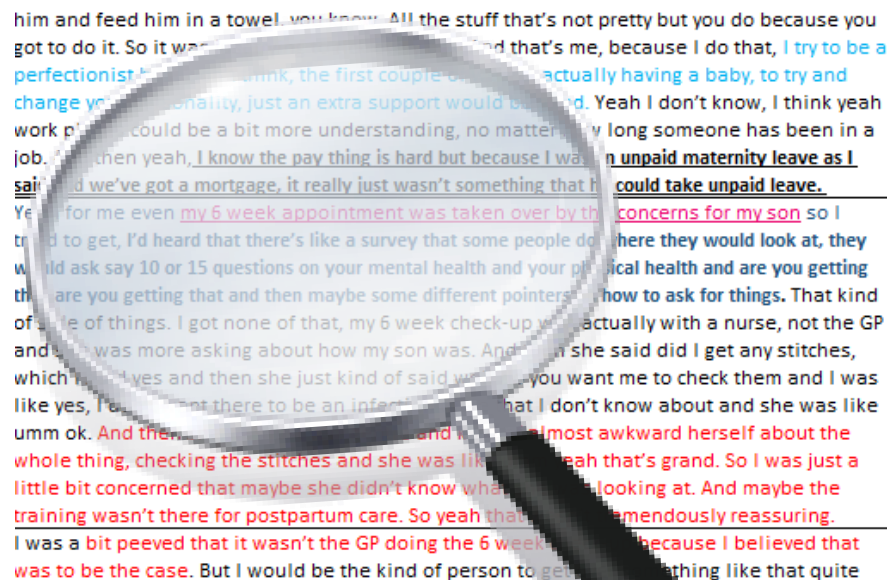
What maternal health-related research matters to women in the first year postpartum?

Methods

- Ethical approval granted by university
- Qualitative study, one-to-one, audio-recorded interviews with 24 women
- Interviews conducted between June and September 2018
- Thematic analysis
- Process for ensuring rigor

Thematic analysis

Braun and Clarke's (2006) framework



him and feed him in a towel, you know. All the stuff that's not pretty but you do because you got to do it. So it was... and that's me, because I do that, I try to be a perfectionist. I think, the first couple of weeks actually having a baby, to try and change your personality, just an extra support would be good. Yeah I don't know, I think yeah work place could be a bit more understanding, no matter how long someone has been in a job. Then yeah, I know the pay thing is hard but because I was on unpaid maternity leave as I said we've got a mortgage, it really just wasn't something that I could take unpaid leave. Yeah for me even my 6 week appointment was taken over by the concerns for my son so I tried to get, I'd heard that there's like a survey that some people do where they would look at, they would ask say 10 or 15 questions on your mental health and your physical health and are you getting that and then maybe some different pointers on how to ask for things. That kind of stuff. I got none of that, my 6 week check-up was actually with a nurse, not the GP and she was more asking about how my son was. And then she said did I get any stitches, which I said yes and then she just kind of said well you want me to check them and I was like yes, I don't want there to be an infection that I don't know about and she was like umm ok. And then she almost awkward herself about the whole thing, checking the stitches and she was like yeah that's grand. So I was just a little bit concerned that maybe she didn't know what she was looking at. And maybe the training wasn't there for postpartum care. So yeah that was tremendously reassuring. I was a bit peeved that it wasn't the GP doing the 6 week check because I believed that was to be the case. But I would be the kind of person to get something like that quite



What maternal health-related research matters to women in the first year postpartum?

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What maternal health-related research matters to women in the first year postpartum?

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Theme	Sub-themes
Pendulum of care (services and information)	(i) Information seesaw: (a) information overload; (b) information deprivation (not knowing what's normal/what to expect); (c) induced anxiety. (ii) System failure: (a) access to services and professional support; (b) signposting and streamlining information; (c) inconsistent and rushed. (iii) Invisible women: (a) all about the baby; (b) attitude of HCPs (not being listened to/being dismissed).
Pivotal partners and peers	(i) Real-time reassurance: (a) partner support; (b) peer support (in person/online (being/not being judged)); (c) family support (ii) Support for partners.
Hype and hope: the transition to motherhood	(i) (a) Breastfeeding (expectations and realities) and culture in Ireland; (b) Artificial feeding (lack of information). (ii) Returning to work: (a) flexibility; (b) financial necessity; (c) challenges and expectations of women. (iii) Disappearing into motherhood: (a) weight of responsibility; (b) change of identity; (c) growing into advocacy (first versus second time around)



What maternal health-related research matters to women in the first year postpartum?

Focus on one theme

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Theme

Sub-themes

Pendulum of care (services and information)

Information seesaw

→ (a) overload; (b) deprivation (not knowing what's normal/what to expect); (c) induced anxiety

Interlinked

System failure

→ (a) access to services & professional support; (b) signposting & streamlining information; (c) inconsistent & rushed

Invisible women

→ (a) all about the baby; (b) attitude of HCPs (not being listened to/being dismissed)



What maternal health-related research matters to women in the first year postpartum?

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Theme

Pendulum of care (services and information)

Information
seesaw

'You were given a mountain, an absolute mountain of paper [on discharge]...you can't possibly take all of that information on board. It really needs to be streamlined' [P5]

'When you're expecting the baby, everything's looked after...and your six week check up...after that it's kind of like you're on your own' [P7]

Deprivation,
overload,
induced
anxiety

'I suppose because I was going to that group [breastfeeding support], I saw a public health nurse there every week. So there was always someone there to ask, which was fantastic' [P8]



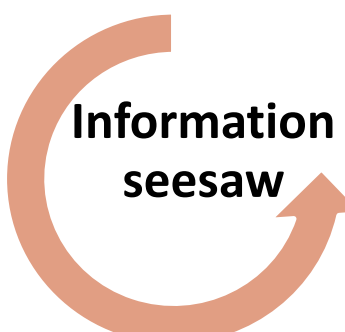
What maternal health-related research matters to women in the first year postpartum?

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Theme

Pendulum of care (services and information)

Information
seesaw



Deprivation,
overload,
induced
anxiety

'...my memories of...the big issues...postnatally, ...just the anxiety, being a first-time parent, and having that kind of information the second time which eased the anxiety' [P14]

'I'm looking at the way other parents are doing things...am I doing that okay...a lot of parents, especially at the start over think exactly what they're doing...' [P21]

'You've got a tiny little person...completely dependent on you...it's not that easy to just switch off...I'd say it's so common amongst new mothers to be very, very anxious' [P22]



What maternal health-related research matters to women in the first year postpartum?

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Theme

Pendulum of care (services and information)

System failure

Access to services & professional support; signposting & streamlining information; inconsistent & rushed

*'...the public health nurse came out and visited me a few days after the baby was born. **And then that was it, she never came back out again**' [P10]*

*'**What I felt was very minimal support and care from the health care service that really undermined my ability to really enjoy the first few weeks of my new arrival**' [P16]*

*'...it was **a bit of a minefield to try and find out where there...none of them is signposted...it's kind of like you're thrown into the sea...**' [P5]*



What maternal health-related research matters to women in the first year postpartum?

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Theme

Pendulum of care (services and information)



System failure

Access to
services &
professional
support;
signposting &
streamlining
information;
inconsistent &
rushed

*'The **amount of information that is thrown at you and a lot of it is contradictory**...not everybody in the health profession is on the same page...' [P2]*

'It didn't seem to be very consistent from one health professional to the next...at one of the meetings...we couldn't figure out you know if they were using like, you know a checklist of questions...to ask women about themselves after the birth and their own health' [P12]

'...she was literally rushing...saw me really struggling and was kind enough to stop...for 2 minutes...to say 'are you doing okay'' [P19]



What maternal health-related research matters to women in the first year postpartum?

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Theme

Pendulum of care (services and information)

Invisible
women

It's all about
the baby;
attitude of
HCPs (not
being listened
to/being
dismissed)

'The vast majority of health professionals that you'd see after your baby is born, it's all about the baby. And how the baby is doing and there's very little focus maybe on the mum or if it does it's nearly like an add on kind of thing' [P2]

'I was lucky with my GP....but there was no official channel...once you have the baby no-one checks in on you anymore' [P17]

'There is no maternal support like kind of once you have the baby...or...the six week check up...here's your fabulous baby off you go' [P9]



What maternal health-related research matters to women in the first year postpartum?

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Theme

Pendulum of care (services and information)

Invisible
women

It's all about
the baby;
attitude of
HCPs (not
being listened
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dismissed)

'The only health professional that actually listened to me, that was of a real help was my public health nurse' [P1]

'For me nobody listened. And I don't blame them I'm not giving out. It's just they just didn't hear me when I said...' [P4]

'But they were very dismissive...I suppose it's, and oh you're a first time mother that kind of thing...a lot of my friends would've experienced that too' [P10]

'Having the baby it is a big deal...they forget that once they're there for a while...it's...down to attitude, training, maybe even like customer care training for midwives' [P17]



What maternal health-related research matters to women in the first year postpartum?

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Next step

- **Some women identified specific maternal health-related research topics, others identified issues and experiences that were really important to them and their families**
- **The challenge, and next step, is to turn these into actionable research topics**



What maternal health-related research matters to women in the first year postpartum?

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Conclusion

As well as identifying areas of further research that are important for women, this research also contributes to knowledge about motherhood more broadly, and identifies current gaps in maternal health care, which, potentially can impact on the development of healthy families



What maternal health-related research matters to women in the first year postpartum?

Sincerest thanks to all the women





The MAMMI Study

Special thanks to our funders

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Urinary
Incontinence
Strand



MAMMI 2
Galway



Sexual
Health
Strand



Coláiste na Tríonóide, Baile Átha Cliath
Trinity College Dublin
Ollscoil Átha Cliath | The University of Dublin

Pelvic Girdle Pain
Strand (PhD student Stipend)



Caesarean
Section
Strand (2013-2016)



Caesarean
Section
Strand



Diet & Physical
Activity
Strand



Mental Health
(Anxiety)
Strand



Interdisciplinary
Capacity
Enhancement 2015

MAMMI
2nd baby
follow-up
study



MAMMI
5-year
follow-up
surveys



Public
participation
in research
initiative

Coming in
2019

Development of a suite of resources for women



Health WHAM
(MOOC)



MESSAGES



ON-TRACK