Planning mode of birth in routine antenatal care -development of a decision aid (Plan-A)

Participant information sheet

Why are we doing this study?

This workshop is designed to test the Plan-A mode of birth decision aid and gather feedback from users. We are interested in learning about your experience with using the decision aid in terms of how it appears, the ease with which you can use it, how much time it has taken you to use it and the wording that has been used. We want to find out if you found it user-friendly, accessible, appealing, and trustworthy. We are also keen to gather your insights on the strategy for implementing the decision aid, specifically how it plans to tackle the needs for equipment, human resources, signposting, and the skills and attitudes of staff. Your feedback will help us understand what is necessary for the successful implementation of the decision aid. The Plan-A mode of birth decision aid is intended for use in antenatal care to aid conversations between women/+-partner and their healthcare providers about planning a vaginal or caesarean birth. It is therefore important to explore how useful this decision aid has been for meeting that aim.

The term 'women' as used here is intended to be inclusive of all who give birth. Please see the Plan-A website (Plan A | Aberdeen Centre for Women's Health Research | The University of Aberdeen (abdn.ac.uk)) for our statement on use of language in the Plan-A study.

Who can take part/why have I been chosen?

The workshops are for midwives and obstetricians who are directly involved in supporting birth plans. Some workshops will also include women who are currently pregnant, planning a pregnancy, their partners, and parents of children up to 10 years of age.

What will happen to me if I decide to take part?

If you agree to take part in this study, you will be invited to attend one or more workshops (up to a maximum of 2) with two or more researchers from the University of Aberdeen, and other participants including other healthcare practitioners, women, and their partners, to talk about your views on the decision aid and the implementation strategy. The workshop will last between 2-4 hours. You can choose whether you wish to take part or not. Some workshops will be conducted online and others in-person. You have the option to choose whether you would like to participate online or in-person. However, please be aware that your preference will be subject to the availability of space. The online workshops will be conducted using Microsoft Teams. The in-person workshops will be conducted in a location area close to the five Plan-A study centres (Liverpool, Lanarkshire, London, Manchester, and North Wales) or supporting charities and details will be made available once dates and

locations are confirmed. The discussion will be audio-recorded and transcribed by an accredited company external to the university.

Do I have to take part?
No. It is your decision about whether or not you wish to take part. If you do agree to take part and then change your mind, you can withdraw at any time without giving a reason and you will not be impacted.

What are the benefits of taking part?

Being a part of this study might not have direct benefits for you right away, but by joining, you can help us understand how helpful the tool and the guidelines we have made really are. This can then assist us in refining the tool and guidelines in such a way that it can improve antenatal conversations between women/partners and their healthcare provider.

What are the risks of taking part?
For some individuals, discussions of this nature can be distressing. If you feel upset at any time during the workshop, you can decide to take a break away from the workshop until you are ready to continue depending on your preference.

Will my taking part in the study be kept confidential?
All information which is collected about you during the research will be kept confidential. We will only ask for information that we need for the workshop, like how we can contact you and your job role. Information will be stored in paper and electronic files accessible only to the research team members. After we have checked the accuracy of interview transcripts, we will remove identifiers (names, initials), and label them with a code instead. We will destroy the recordings after transcripts have been checked. We may use quotes from the discussion in a report on our findings. Any quotes used would not use names or information that could identify you and you will not be identified as a participant in any report or publication.

What happens next?
If you would like to take part, please contact us by e-mail (plana@abdn.ac.uk) or phone (01224 438425 during hours of 9am and 5pm Mon-Fri) to arrange a convenient time to discuss the study further, check your eligibility and document your workshop preference. Workshops can be face-to-face or using video call. The face-to-face workshops will be at a location local to you while virtual workshops will be facilitated by video calls. Please note that consent will be completed online using Microsoft forms for the virtual workshops, on paper for the face-to-face workshops and we will provide you with a copy to keep.

What will happen to the results?
The findings from the workshops will be used by the research team to help refine the decision aid (information and guidance) to support people to make a choice about their planned birth. The findings will also help refine the user guide for the decision aid so that

NHS staff and the families they support can more easily make use of the decision aid. The results and recommendations from the study will be shared in talks, publications, reports and online, to help improve care, including on the study website (Plan A | Aberdeen Centre for Women's Health Research | The University of Aberdeen (abdn.ac.uk)).

Who is organising and funding the research?
This project is led from and sponsored by the University of Aberdeen. The research is funded by the National Institute of Health and Care Research. This workshop is part of the Plan-A study (Plan A | Aberdeen Centre for Women's Health Research | The University of Aberdeen (abdn.ac.uk)) which is working across four universities and includes eight Patient and Public involvement (PPI) panel members from across the UK.

Who has approved the research?
This is a national study approved by NHS Research Ethics Committee (East of Scotland Research Ethics Service).

What will happen to my data?
The University of Aberdeen is responsible for looking after your information and using it properly. We will be using information that you share with us in order to undertake this study and will use the minimum personally-identifiable information possible. Transcription of the interview recording will be done by a specialist transcription company based in the UK in accordance with the Data Protection Act 2018. The recording of the workshop will only be held until transcription is complete. Responsible members of the University of Aberdeen may be given access to data for monitoring and/or audit of the study to ensure that the research is complying with applicable regulations. We will keep identifiable information about you at the University of Aberdeen for five years after the end of the study, in line with University policy.

How will we use information about you?
We will need to use information from you for this research project. This information will include your name / contact details. People will use this information to do the research or to check your records to make sure that the research is being done properly. People who do not need to know who you are will not be able to see your name or contact details. Your data will have a code number instead. We will keep all information about you safe and secure. Once we have finished the study, we will keep some of the data so we can check the results. We will write our reports in a way that no-one can work out that you took part in the study.

What are your choices about how your information is used?

- You can stop being part of the study at any time, without giving a reason, but we will keep information about you that we already have. We need to manage your records in specific ways for the research to be reliable. This means that we won't be able to let you see or change the data we hold about you.

Where can you find out more about how your information is used?
You can find out more about how we use your information

- at www.hra.nhs.uk/information-about-patients/
- by asking one of the research team
- by sending an email to dpa@abdn.ac.uk, or
- by ringing us on 01224 272596.

What if there is a problem?
If you wish to complain about any aspect of your involvement in this study, please contact The Chief Investigator, Dr Mairead Black (mairead.black@abdn.ac.uk) who will try to answer your questions. If you remain unhappy and wish to complain formally, you can do this by contacting the University of Aberdeen Research Governance Office (researchgovernance@abdn.ac.uk).

Thank you for reading this information and considering taking part in this study.

Dr Mairead Black and the Plan-A Team

For further information:
plana@abdn.ac.uk