

How can we optimise health before pregnancy?

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Listening to women's solutions

The months and weeks before a woman becomes pregnant are important. Optimising her health at this time can improve the health of the mother and her child. While there are extensive guidelines on how to optimise health in preparation for pregnancy, putting this into practice in the real-world is very challenging. In our study, we would like to speak with women about their lived experiences of preconception care. We want to hear their thoughts on how preconception care can be best delivered by a range of healthcare providers. We want to work together to find solutions to improve women's knowledge of, and access to, preconception care.



Our questions for you

We'd like to recruit women in their late 20s to early 30s from across Australia (including regional and rural areas) to be part of our study.

- What are the best ways to reach these women?
- What are the best ways to reach women living in rural or remote areas?
- We acknowledge that not everyone who has given birth or who plans to give birth may identify as a woman or mother, including individuals in the transgender community and people who are non-binary. How can we make our study a safe space for people who are gender diverse?

Future involvement opportunities

Opportunity 1: Working group

- Who:** We are looking for people with an interest in and/or lived experience with preconception care and pregnancy care (e.g., mothers, GPs, midwives, women's health advocates)
- What:** Opportunity to be part of a working group to help guide development of our research on preconception care
- When:** Late 2022/early 2023
- Where:** via Zoom, with the possibility to attend face-to-face meetings if feasible
- How:** 3-4 meetings across a period of a few months. You may also be asked to provide feedback and comments via email. Consumers will be remunerated for meeting attendance and preparation time
- Why:** We are seeking advice from people with real-world experience to help contribute to the development of meaningful research questions and effective participant recruitment strategies for our research on preconception care

Opportunity 2: Interviewees

- Who:** We are looking for people who are biologically female and are open to discussing their thoughts and/or experiences with preconception care
- What:** Participate in a 30-60 minute interview
- When:** Early-mid 2023
- Where:** via Zoom
- How:** One 30-60 minute interview with a trained researcher. You will be remunerated for your time.
- Why:** We want to know more about what people think of preconception care and their thoughts and solutions for how preconception care can be best delivered



Scan the QR Code to get in touch Ellen about consumer involvement on this project.