



## **Participant Information Sheet for Women with Gestational Diabetes (GDM) at Wollongong Hospital**

(Phase 4 – AD-MIRE Breastfeeding Study -Post-intervention, post-natal study)

**AD-MIRE Breastfeeding**: Antenatal Diabetes- Mothers Improving Rates of Exclusive Breastfeeding; an initiative to investigate what women with GDM want to support them to exclusively breastfeed on discharge from hospital.

### **Researcher:**

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### **Supervisors:**

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### **Invitation to participate and brief summary**

This is an invitation for you to participate in a study to examine infant feeding decisions on discharge from hospital for women with GDM. *Please note, you do not have to intend to breastfeed to participate.*

**The aim of this study is to** support future practice at Wollongong Hospital.

**The purpose of your involvement** is to improve the support given to women with GDM at Wollongong Hospital.

### **What is involved?**

Participation is voluntary and involves completion of an on-line 12-minute survey at home after baby is born (consent will be implied by participation). You will not be able to be identified from your responses.

### **What information will you collect from my records?**

None. Researchers will be looking at a broad range of outcomes for all women who have birthed at Wollongong Hospital. You will not be identified from any of the data collected.

**Participation is voluntary.** You can choose whether to fill in the survey. It will not affect your care in any way in the community.



**Findings** of this study will be published as a PhD paper at UOW, in a professional journal and presented at conferences. You will **not** be identified in any of these findings or results.

**How will information be stored?**

All electronic data (de-identified survey results) will be stored on a password protected computer by the chief investigator. These will be destroyed after 5 years.

**What are the possible benefits of taking part?**

Last year, we spoke with other women who had GDM and listened to what they wanted to change. With your help, this research hopes to evaluate some of the changes we made to assess whether we have improved care and support for women with GDM at Wollongong hospital.

**What are the possible disadvantages and risks of taking part?**

We are not aware of any risks to you from taking part in this research. Your care will not be affected by participation in this research.

If you feel as though you need more support from your participation, the on-call social worker can be called to help.

If you become upset or distressed for any reason during this survey, please contact any of these services for help:

- 1) Your GP
- 2) ISLHD Child and Family Services – a list of all clinics and phone numbers are available here: [Kids and Families | Illawarra Shoalhaven Local Health District \(ISLHD\) \(nsw.gov.au\)](#)
- 3) PANDA National Helpline (Mon to Fri, 9am-7.30pm) Ph. 1300 72 6306 [PANDA | Support that's always there, for you and your family](#)
- 4) Beyond Blue – Ph. 1300 22 4636 or email/ chat on-line [Perinatal depression \(beyondblue.org.au\)](#)

**Funding and conflict of interest:**

There have been no conflicts of interest declared by the research team and no funding has been sought for completion of this study.

**Data Analysis:**

The research team are the only people that will have access to the information collected. You will not be identified in any reports.



**Questions or concerns:**

If you have any concerns or questions about this research, please do not hesitate to contact Leanne Cummins, Ph. 4253 4271, [leanne.cummins@health.nsw.gov.au](mailto:leanne.cummins@health.nsw.gov.au), Val Wilson, Ph. 4253 4854 [valerie.wilson@health.nsw.gov.au](mailto:valerie.wilson@health.nsw.gov.au), or Shahla Meedya, Ph. 4221 3205 [smeedya@uow.edu.au](mailto:smeedya@uow.edu.au).

If you have any concerns or complaints regarding the way in which this research is being conducted, please contact the University Ethics Officer on (02) 4221 3386 or email [rs-ethics@uow.edu.au](mailto:rs-ethics@uow.edu.au) and provide the name of the project (AD-MIRE Breastfeeding).

**Consent:**

There is an implied consent from you when you fill in a survey. Please remember that we have no way of identifying you from any of the answers you give.

If you have read and understood this Participant Information Sheet, have had your questions about the research answered, and you would like to take part in the study, please return to the survey.