

FACTORS INFLUENCING SLEEP  
QUALITY ON THE POSTNATAL WARD

# Participant Information

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PROJECT COORDINATOR: JACANA BRESSON RM,  
LEWISHAM AND GREENWICH NHS TRUST  
JACANA.BRESSON@NHS.NET

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## Who is behind the study?



### Jacana Bresson RM

Jacana is organising and carrying out the study. Jacana is a Registered Midwife who works both as a community midwife and on Lewisham Hospital Delivery Suite.



### Ethics

The NHS Health Research Authority and West Midlands Edgbaston Research Ethics Committee have reviewed this study and given a favourable opinion.



### Funders

This study is jointly funded by the charity Wellbeing of Women, the midwifery union Royal College of Midwives and the Burdett Trust for nursing charitable trust.

# Summary



The quality and amount of sleep you have during pregnancy and after birth affects your physical and mental health. Research tells us that too little or poor quality sleep is associated with high blood pressure, poor blood sugar control, disrupted immune system function, postnatal depression, symptoms of anxiety and post-traumatic stress disorder (PTSD).

Despite this, studies have shown that the postnatal ward environment does not allow for healthy sleep, and that being sleep deprived can prevent you from taking on and remembering valuable information, that is meant to help you care for yourself and your newborn baby.

In this study, we will observe the conditions on the postnatal ward, as well as interview people about their experience of sleep on the ward, to help us understand what we can change to improve sleep quality during this important time.

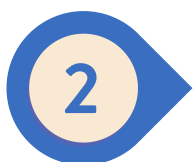
## What does taking part involve?

If you agree to take part, you will be helping us to collect information in two ways:



Firstly, Jacana would visit you during your stay on the postnatal ward and observe the environment, looking at things like light and noise, as well as interactions between you and the staff on the ward, your visitors, and your baby. Observation will be up to seven and a half hours per participant, spread out over key time periods.

This observation is to help us understand the small, everyday aspects of your stay that might influence your sleep quality. During this observation, Jacana will respect your privacy and dignity at all times.

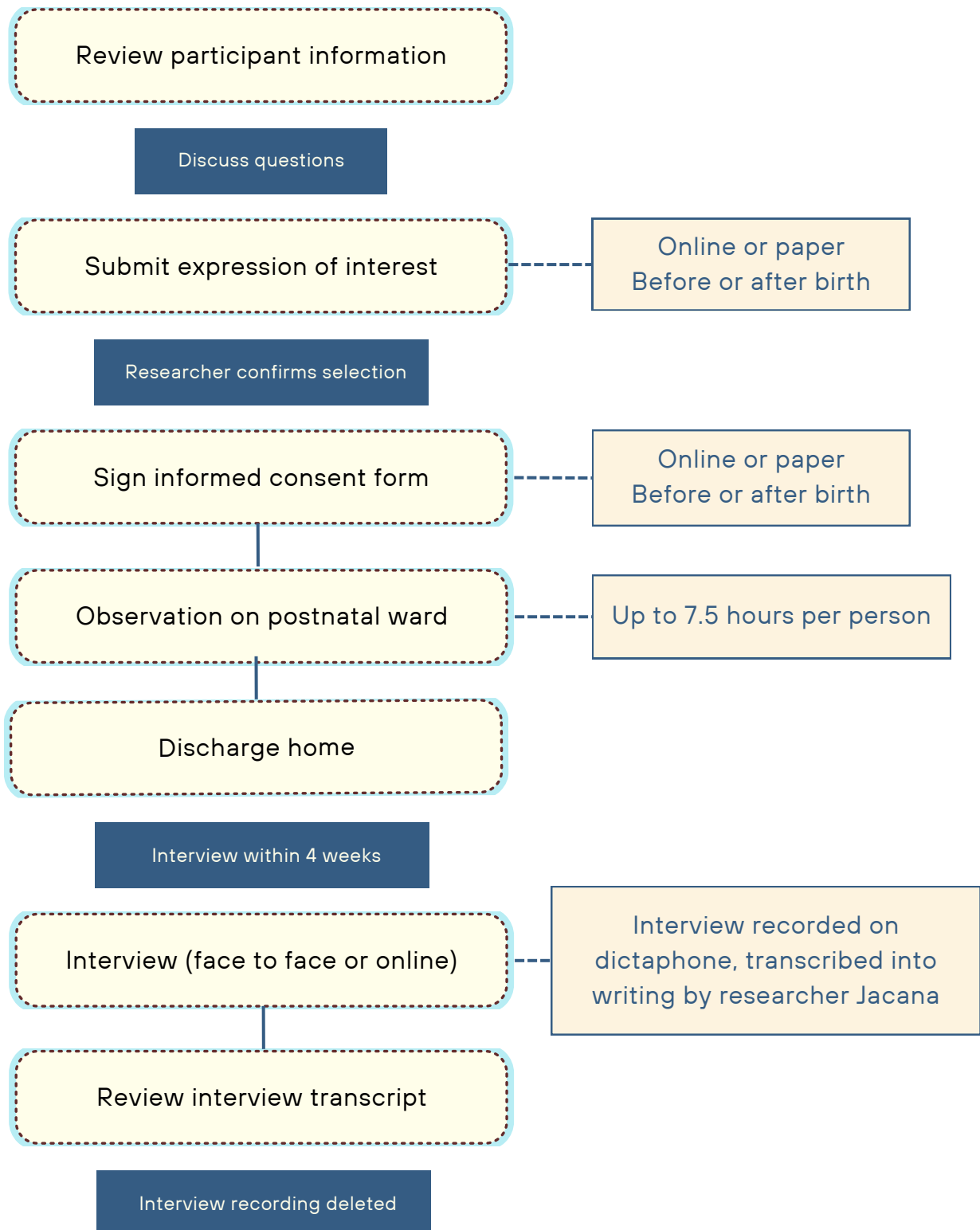


Secondly, after you are discharged home from the hospital, Jacana will arrange an interview either in person or at home, depending on your preference.

In this hour-long interview, you will be invited to share your experience of sleep during your stay on the postnatal ward, discussing what helped you sleep and what stopped you from sleeping.

## POSTNATAL WARD SLEEP QUALITY

# What does taking part involve?



## Why are we doing this study?



Health complications related to pregnancy are becoming more commonplace. For example, more women and birthing people now have diabetes in pregnancy, and people are starting families later in life, which can lead to complications in pregnancy, birth and the postnatal period.

When it comes to mental health, as many as 42,000 women per year suffer from PTSD in the period around pregnancy and after birth, with those who experience health complications more likely to experience trauma related to pregnancy and birth. Recently, there has been an increase in maternal deaths related to mental health.

In this context of increasingly complex maternal health, it is essential for midwives and hospitals to provide care that helps women and birthing people to be as healthy as possible.

# Benefits and risks

## Benefits of taking part

By taking part in this research, you could help shape improvements in postnatal care, both locally and further afield. We currently have very little evidence about maternity care and sleep, and you could help us grow the research and enhance midwifery care. Each participant will also receive a £10 shopping voucher in recognition of your contribution.

Please note that given the need to read written information and fill out forms as part of giving informed consent, this study is only open to people proficient in English.

## Risks of taking part

Although your privacy and dignity will be respected at all times, there is a chance that you could find observation during your stay on the ward intrusive. To help prevent this feeling, Jacana will break observation up into manageable blocks of time and take regular breaks, including at your request.

Similarly, during interviews you may find it upsetting to talk about some of your experiences during your stay on the postnatal ward. Again, we can pause or end the conversation as you wish.





# Data protection and privacy

How will you use information about me?

We will ask you for the following information as part of this research:

- Your pregnancy and birth history
- Your mental health history
- Your age
- Your employment status
- Your ethnicity
- Your first language



This is to help us do the research properly. Only the Chief Investigator will see your personal information. For the rest of the team, your data will have a code number.

If you volunteer to take part before you have given birth, we will use digital hospital records to check whether you have been admitted to the postnatal ward. If you agree to take part once you are already on the postnatal ward, we may check your records to confirm when you arrived on the ward. This information will simply help us confirm when to visit you and that your admission will include an overnight stay.

## How will you keep my information safe and private?

Your data will be kept safe and secure. We will follow privacy rules. Study information will be stored securely in NHS Microsoft systems with restricted access. If you fill out a paper consent form rather than online, this will be stored securely in locked storage. You will also be given a copy to keep.

However, the researcher has a responsibility to contact local safeguarding teams and your care team in the case of any serious concerns about the health and safety of you and your baby.

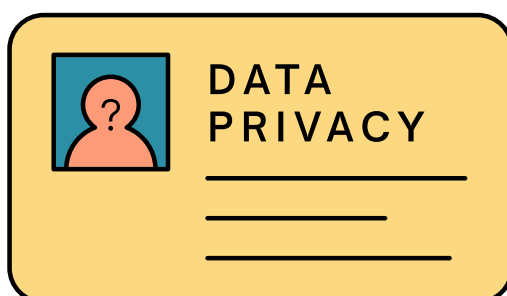


Once we have finished the study, we will keep some of the data so that we can check the results. We will write our reports in a way that means no-one can work out that you took part in the study.

## How will you use information about me?

You can stop being a part of the study at any time, without giving a reason, but we will keep the information about you that we already have. Similarly, if you lose the capacity to give informed consent during the study, you will be removed, but we will keep the information we already have.

We need to manage your records in specific ways for the research to be reliable. This means that for the most part, we won't be able to let you see or change the data we hold about you. The exception to this is the written copy of your interview that we will share with you. You will be able to look at this to confirm that it is accurate. Once you have seen the written copy, the original audio recording will be deleted.



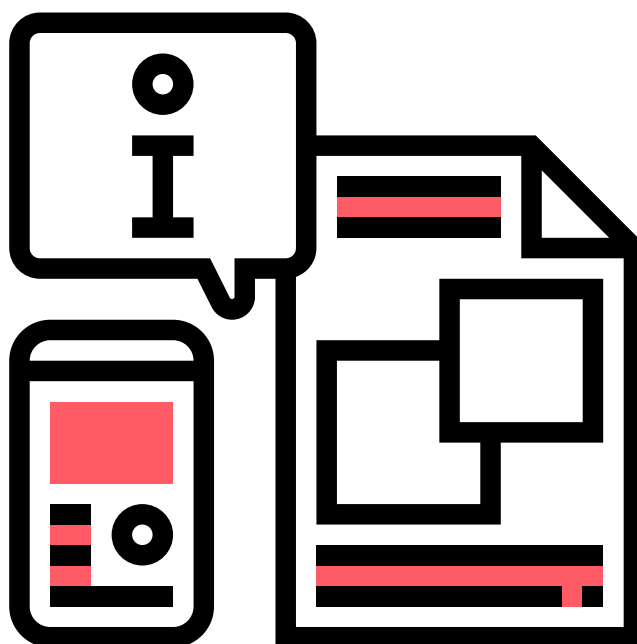
## Will my information be used in future research?

The data from this study will be retained for 10 years. The researcher plans to develop more projects looking into sleep, maternal health and maternity care. Any future research will follow the same data protection and privacy rules as this study. No-one except the Chief Investigator will see your personal details, and any reports will be written so that no-one can work out who you are.

## Where can I find out more about how my information is used?

You can find out more about how your information is used:

- at [www.hra.nhs.uk/information-about-patients](http://www.hra.nhs.uk/information-about-patients)
- our leaflet available at [www.hra.nhs.uk/patientdataandresearch](http://www.hra.nhs.uk/patientdataandresearch)
- by asking one of the research team
- by sending us an email to [jacana.bresson@nhs.net](mailto:jacana.bresson@nhs.net)
- or by ringing us on 07785 514600



## Consent



### Do I have to take part?

Taking part in this study is completely optional. There is no obligation for you to agree to take part. Your care will not be affected whether you choose to take part or not.

### Can I change my mind?

Just as it is your choice to take part or not, you are free to change your mind at any point.

## Next steps

### How can I ask further questions?

For more information, please contact Jacana at:  
jacana.bresson@nhs.net or visit our website:  
www.postnatalwardsleep.com

### What if there is a problem?

If you are unhappy about something related to the study, you are welcome to contact the project supervisor Dr Shawn Walker:  
shawn.walker1@nhs.net

If you would like to make an independent complaint, you can do so through the Patient Advice and Liaison Service or PALS:  
pals.lewisham@nhs.net  
020 8333 3355

For data concerns, please contact Lewisham and Greenwich NHS Trust Data Protection Officer:  
lg.dpo@nhs.net  
0208 333 3000 (ask for the Data Protection Officer)

