

## Update from NRS Reproductive Health and Childbirth Specialty Group

**April 2023/ An Giblean 2023**



*Puffins on the Isle of May. Puffins arrive in Scotland to breed around the end of April, and leave July/ August, heading out into the Bay of Biscay and beyond for the winter*

### NEW STUDY LED BY SCOTLAND - Update

**Plan-A. Planning mode of birth in routine antenatal care: development of a decision aid.** IRAS 319232.

Chief Investigator: Dr Mairead Black, NHS Grampian and University of Aberdeen.

Funder: National Institute for Health and Care Research (£974K over two and a half years).

Plan-A has two outputs: A decision aid for women and maternity professionals to use jointly to plan mode of birth in routine antenatal care PLUS an implementation (user) guide for its use in the NHS.

The work involves evidence syntheses, stakeholder interviews, consensus process, stakeholder workshops, user-testing in practice and economic analyses.

There is a major focus on including women from underserved groups in the development process.

Dr Mairead Black (CI) is working closely with NHS England Maternity Transformation Programme to align the future use of the decision aid with current decision support work in NHS England.

Plan-A will have 5 sites across the UK and the study team are delighted that NHS Lanarkshire (PI: Dr Ellie Jarvie) will be one of these sites and that NHS Highland is also set to join.

**NIHR** | National Institute for  
Health and Care Research



### GOOD NEWS STORIES



#### Joint NES/CSO Postdoctoral Clinical Lectureship

Dr Neil Ryan, NHS Lothian, has been awarded an NES/CSO Postdoctoral Clinical Lectureship.

His research programme is entitled "Early Diagnostics in Gynaecological Cancer".

He has recently moved to Edinburgh having been successful in getting the subspecialty training post in gynaecology oncology. His research to date has been on the biology and management of inherited cancer syndromes in gynaecological cancers.

Dr Ryan: "I am excited to have got the NES/CSO Clinical Lectureship as it means I can develop as a post-doctoral clinician, build a local network, and explore new avenues of research to build my future career upon. I have been hugely fortunate to have incredible academic mentors – namely my PhD supervisors Professors Crosbie and Evans and my current supervisors who are Professors Gourley and Horne".

"Furthermore, my clinical colleagues and bosses are really supportive and encouraging. I hope to help drive meaningful research into gynaecological cancer and be a small cog in the incredible work already going on in Edinburgh and Scotland more widely".

**Many Congratulations!**



Your good news stories, queries, feedback, are always welcome:  
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## STUDY FINDINGS AND PUBLICATIONS



### The Smoking Cessation in Pregnancy Incentives Trial (CPIT III): A multi-centre phase III Randomised Controlled Trial (CPMS ID 36323, IRAS 227489).

Study partially funded by the CSO and led by Professors David M. Tappin, University of Glasgow, and Linda Bauld, University of Edinburgh. A key finding is that offering financial incentives, in addition to usual support, is a simple and cost-effective way to help pregnant women quit smoking. In Scotland, a large NHS health board outside Glasgow recruited to this trial. See publication: [Quitting smoking in pregnancy with the help of shopping vouchers: CSO Research Project Briefing](#). Other publications from this work include the list below. Full details [here](#).



Professor David Tappin

- [The smoking cessation in pregnancy incentives trial \(CPIT\): study protocol for a phase III randomised controlled trial | Trials | Full Text \(biomedcentral.com\)](#)
- [A protocol for the economic evaluation of the smoking Cessation in Pregnancy Incentives Trial III \(CPIT III\) | BMJ Open](#)
- [Effect of financial voucher incentives provided with UK stop smoking services on the cessation of smoking in pregnant women \(CPIT III\): pragmatic, multicentre, single blinded, phase 3, randomised controlled trial \(bmj.com\)](#)
- [Usual care in a multicentre randomised controlled trial of financial incentives for smoking cessation in pregnancy: qualitative findings from a mixed-methods process evaluation - PubMed \(nih.gov\)](#)
- [Financial incentives for quitting smoking in pregnancy: Are they cost-effective? - McMeekin - Addiction - Wiley Online Library](#). If the link doesn't work please copy/ paste this URL in your browser <https://onlinelibrary.wiley.com/doi/10.1111/add.16176>
- [Are Financial Incentives Effective and Cost Effective in a 'Real Life' Smoking Cessation Program for Pregnant Women? A Phase IV 'Before and After' Study to Provide Evidence to Secure Long-Term Funding. | Insight Medical Publishing \(imedpub.com\)](#)

The last publication is an offshoot but extends use into real life implementation of financial incentives to help pregnant smokers to quit. The UK Government [Khan report](#) has recently endorsed the addition of financial incentives to help pregnant smokers to quit. This follows 2021 [NICE guidance](#) that it is cost effective to add financial voucher incentives to current support for pregnant smokers as it more than doubles the quit rate measured at the end of pregnancy. Incentives are highly cost effective even if relapse occurs after birth as the NHS life-time costs for mother and offspring are reduced.

A UK trial [ISRCTN55218215](#) of financial incentives for preventing postpartum return to smoking has been completed looking at additional financial incentives to prevent postpartum relapse. Results are awaited - <https://doi.org/10.1186/s13063-021-05480-6>.

## FUNDING OPPORTUNITIES

### Wellbeing of Women's Research Training Fellowship and WoW-PRUK Research Project



**Grant rounds are now open!** The submission deadline is 22<sup>nd</sup> June 2023 at 1pm.

**Research Training Fellowships** provide a foundation in research training for medical graduates, midwives, nurses and allied health professionals (AHPs). [Apply here](#).

The **WoW-PRUK Research Project Grant**, co-funded in partnership with Pharmacy Research UK (PRUK), is intended to support independent researchers leading their own work looking at the practice of pharmacy and pharmacists, or exploring the role pharmacists can play in delivering the best possible patient benefit across one or more areas under WoW remit. [Apply here](#).

WoW Entry Level Scholarships and Postdoctoral Research Fellowships will open in May.

For queries, please contact the WoW research team at [research@wellbeingofwomen.org.uk](mailto:research@wellbeingofwomen.org.uk) or call 020 3697 6350.

## Reproductive Health and Childbirth Studies

For an update of Active Studies in the Portfolio in Scotland, per Health Board, follow this [link](#).

In the NRS RH&C [webpage](#), studies are highlighted in the [Study Portfolio section](#). Newsletters [here](#).

For information about studies in the portfolio please contact Abha ([abha.maheshwari@abdn.ac.uk](mailto:abha.maheshwari@abdn.ac.uk)) or Txaro ([maria.amezaga@nhs.scot](mailto:maria.amezaga@nhs.scot))

