

## Information Statement

### Phone Survey for pregnant women having antenatal care with Hunter New England Local Health District maternity services – Regarding pregnancy weight gain, smoking and alcohol consumption

<date>

<Participant Name>  
<Participant Address>

Dear <name>,

Hunter New England Local Health District (HNELHD) Population Health and the University of Newcastle in partnership with HNELHD Maternity Services are conducting telephone surveys with pregnant women. These surveys will ask women about the care and advice they received in their antenatal visits around weight gain, smoking and alcohol use in pregnancy, such as whether they were asked if they drink alcohol or given information about alcohol use during pregnancy.

You should have received a flyer in the information pack provided to you at booking in or seen posters in the antenatal clinic rooms informing you that we are undertaking these phone surveys.

#### **Who will be contacted?**

Women who recently had an antenatal care visit with a HNELHD maternity service may be contacted by phone and invited to participate in the survey up to three times during their pregnancy. Your name was selected at random and the people sending this letter have not had access to your medical information.

#### **What is the phone survey about?**

If you are happy to do the survey, you will be asked some questions about any care you received in your antenatal visit around weight gain, smoking and alcohol use in pregnancy, and whether you find such care acceptable. This information will be used to help us improve the antenatal care pregnant women receive in HNELHD maternity services. You may be selected up to three times during your pregnancy as we are interested in care regarding alcohol throughout pregnancy. Subsequent surveys will be shorter as some questions will not be asked again.

#### **What will happen to the information you give us?**

All the answers you give are strictly confidential. Your name and personal information will not be stored in the same place as the answers you give to the survey. When the survey is finished, everyone's names and contact details will be destroyed.

Reports that are based on the survey information will not identify individual women or their answers. The survey information will only be used for the purposes of quality assurance and for research. It will also be presented at scientific conferences, be published within scientific journals or form part of student's theses.

### **Do you have to talk to us?**

Doing this survey is your choice. You can stop the survey at any time. If you do not want to receive a call, you can phone a free number **1300 670 561**. Say your full name and address and you will be removed from the survey list and we will not call you. This can be done at any time and so if, in the unlikely event, there is a complication or unforeseen outcome in your pregnancy you can withdraw from the study immediately by phoning us.

If you do not want to do the survey, it won't change the care you receive from HNELHD maternity services.

It is not anticipated that answering this survey will upset you, but if you choose to do the survey and anything does upset you, you can discuss it with your GP or at your next antenatal visit or call Beyond Blue on 1300 22 4636.

### **Where can I get more information about weight gain, smoking, or alcohol consumption in pregnancy?**

If you would like to know where to get more information about weight gain, smoking, or alcohol use in pregnancy; you can talk to your antenatal care provider (e.g. midwife or doctor) and/or Australian Government Department of Health website;

- <https://www.eatforhealth.gov.au/eating-well/healthy-eating-throughout-all-life/healthy-eating-when-you%E2%80%99re-pregnant-or-breastfeeding>
- <http://www.health.nsw.gov.au/tobacco/Pages/smoking-and-pregnancy.aspx>
- <http://www.alcohol.gov.au/internet/alcohol/publishing.nsf/Content/wwtk-cons-leaflet>

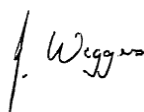
### **What happens now?**

Within the next week, you will be called and invited to take part in the survey. Alternatively if you wish schedule the call at a time that best suits you during the week you can call **4924 6477** to set up an appointment. Depending on the answers you provide, the phone survey can take about 30 minutes to complete.

If you have any questions about this survey, please call Melanie Kingsland on **4924 6297**.

Thank you for your time and consideration.

Yours sincerely



Professor John Wiggers  
Director, Hunter New England Population Health  
Professor, School of Medicine and Public Health, University of Newcastle

#### Complaints about this research

This research has been approved by the Hunter New England Human Research Ethics Committee of Hunter New England Local Health District, Reference 2019/ETH00998.

Should you have concerns about your rights as a participant in this research, or you have a complaint about the manner in which the research is conducted, it may be given to the researcher, or, if an independent person is preferred, to Dr Nicole Gerrand, Ethics Manager Research Office, Hunter New England Local Health District, Level 3 the POD, HMRI, Lot 1 Kookaburra Circuit, New Lambton NSW 2305, telephone (02) 49214950, email [HNELHD-HREC@health.nsw.gov.au](mailto:HNELHD-HREC@health.nsw.gov.au)

Concerns can also be directed to The Aboriginal Health and Medical Research Council (AH&MRC) Ethics Committee, PO Box 1565 Strawberry Hills, NSW 2012 (02) 9212 4777, email [ethics@ahmrc.org.au](mailto:ethics@ahmrc.org.au) (Reference1236/16).