

# The MAMMI Study

Newsletter, September 2018

## Recruiting!

The **Second Baby** follow-up study is underway and we are recruiting for this opt-in survey! If you have had your second child within the past twelve months and would like to join the second baby strand, let us know on 087 118 6762 or at [mammistudy@tcd.ie](mailto:mammistudy@tcd.ie)

### MAMMI Public Participation Initiative Update

We have been delighted with the response from women to join the 'What research matters to women in the first year of motherhood?' research interviews. We are on schedule to complete analysis of thirty participant interviews before the end of October.

At the third PPI Meeting on Saturday September 8<sup>th</sup>, we outlined some common themes emerging from the interviews, such as: 'The vanishing woman', 'Isolation and Anxiety', 'Transition into Motherhood', and the 'lack of services and information'.

The final PPI meeting is scheduled for Saturday 17<sup>th</sup> November 2018 (at 12MD): TBSI; Knowledge Exchange Room. All are welcome to join and further information will be sent closer to the date.

### MAMMI Study Massive Online Open Course

We are delighted to say that the MAMMI Study has received European funding to develop a Massive Open Online Course (MOOC) in 2019. This course is titled 'Women's Health After Motherhood' (WHAM).

This course will be developed in collaboration with the University of Barcelona, Spain and Trinity College Dublin and the course content will be co-developed and informed by women (MAMMI participants).



The course aims to deliver research-based information in the form of videos, podcasts and infographics on the issues that affect women

postpartum, such as urinary and anal incontinence, sexual health, mental health, and pelvic girdle pain, along with information on self-help strategies and when to seek help for these issues, where to go and what to do.



### Upcoming MAMMI conference

The MAMMI Team will be hosting a One-day International Maternal Health Conference: **Improving Maternal Health -From Evidence into Action-** on Tuesday, October 23<sup>rd</sup>, 2018, at the School of Nursing and Midwifery, Trinity College Dublin. This conference will bring together speakers from all backgrounds with a shared interest in improving maternal health by translating the best available evidence into practical improvements in how services are delivered to the women who need them. The conference will also include a joint presentation with MAMMI participants who will speak about the reasons they took part in the MAMMI study and their experiences of maternity services and taking part in the MAMMI study.

We are offering **30 FREE PLACES** to MAMMI participants, if you wish to attend please contact us to secure your complementary ticket at 087 1186762 or on [mammistudy@tcd.ie](mailto:mammistudy@tcd.ie)

### Keep in contact with the MAMMI study!

If you have changed address, help us stay in touch by letting us know at our new email address: [mammistudy@tcd.ie](mailto:mammistudy@tcd.ie) or call us on: 087 118 6762.

If you are interested in becoming involved with MAMMI research or have any questions, feel free to contact us at either of the above!