



Research Design Service South East

PATIENT AND PUBLIC INVOLVEMENT GRANT: APPLICATION FORM

Please submit your completed form to:
 Patient and Public Involvement Coordinator, NIHR Research Design Service South East
 University of Brighton, East Sussex, BN1 9PH.

Applicant details

| | |
|--|---------------------------|
| 1. Study Title | |
| Engaging and supporting fathers to promote breastfeeding | |
| 2. NHS / HEI Applicant | |
| Full name | Dr Nigel Sherriff |
| Organisation(s) | University of Brighton |
| Job Title | Principal Research Fellow |
| Address | |
| Telephone & email address | |
| 3. Principal Investigator | |
| Full name | Dr Christina Panton |
| Job Title | Research Officer |
| Telephone & email address | |
| 4. RDS Advisor supporting this study | |
| Full name | Dr Claire Rosten |

Funding programmes

| | | | |
|--|---|--------------------------|---|
| 5 a. Name of Funding stream to which this study will be submitted (tick more than one if undecided) | | | |
| <input checked="" type="checkbox"/> | Research for Patient Benefit (RfPB) | <input type="checkbox"/> | Policy Research Programme (PRP) |
| <input type="checkbox"/> | Programme Grants for Applied Research | <input type="checkbox"/> | NHS Physical Environment Research and Development |
| <input type="checkbox"/> | Programme Development Grants | <input type="checkbox"/> | Efficacy and Mechanism Evaluation (EME) |
| <input type="checkbox"/> | Research for Innovation, Speculation and Creativity | <input type="checkbox"/> | NIHR Doctoral Fellowship Programme |
| <input type="checkbox"/> | Invention for Innovation (i4i) | <input type="checkbox"/> | NIHR Postdoctoral Research Fellowship |
| <input type="checkbox"/> | Public Health Research (PHR) | <input type="checkbox"/> | National Charity |
| <input type="checkbox"/> | Health Services & Delivery Research (HS&DR) | <input type="checkbox"/> | Other Funder (please specify): |
| <input type="checkbox"/> | Health Technology Assessment (HTA) | <input type="checkbox"/> | Don't Know |

| |
|---|
| 5 b. Is your study application for submission to a NIHR commissioned call? NA (If yes, please name theme of commissioned call) |
|---|



Research Design Service South East

YES NO

5 c. When are you planning to submit your study application?

June 2015

6. Have you previously applied for a PPI grant from the RDS SE for this study?

(Please note that only one successful grant application is permitted per study design).

YES NO

7. Outline of main study application

Aim (max 100 words)

Breastfeeding has positive health benefits for both mother and baby. However breastfeeding rates often fall well below those recommended by the Department of Health and the WHO. Although father support has been demonstrated to influence a mother's decision to initiate and continue breastfeeding, there is little recognition of this influence in NHS practice. New interventions are required to assist fathers in supporting their partners to initiate and continue breastfeeding for up to six months. The study aims to develop, implement and evaluate a new perinatal intervention to help fathers support their partners to breastfeed, and increase rates of breastfeeding.

Main study design (max 200 words)

Research demonstrates that to support their breastfeeding partners, fathers need to be knowledgeable about breastfeeding which includes practical information on the benefits as well as the process and management of common breastfeeding problems. The study will comprise three phases: 1) Formative research; 2) Design and piloting, and; 3) Implementation, RCT, follow-up. During phase 1 a systematic review will be conducted on literature relating to fathers support of breastfeeding followed by a consensus-building DELPHI study to explore the key components a perinatal intervention would require. A series of focus groups and interviews will be also conducted to inform further the likely content and design of the programme. In phase two, informed by phase one activities, the perinatal intervention will be designed, developed, and piloted with fathers and comprise an antenatal education (intervention) delivered as a supplement to the existing NHS antenatal sessions and a postnatal education and support (intervention). Process evaluation of the pilot will take place 6 weeks and 6 months post-birth. In phase three, informed by the outcomes of the pilot study, a full implementation study and RCT will be conducted in collaboration with local NHS trusts in Sussex.

Who are the 'end users' of the study?

The end users that will benefit from the study will be breastfed infants, breastfeeding mothers, fathers, health practitioners (e.g. midwives, health visitors), health researchers, and student health practitioners.

8. Please outline below your PPI plans FOR THE DESIGN of this study.

(Before completing this section, please refer to the email from the RDS accompanying this form)

Who do you hope to involve (e.g. individuals/organisations)?

Two groups will be involved.

Group one will involve fathers who have been part of a breastfeeding couple within the last three years. This group will be facilitated by Dr Nigel Sherriff.

Group two will involve NHS health professionals including midwives and health visitors. This group will be facilitated by Dr Nigel Sherriff and Dr Christina Panton

Why would you like to receive a PPI grant? Please select from the options below (tick all that apply)

Research Design Service South East

To receive feedback about the:

Research idea

Acceptability of the research design

Acceptability of the proposed methods of recruitment

Acceptability of the proposed research tools, e.g. questionnaire, interview etc

Acceptability of the intervention (if applicable)

Appropriateness of the outcome measures

Other (please describe)

9. Please give details about your PPI activity (you may wish to include information on how you intend to engage patients/the public in your study, if you are planning on holding meeting(s) how many are intended to take place and how long the meeting(s) will take):

Fathers of breastfeeding partners will be invited to be involved from the very early stages of the project. Fathers will be invited to a discussion group located in a local Children's Centre. Any information generated from this group will be used to help inform the design of the intervention for the main study, as well as inform procedures such as the recruitment of mothers and fathers to the study, ideas for engagement, follow up and so on. Approximately 6-8 fathers over the age of 18 who have been part of a breastfeeding couple in the last three years and are from a range of socio-economic backgrounds, will be encouraged to engage with the study. The discussion group will last approximately an hour and will be guided by both an aide memoire to help elicit discussion on novel ideas, as well as visual aids (such as posters) depicting in lay form, findings from research around the influence of fathers in supporting breastfeeding continuance. Topics for discussion are likely to include areas such as ideas for and acceptability of, the intervention design, possible content, duration of the intervention, engagement strategies and so on. If it proves difficult to recruit fathers to the discussion group (as it is fathers can be more difficult to engage in PPI), then alternative ways of engaging with the PPI activity will be offered such as a telephone conversation with the applicants.

In addition to a discussion group with fathers, a second discussion group of up to five NHS health professionals (midwives and health visitors) involved in supporting breastfeeding couples will also be held. This discussion guide for this group will be informed by the discussion group with fathers and aim to explore issues such as possible content areas, structural and practical issues (e.g. how a new intervention might 'sit' with existing provision), as well as any potentially facilitating and inhibiting factors.

Both of these discussion groups will be facilitated by the applicants who will not require reimbursement for their time or any expenses relating to this PPI activity.

10. Do you plan on-going PPI in the proposed study? How?

Yes. Fathers that participated in the initial discussion group will be invited to join the steering group for the proposed study. This project steering group which will function as the decision-making body and in doing so, oversee all aspects of the acceptability, design, delivery and quality of the study and its related interventions. Depending on take-up, we will try to ensure a balance of participation from different socioeconomic and ethnic backgrounds throughout the life of the study. Moreover, representation from breastfeeding mothers will also be sought. It is anticipated that both fathers and mothers will be approached through contacts at our local Children's Centres in Sussex with whom we already have a successful history of recruiting parents from our previous breastfeeding research.

11. For what estimated costs are you seeking a PPI grant?



Research Design Service South East

Please offer estimates of distances users may have to travel or average a rate per mile (most PPI travel usually follows the rate of the organisation hosting the meetings for fairness and parity). Your budget should be realistic and economical.

For guidance on estimating costs, please follow the hyperlinks given on the table below. The information on costs is for guidance purposes only. You may also wish to consult guidance from INVOLVE and use their online cost calculator:

<http://www.invo.org.uk/resource-centre/involvement-cost-calculator/>

Any unspent monies from the Patient and Public Involvement Grant will be repayable to the Research Design Service South East.

Explanation of costs

| | |
|---|---|
| Travel expenses FOR GUIDANCE PLEASE SEE HERE | 8 x return fair via train or bus within the Lancing area (£4) = £32 |
| Support / personal assistant / childcare costs FOR GUIDANCE PLEASE SEE HERE | 8 x childcare costs for approx 1 hrs (£10) = £80 |
| Venue costs FOR GUIDANCE PLEASE SEE HERE | Room hire for morning or afternoon session at the Boundstone Family Centre in Lancing = £50 |
| Other subsistence costs FOR GUIDANCE PLEASE SEE HERE | Refreshments 8 x £2 (including partners or carers) = £16 8 x (£15) 'thankyou' vouchers = £120 |
| Total Grant Requested (maximum £300) | Total requested = £298 |

12. If applicable, please indicate other sources of contributory funding already obtained for the active involvement of members of the public in the development of the grant application. If more than one source of contributory funding has already been obtained, please complete the table below as appropriate:

| | |
|----------------|----|
| Funding source | NA |
| Amount | NA |

13. The PPI team at the RDS **may** be able to help facilitate a PPI group on your behalf (depending upon time available). Please speak to your RA for further information. If this is something you are interested in, please tick the box below.