

The feasibility of using a parenting programme for the prevention of unintentional home injuries in the under-fives: a cluster randomised controlled trial

Julie Mytton,^{1*} Jenny Ingram,² Sarah Manns,¹ Tony Stevens,³ Caroline Mulvaney,³ Peter Blair,² Jane Powell,¹ Barbara Potter,⁴ Elizabeth Towner,¹ Alan Emond,² Toity Deave,¹ James Thomas,⁵ Denise Kendrick³ and Sarah Stewart-Brown⁶

¹Faculty of Health and Applied Sciences, University of the West of England, Bristol, UK

²School of Social and Community Medicine, University of Bristol, Bristol, UK

³Division of Primary Care, University of Nottingham, Nottingham, UK

⁴Wellspring Healthy Living Centre, Bristol, UK

⁵Institute of Education, University of London, London, UK

⁶Division of Health Sciences, University of Warwick, Coventry, UK

*Corresponding author

Declared competing interests of authors: none

Published January 2014

DOI: 10.3310/hta18030

Plain English summary

The prevention of unintentional home injuries in the under-fives

Health Technology Assessment 2014; Vol. 18: No. 3

DOI: 10.3310/hta18030

NIHR Journals Library www.journalslibrary.nihr.ac.uk

Plain English summary

Most injuries in preschool children occur at home, and many are preventable. Parenting programmes, supporting parents to make changes to their behaviour, have been shown to improve outcomes in children. This study explored whether or not a parenting programme could prevent home injuries in preschool children.

We were asked to target parents whose child had recently been injured. We were concerned that parents asked to take part would fear that they were considered poor parents. We know that parents are interested in learning first aid, so we developed a programme to include first aid and safety advice to make it more appealing.

To find out if it would be feasible to run a trial of the parenting programme, we tried to recruit 96 parents from eight children's centres to a small study with four randomly chosen centres providing the programme and four not doing so. After 10 months we had recruited only 40 parents, so we opened the study to all parents, whether or not their child had been injured. This helped us engage another 11 parents over 2 weeks. We ran the programme four times and 15 parents completed the course.

Based on our experience we have made improvements to the programme and made recommendations about how a future trial could be run, including making it available to all parents using children's centres in disadvantaged areas. We have advised how to measure the number of injuries in children, and how to find out if the programme provides value for money.

ISSN 1366-5278 (Print)

ISSN 2046-4924 (Online)

Five-year impact factor: 5.804

Health Technology Assessment is indexed in MEDLINE, CINAHL, EMBASE, The Cochrane Library and the ISI Science Citation Index and is assessed for inclusion in the Database of Abstracts of Reviews of Effects.

This journal is a member of and subscribes to the principles of the Committee on Publication Ethics (COPE) (www.publicationethics.org/).

Editorial contact: nihredit@southampton.ac.uk

The full HTA archive is freely available to view online at www.journalslibrary.nihr.ac.uk/hta. Print-on-demand copies can be purchased from the report pages of the NIHR Journals Library website: www.journalslibrary.nihr.ac.uk

Criteria for inclusion in the *Health Technology Assessment* journal

Reports are published in *Health Technology Assessment* (HTA) if (1) they have resulted from work for the HTA programme, and (2) they are of a sufficiently high scientific quality as assessed by the reviewers and editors.

Reviews in *Health Technology Assessment* are termed 'systematic' when the account of the search appraisal and synthesis methods (to minimise biases and random errors) would, in theory, permit the replication of the review by others.

HTA programme

The HTA programme, part of the National Institute for Health Research (NIHR), was set up in 1993. It produces high-quality research information on the effectiveness, costs and broader impact of health technologies for those who use, manage and provide care in the NHS. 'Health technologies' are broadly defined as all interventions used to promote health, prevent and treat disease, and improve rehabilitation and long-term care.

The journal is indexed in NHS Evidence via its abstracts included in MEDLINE and its Technology Assessment Reports inform National Institute for Health and Care Excellence (NICE) guidance. HTA research is also an important source of evidence for National Screening Committee (NSC) policy decisions.

For more information about the HTA programme please visit the website: www.hta.ac.uk/

This report

The research reported in this issue of the journal was funded by the HTA programme as project number 09/02/02. The contractual start date was in January 2011. The draft report began editorial review in February 2013 and was accepted for publication in May 2013. The authors have been wholly responsible for all data collection, analysis and interpretation, and for writing up their work. The HTA editors and publisher have tried to ensure the accuracy of the authors' report and would like to thank the reviewers for their constructive comments on the draft document. However, they do not accept liability for damages or losses arising from material published in this report.

This report presents independent research funded by the National Institute for Health Research (NIHR). The views and opinions expressed by authors in this publication are those of the authors and do not necessarily reflect those of the NHS, the NIHR, NETSCC, the HTA programme or the Department of Health. If there are verbatim quotations included in this publication the views and opinions expressed by the interviewees are those of the interviewees and do not necessarily reflect those of the authors, those of the NHS, the NIHR, NETSCC, the HTA programme or the Department of Health.

© Queen's Printer and Controller of HMSO 2014. This work was produced by Mytton *et al.* under the terms of a commissioning contract issued by the Secretary of State for Health. This issue may be freely reproduced for the purposes of private research and study and extracts (or indeed, the full report) may be included in professional journals provided that suitable acknowledgement is made and the reproduction is not associated with any form of advertising. Applications for commercial reproduction should be addressed to: NIHR Journals Library, National Institute for Health Research, Evaluation, Trials and Studies Coordinating Centre, Alpha House, University of Southampton Science Park, Southampton SO16 7NS, UK.

Published by the NIHR Journals Library (www.journalslibrary.nihr.ac.uk), produced by Prepress Projects Ltd, Perth, Scotland (www.prepress-projects.co.uk).

Editor-in-Chief of *Health Technology Assessment* and NIHR Journals Library

Professor Tom Walley Director, NIHR Evaluation, Trials and Studies and Director of the HTA Programme, UK

NIHR Journals Library Editors

Professor Ken Stein Chair of HTA Editorial Board and Professor of Public Health, University of Exeter Medical School, UK

Professor Andree Le May Chair of NIHR Journals Library Editorial Group (EME, HS&DR, PGfAR, PHR journals)

Dr Martin Ashton-Key Consultant in Public Health Medicine/Consultant Advisor, NETSCC, UK

Professor Matthias Beck Chair in Public Sector Management and Subject Leader (Management Group), Queen's University Management School, Queen's University Belfast, UK

Professor Aileen Clarke Professor of Health Sciences, Warwick Medical School, University of Warwick, UK

Dr Tessa Crilly Director, Crystal Blue Consulting Ltd, UK

Dr Peter Davidson Director of NETSCC, HTA, UK

Ms Tara Lamont Scientific Advisor, NETSCC, UK

Professor Elaine McColl Director, Newcastle Clinical Trials Unit, Institute of Health and Society, Newcastle University, UK

Professor William McGuire Professor of Child Health, Hull York Medical School, University of York, UK

Professor Geoffrey Meads Honorary Professor, Business School, Winchester University and Medical School, University of Warwick, UK

Professor Jane Norman Professor of Maternal and Fetal Health, University of Edinburgh, UK

Professor John Powell Consultant Clinical Adviser, National Institute for Health and Care Excellence (NICE), UK

Professor James Raftery Professor of Health Technology Assessment, Wessex Institute, Faculty of Medicine, University of Southampton, UK

Dr Rob Riemsma Reviews Manager, Kleijnen Systematic Reviews Ltd, UK

Professor Helen Roberts Professorial Research Associate, University College London, UK

Professor Helen Snooks Professor of Health Services Research, Institute of Life Science, College of Medicine, Swansea University, UK

Please visit the website for a list of members of the NIHR Journals Library Board:
www.journalslibrary.nihr.ac.uk/about/editors

Editorial contact: nihredit@southampton.ac.uk