

Practice nurse-supported weight self-management delivered within the national child immunisation programme for postnatal women: a feasibility cluster RCT

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Plain English summary

Nurse-supported weight self-management for postnatal women

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Plain English summary

After giving birth, many women find it hard to lose the weight that they gained during pregnancy. Research so far has focused on testing intensive weight loss programmes that cannot be given to all women who give birth because it would be too expensive. Instead, we tested a brief intervention delivered by practice nurses to mothers when they attended their practice to have their child immunised. We completed a study to test how well our recruitment methods worked, how well the intervention could be delivered by nurses during immunisation appointments and whether or not women followed the intervention. Women who were overweight/obese and had given birth at least 4 weeks previously were invited to participate. Women interested in participating were visited at home at the start and end of the study to measure their weight and to collect information about them. Participants were allocated to the intervention group or to a comparison group based on which practice they attended. For the intervention group, nurses encouraged women to monitor their weight weekly and record this on a record card in their child's health record (the 'red book') when they attended the practice to have their child immunised when their child was 2, 3 and 4 months old. Women were encouraged to use an online weight loss programme to help them lose weight and were advised to aim to lose 0.5–1 kg per week. Those in the comparison group were given a healthy living leaflet. Women and nurses were interviewed about their experiences of the study. Recruiting women to the study was difficult; however, women who did participate mostly followed the intervention well and weighed themselves weekly. Nurses liked the intervention; they felt that it could be incorporated into immunisation appointments and suggested some ideas for improvement. The study appeared feasible and acceptable, but better ways of recruiting women are needed.

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This report

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