

The acceptability and feasibility of a pre-pregnancy weight loss intervention.

Who are we?

We are the team from Cardiff University working on the Plan-it research study- you may well have met us at previous BASHH events in the last few months and hopefully filled in our survey- and we are joining you on 11th March 2020.

The Plan-it Study

Plan-it is a research project commissioned by the National Institute of Health Research (NIHR) which is looking at the feasibility and acceptability of delaying LARC removal as part of a planned pre-pregnancy weight loss intervention for women who are overweight/obese. If you would like to know more you can find information at <https://www.cardiff.ac.uk/centre-for-trials-research/research/studies-and-trials/view/plan-it>

What will we be presenting?

We have already asked healthcare practitioners who remove LARC and women who have used LARCS what they thought about the idea of delaying removal in order to lose weight prior to conception, and what some of the benefits or problems might be of such a weight loss intervention.

On the 11th March we want to give you some feedback on our findings and seek your views on the potential next steps. The discussion has been timetabled for about 20 minutes and we would like to audio-record it so that we can make sure we catch as much of your feedback as possible. If you prefer not to take part, then you are of course free to leave the session or you are welcome to stay for the discussion and simply not speak – both of those options are fine.

We hope you will find the discussion interesting and informative. We will be very grateful for your contribution to help us take this project forward into the next phase of designing a potential intervention based on feedback from professionals and service users.

What will happen to the recording of the session?

- We will make a recording of the discussion.
- If you speak, we will take this as consent that you are happy for us to record the session.
- We will make a transcript of the recording.
- All names and identifiable information will be anonymised.
- The recording and transcript will be kept on password protected computers on Cardiff University servers.
- The results of the discussion will be used in the final report to the NIHR and in academic publications/ presentations.

If you have any questions, please contact us on:

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