

# CLAHRC BITE

A bite-sized summary of a piece of CLAHRC research

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BITE 08



The risk of adverse maternal and child health outcomes can be reduced through preconception health interventions



## Who?

Women of reproductive age and their partners

## Findings...

- Preconception health care involves health promotion to reduce risk factors that might affect future pregnancies and family health.
- This tends to be done opportunistically in general practice by GPs and other health care professionals.
- 'Single risk' interventions (e.g. using folic acid) are effective but evidence on pragmatic interventions that identify and target individuals' often multiple risks is needed.

# Providing comprehensive preconception care is likely to have long-term benefits for maternal and child health.

Facilitating preconception health, a CLAHRC-NDL project, aims to develop and explore the acceptability and feasibility of a preconception health assessment (PHA) intervention in primary care.

The intervention involves a self-completed PHA form, followed by primary care professional review with a computerised PHA template and protocol to identify preconception risks and initiate relevant actions. The PHA form includes preconception risk information.

The feasibility study will include GP practices with socially and ethnically diverse populations that experience worse maternal and child health outcomes than the population as a whole.

Eligible participants are women aged 18-45 years who are intending or may intend to conceive within the next 2 years, are interested in having preconception health assessment, or have a Body Mass Index (BMI) of 30 or greater.

## References

Chapple, J. (2007). "NHS Evidence - Preconception care (National knowledge week)." From <http://www.library.nhs.uk/integratedSearch/viewResource.aspx?resID=269308>



## An explanation of CLAHRC and its role

The Collaboration for Leadership in Applied Health Research and Care (CLAHRC) is a partnership between the University of Nottingham and the NHS in Nottinghamshire, Derbyshire and Lincolnshire.

Funded by the National Institute for Health Research, our mission is to undertake high quality research to improve health and social care across the East Midlands.

This is a bite-sized summary of a piece of CLAHRC research. It is part of a series designed to make such work more available to clinicians.

For further information, visit:

### Our website

[www.nottingham.ac.uk/clahrc](http://www.nottingham.ac.uk/clahrc)

### Useful link

[www.cks.nhs.uk/pre\\_conception\\_advice\\_and\\_management](http://www.cks.nhs.uk/pre_conception_advice_and_management)

This is a summary of independent research commissioned by the National Institute for Health Research (NIHR).

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