



CASE STUDY

Teenage Pregnancy

Study Overview

ResearchNurses.co, a trading division of Illingworth Research were approached during the set-up phase of a large trial of first-time teenage mothers funded by the UK Department of Health and supported by the University of Cardiff. The study compared standard of care with an intensive, nurse-led, home-visiting programme developed for first time mothers aged 13-15 years living in areas of socio-economic deprivation. 1645 subjects within the first 24 weeks of pregnancy were required.

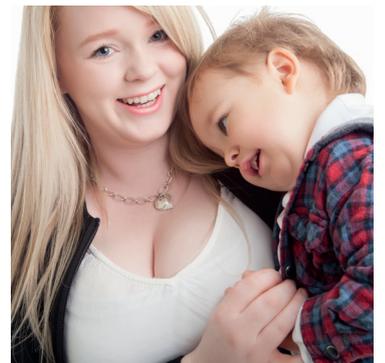
Subjects were identified via GP surgeries, children's centres, midwifery clinics etc. Approximately 18 of our research nurses (some of whom were midwives) liaised with the PCTs and provided support, often at the last minute. Tasks included scheduling study visits to the subject's home, taking consent,

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undertaking computer assisted face-to-face personal interview including demographics, social support and obstetric history, health threatening behaviours and urine sampling at baseline and 34-36 week's gestation.

Study Challenges

Enrolling and retaining young mothers from this demographic is extremely difficult. Obtaining assent and explaining the purpose of the study to the subjects and their families was often very time consuming since the level of literacy and general understanding varied considerably in this, often challenging, set of participants. The expertise provided by Illingworth Research Nurses enabled the study to run smoothly and research nurse support was requested at 11 out of 18 Primary Care Trust (PCT) trial sites throughout England.



Illingworth's research nurses communicated with us in a timely and regular manner, provided us with detailed updates of the status of their nurses' paperwork (to work at NHS sites), and all the appointments conducted with key personnel at each site. Illingworth proved to be very reliable and their staff were very accomplished at the challenging task of recruitment in this hard-to-engage population.

Involvement of the Illingworth Research Nurses helped immensely in recruiting a substantial proportion of the 1645 participants, and we have been impressed by their quality of work and their professionalism.

Associate Director
UK Trials Unit