

A mixed methods evaluation of the breastfeeding memory aide CHINS using Kolb's experiential learning theory.

This survey is aimed at students who have been taught about the memory aide CHINS as part of their breastfeeding teaching, learning and assessment.

Participant Information and Consent

Please read the below information to help you decide whether you wish to take part in this study.

The aim of this study is to conduct a mixed-methods evaluation of the breastfeeding memory aide CHINS using Kolb's experiential learning theory.

CHINS: Close, Head free, In-line, Nose to Nipple, Sustainable - was developed by Lynette Shotton in 2010 and is now widely used in education and practice. It has been evaluated previously but this study aims to focus specifically on the educational impact of CHINS.

The study will capture information using an online survey and respondents will also be asked if they would like to take part in an individual or group interview to discuss survey findings in more depth.

You have been invited to take part because you are a professional / practitioner / student whose role involves the promotion and support of breastfeeding either in education or clinical healthcare settings.

It is up to you whether you would like to take part in the study. This information sheet has been given to you to help you make that decision.

If you do decide to take part, remember that you can stop being involved in the study whenever you choose, without telling the project team why.

You are completely free to decide whether or not to take part, or to take part and then leave the study before completion.

If you agree to take part, you will be asked to complete:

- An initial survey about your professional background, including your educational experiences, your role in supporting breastfeeding. The survey will also ask you for views about CHINS as a tool for breastfeeding education and experiential learning.
- On completion of the survey you will be asked whether you would be willing to take part in either an individual online or group interview to discuss some of your views in more detail. The group interview would be with other professionals or practitioners who have completed the survey.

This research will require a time commitment, but by taking part in the study you will be participating in a project which might lead to improved education and training of the breastfeeding workforce and as a result support and promote breastfeeding more effectively.

It is unlikely, but you may find taking part in this study causes you some distress. Should this happen you are free to ask to stop any research activity at any point. You are also free to withdraw from the

study at any point; you do not need to tell us why you have made this choice.

Your name will not be written on any of the data we collect (we will use pseudonyms), and your name will not appear in any reports or documents resulting from this study. Your consent will be obtained digitally as part of the survey, and you will not be required to provide your name. If you do agree to take part in an individual or group interview, we will require your work contact details, but these will not be shared and will be used only for the purpose of arranging the interview. The data collected from you in this study will be confidential. The only exception to this confidentiality is if the researcher feels that you or others may be harmed if information is not shared.

All data will be stored in accordance with University guidelines and the Data Protection Act (2018). Data will be stored on secure Northumbria University systems (University One Drive)
All files will be password protected.

Any suspected data protection breach, including loss of information or if access is given to individuals who should not be given access, needs to be reported to the Data Protection officer Duncan James on +44 (0)191 243 7357 or via email at dp.officer@northumbria.ac.uk.

The General Data Protection Regulation (GDPR) 2018, requires researchers to be transparent about the legal basis for undertaking research which will collect and process personal data.

A data processing agreement (DPA) is in place to lawfully process data received from a third party. Amongst other things, this demonstrates the participants' consent (Art. 7), is transparent about will be done with the data and identifies the safeguards in place to protect it. Under the GDPR, data processing agreements need to include information on a number of topics (Art. 28).

Overall, the GDPR mandates that personal data must be:

1. Processed lawfully, fairly and transparently
2. Collected for specified, explicit and legitimate purposes
3. Adequate, relevant and limited to the least necessary amount
4. Accurate and up to date
5. Kept in a form which permits identification of data subjects for no longer than necessary
6. Processed in a manner that ensures appropriate security.

Article 9 of GPR, addresses the processing of special categories of personal data, including ethnicity and languages. This is being undertaken in line with the data protections requirement to safeguard the rights and interests of all participants.

Lynette Shotton will be the data controller for this research working with a research team of academics and researchers employed by Northumbria University. The University is responsible for ensuring that students are adequately advised and guided on data protection issues and anyone processing personal data should be aware of the following issues. Recipients of personal data are: **Lynette Shotton, Associate Professor Northumbria University** – Primary Investigator.

The findings of this research will be used to evaluate CHINS in education. They might be reported in a scientific journal or presented at a research conference; however, the data will be anonymised, and you or the data you have provided will not be personally identifiable. This research is being undertaken as part of an unfunded research project with a specific aim to understand how CHINS is used in education.

The research project, has been approved in Northumbria University's Ethics Online system. It has been reviewed in order to safeguard your interests and have granted approval to conduct the study.

Everyone who contributes to this research has rights under the General Data Protection Regulations (GDPR), which includes a right of access to a copy of the information comprised in their personal data (to do so individuals should submit a [Subject Access Request](#)); a right to have inaccurate personal data rectified; and a right to object to decisions being taken by automated means. If participants are dissatisfied with the University's processing of personal data, they have the right to complain to the Information Commissioner's Office. For more information see [the ICO website](#).

1. I consent to take part in this survey.

☐ Yes

☐ No

About you.

The following questions will ask about you and your professional background.

2. Please tell us which student group you belong to. You can select all that apply. *

☐ Student Health Visitor

☐ Student Nurse

☐ Student midwife

☐ Other (please specify)

3. Who is your current employer? You can select all that apply. *

☐ University

☐ FE / HE College

☐ Local Authority

☐ Other (please specify)

4. How long have you been in your current role? *

☐ 0-2 years

☐ 3-5 years

☐ Other (please specify)

5. How would you describe your gender? *

☐ Woman

☐ Man

☐ Non-binary

☐ Prefer to self-describe

6. What is your ethnic group? *

- ☐ English/ Welsh/ Scottish/ Northern Irish/ British
- ☐ Irish
- ☐ Gypsy or Irish Traveller
- ☐ Any other White background
- ☐ White and Black Caribbean
- ☐ White and Black African
- ☐ White and Asian
- ☐ Any other Mixed/Multiple ethnic background
- ☐ Indian
- ☐ Pakistani
- ☐ Bangladeshi
- ☐ Chinese
- ☐ Any other Asian background
- ☐ African
- ☐ Caribbean
- ☐ Any other Black/African/Caribbean background
- ☐ Arab
- ☐ Prefer to self-describe

7. Please tell us the country where you currently work / study. *

8. Please tell us the region of the country where you currently work / study. *

9. What is the academic level of your programme of study? *

- ☐ Diploma
- ☐ BSc
- ☐ Masters
- ☐ Doctoral
- ☐ Other (please specify)

10. What course are you currently enrolled on? *

- ☐ Midwifery
- ☐ Specialist Community Public Health Nursing
- ☐ Nursing
- ☐ Public Health Nursing
- ☐ Other (please specify)

11. What year of study are you currently in? *

- ☐ Year 1
- ☐ Year 2
- ☐ Year 3
- ☐ Other (please specify)

Using CHINS as a student.

The following questions will ask about your awareness of and views of CHINS as a student.

12. Have you been taught about the CHINS memory aide?

☐ Yes

☐ No

Perceived impact of CHINS on your experiential learning.

CHINS is a memory aide designed to help structure, remember, recall and use theory to support the principles of positioning for effective breastfeeding. The following questions will ask how CHINS is incorporated in your course and your views about its impact on your learning and practical skills.

13. How was CHINS introduced on your course? (please select all that apply). *

- ☐ Lecture
- ☐ Seminar
- ☐ Reading materials
- ☐ Practical session
- ☐ Other (please specify)

14. How easy or difficult was it for you to understand the meaning of each component of CHINS? *

1

2

3

4

5

6

7

8

9

10

0 - not easy at all10- very easy

15. How well do you feel you understand the reason behind CHINS being used in your course? *

1

2

3

4

5

6

7

8

9

10

0- not well at all10- very well

16. How were you able to practice using CHINS during your university based learning? (please select all that apply). *

- ☐ Simulation
- ☐ Role play
- ☐ Peer / group work
- ☐ Not at all
- ☐ Other (please specify)

17. Did any specific learning activities help you to understand CHINS better? If so, what were they? *

18. Have you had the chance to discuss CHINS and its application with lecturers or fellow students? *

- ☐ Yes
- ☐ No
- ☐ Sometimes
- ☐ Not sure

19. How clear is the purpose of CHINS in helping breastfeeding mothers with positioning? *

1	2	3	4	5	6	7	8	9	10
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0 - not clear at all

10 - very clear.

20. Have any of your course assessments included CHINS? (please select all that apply). *

- ☐ Formative Assessment
- ☐ Summative Assessment - Essay / written
- ☐ Summative Assessment - Exam
- ☐ Summative Assessment - Practical or Observed Structured Clinical Examination
- ☐ Other (please specify)

21. Have you observed qualified practitioners using the CHINS principles during practice placements? *

- ☐ Yes
- ☐ No
- ☐ Not sure

22. Have you had the opportunity to apply CHINS principles yourself in practice? *

1	2	3	4	5	6	7	8	9	10
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0- not at all 10 - yes, a lot

23. Did you or do you feel CHINS helped or would help to identify what is or was working well or what might need adjusting to ensure effective positioning? *

1	2	3	4	5	6	7	8	9	10
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0- not at all 10 - yes definitely

24. Have you tried to explain CHINS to a breastfeeding or prospective breastfeeding mother during a practice placement? *

- ☐ Yes
- ☐ No
- ☐ Not sure

25. If you have used CHINS with a breastfeeding or prospective breastfeeding mother, please outline how easy it was to use and explain.
If you have not used it, please can you say why not? *

26. How helpful to you find CHINS for remembering the key principles of positioning for effective breastfeeding? *

1	2	3	4	5	6	7	8	9	10
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0- not at all helpful

10- very helpful

27. How confident do you feel in your ability to apply CHINS correctly in a practical setting? *

1	2	3	4	5	6	7	8	9	10
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0- not at all
confident

10 - very confident

28. Do you think CHINS provides a clear, step by step guide for supporting positioning for effective breastfeeding? *

- ☐ Yes
- ☐ No
- ☐ Not sure

29. Overall, how valuable do you think learning CHINS is for your future practice? *

1	2	3	4	5	6	7	8	9	10
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0- not at all valuable

10- extremely
valuable

30. Is there anything else you would like to share about your experience or views of CHINS? *

Perceived views about the benefit of CHINS being added to your course.

CHINS - Close, Head free, In-line, Nose to nipple, Sustainable is an educational memory aide to help structure and aid memory and recall of the principles of positioning for effective breastfeeding.

31. How do you feel CHINS could have been included in your course? Please select all that apply. *

- ☐ Lectures
- ☐ Seminars
- ☐ Practical session
- ☐ Peer teaching and learning
- ☐ Placement
- ☐ Other (please specify)

32. How do you feel adding CHINS to your course would have improved your teaching and learning experience? *

33. Do you feel CHINS could have been included in formative or summative assessments?
If yes, please state how and why. If no, please state why.

34. How do you feel CHINS might have helped you to develop practical skills? Please explain your answer.

35. If you are willing to take part in an individual interview or focus group, please leave your contact email below.