

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

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 an academic whose role involves the promotion and support of breastfeeding either in education or clinical healthcare education 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. What is your professional background. You can select all that apply. *

- ☐ Midwifery academic
- ☐ Health visiting academic
- ☐ Nursing academic
- ☐ Public health academic
- ☐ Other (please specify)

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

- ☐ University
- ☐ FE / HE College
- ☐ Other (please specify)

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

- ☐ 0-2 years
- ☐ 3-5 years
- ☐ 5-10 years
- ☐ 10 years or more

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. *

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

9. What is your highest level professional or academic qualification? *

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

Using CHINS in academic curricula

The following questions will ask how you use the memory aid CHINS: Close, Head free, In-line, Nose to nipple, Sustainable - in your academic work.

10. On a scale of 0-10, how familiar are you with the memory aid CHINS? *

1

2

3

4

5

6

7

8

9

10

010

11. Does your current curriculum content include specific teaching on the CHINS memory aide? *

☐ Yes

☐ No

12. Please explain why you have included CHINS in the curriculum or why you have not included CHINS in the curriculum.

13. To what extent do you agree CHINS provides a useful conceptual framework for teaching principles of breastfeeding positioning? *

1

2

3

4

5

6

7

8

9

10

0 - strongly disagree10 - strongly agree

14. Please describe how CHINS influenced the way positioning is taught in your curriculum. *

15. How is CHINS integrated into teaching and learning. Please select all that apply. *

- ☐ Lectures
- ☐ Seminars
- ☐ Online materials
- ☐ Specific learning outcomes
- ☐ Practical sessions
- ☐ Other (please specify)

16. Have you adapted CHINS in any way? If yes, lease briefly state why and how. If no, please say why not. *

17. What methods do you use to introduce CHINS? Please select all that apply. *

- ☐ Lecture
- ☐ Seminar
- ☐ Demonstration
- ☐ Practical
- ☐ Peer teaching
- ☐ Other (please specify)

18. How do you facilitate concrete experience with CHINS? (This refers to approaches where learners are exposed to actual experience). *

- ☐ Role play
- ☐ Simulation
- ☐ Observation in practice
- ☐ Other (please specify)

19. How do you encourage students to reflect on their experiences of using CHINS?
Please select all that apply. *

- ☐ Placement documents
- ☐ Reflective work
- ☐ Debriefing
- ☐ Case analysis
- ☐ Other (please specify)

20. How easy or difficult to you feel your students find it to remember and recall the components of CHINS? *

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

0 very difficult10 very easy

21. How confident do you feel your students are in explaining the rationale behind each component of CHINS? *

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

0 - not at all confident1- very confident

22. Do you use CHINS to help identify sub-optimal positioning for breastfeeding in practice scenarios or practical sessions? *

☐ Yes

☐ No

23. How do you assess students' ability to teach or explain CHINS principles effectively?
Please select all that apply. *

- ☐ Observation
- ☐ Role play
- ☐ Written assessment
- ☐ Practical assessment
- ☐ Formative assessment
- ☐ Summative assessment

24. If you use CHINS as part of summative assessment, please provide brief details about this assessment and whether this contributes to 100% of the marks or the % proportion of the marks.

25. How is students' ability to apply CHINS assessed in practice? Please select all that apply. *

- ☐ Direct observation
- ☐ Practice assessment
- ☐ Other (please specify)

26. In your experience, how effective is CHINS in helping students develop practical skills?
*

1

2

3

4

5

6

7

8

9

10

0 - not at all helpful

10 - very helpful

27. To what extent do you agree CHINS has helped to standardise the teaching and practice of breastfeeding positioning? *

1

2

3

4

5

6

7

8

9

10

0- do not agree at all

10 - strongly agree

28. Briefly outline your views of the benefits of using CHINS in your teaching practice. *

29. Please outline any challenges or limitations of using CHINS in your teaching practice. *

30. Overall, how valuable do you consider the memory aide CHINS as a tool within breastfeeding education? *

1

2

3

4

5

6

7

8

9

10

0- not at all valuable

10 - extremely
valuable

31. Is there anything else you would like to tell us about your use of CHINS in teaching, learning and assessment? *

32. Would you like to take part in either an individual or group interview to discuss your answers in more depth? *

☐ Yes

☐ No

33. Please leave your contact email below if you answer yes to the previous question.