

Realising behaviour change in midwifery practice: A Participatory Action Research Proposal

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I have just completed my first year as a part-time MPhil/ PhD student at the University of Central Lancashire. During this time I have developed a research proposal and successfully completed the registration process.

The aim of this proposed research study is to identify how hospital based midwives practice behaviours can be changed to increase the use of normal birth skills in an obstetric led maternity unit. In my presentation today I plan to share the choices I have made in developing my research strategy and current proposal, in the hope that they will be of some value to you. The presentation will start with a brief overview of my professional background and outline the chosen psychological theories of behavioural change and their application to midwifery practice. It will then continue by highlighting the key findings of my literature review and how these informed the research aims. The choice of a participatory action research methodology will be explored along with discussion of the requirement for originality in research degree proposals. Extracts from popular literature will be used to highlight stages in my personal methodological journey and to illustrate key points.