

Round I Survey

Start of Block: IRB Consent

Return to running after childbirth: A Delphi consensus of experienced and expert professionals

You are invited to participate in the research project identified above which is being conducted by several international experts:

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Hayley Mills Ph.D

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Rita Deering PT, DPT, PhD

Why is the research being done?

To develop a consensus on rehabilitation guidelines for women returning to running after childbirth.

Who can participate in the research?

We have identified you to participate through the recruitment survey

What would you be asked to do?

This research is based on the principles of the Delphi method, which is a method for consensus-building by using a series of questionnaires. In the first round you will be given a series of questions about screening and rehabilitation for postpartum runners returning to running. In the second round you will be supplied with the group responses, along with a version of the questionnaire where you are given the opportunity to revise your responses in view of the findings of the group. A general consensus is achieved when there is little disagreement between the respondents. Typically, three rounds of questionnaires are completed (including this one) The first round of the questionnaire takes approximately 20 minutes to complete and you will most likely be required to complete a questionnaire three times over the next 12 weeks. Each subsequent questionnaire should take less time due to the process of reaching consensus.

What choice do you have?

Participation in this research is entirely your choice. Only those people who give their informed consent will be included in the project. Whether or not you decide to participate, your decision will not disadvantage you. If you do decide to participate, you may withdraw from the project at any time.

How much time will it take?

The first round of the questionnaire/survey should take about 20 minutes to complete. Each subsequent questionnaire should take less time due to the process of reaching consensus.

What are the risks and benefits of participating?

There are no anticipated risks associated with participating in this research. While there are no anticipated benefits to you personally in participating in this research, the findings will contribute to the available literature on the subject which may lead to indirect benefits for your practice and knowledge as a physical therapist and your future patients.

How will your privacy be protected?

The collected data will be stored securely on password protected computers of the research team. Data will be retained for a minimum of 5 years as per Elon University policy provisions. The data file will be deleted at that time. Due to the nature of a Delphi survey the response you provide will be identifiable only to one investigator (Shefali Christopher). Only group level responses will be reported. The survey will be stored on a password protected server through Qualtrics software. This company is a common vendor used for survey research and has significant data protection policies in place. Please see the Qualtrics security statement here: <http://www.qualtrics.com/security-statement/>. Following the data collection period, the data will be downloaded from the Qualtrics server and securely stored on the password-protected computers that are only accessible by the research team. The computer and your data will be within locked-offices of the research team. Your results will be destroyed in accordance with Elon University policies. To the extent allowed by law, we limit the viewing of your personal information to people who have to review it. We cannot promise complete secrecy. The IRB and other representatives of these organizations may inspect and copy your information.

How will the information collected be used?

The collected data may be presented in peer-reviewed publications or conferences. You can access a copy of the published report by visiting this webpage: <https://www.elon.edu/e/directory/profile.html?user=schristopher3> Individual participants will not be named or identified in any reports arising from the project. Only group level responses will be reported.

What do you need to do to participate?

Please read this Information Statement and be sure you understand its contents before you consent to participate. If there is anything you do not understand, or you have questions, please contact the research team. If you would like to participate, please click the button below. Completion and submission/return of this online survey will be taken as your consent to

participate.

Further information

If you would like further information, please contact the primary investigator below Shefali Christopher, Assistant Professor, Elon University (schristopher3@elon.edu)

Complaints about this research

This project has been approved by Elon University's Institutional Review Board (Protocol 22-112) Should you have concerns about your rights as a participant in this research, or you have a complaint about the manner in which the research is conducted, it may be given to the researcher, or, if an independent person is preferred, to Stephen Bailey Elon IRB chair, telephone (336) 278-6346 or e-mail them at baileys@elon.edu.

Q1 The following questions will ask you about your demographics. Please provide as much detail as possible.

What is your current occupation?

- Physical therapist/ Physiotherapist
- Run Coach
- Physician (MD, MBBS, etc)
- Personal trainer
- Exercise physiologist
- Pilates instructor
- Osteopath
- Other _____

Q2 Please list your credentials below (e.g., Doctor of Philosophy, Bachelor in Physiotherapy, Women's Health Certified Specialist, Sports Certified Specialist, Certified Advanced Practitioner in Pelvic Health, etc.) Please do not use acronyms.

Q3 How long have you been practicing in your current profession?

- 0-4 years
- 5-9 years
- 10-14 years
- 15-19 years
- 20+ years

Q31 How many years have you worked with postpartum runners? Please enter only the number (e.g. 5)

Q33 Within the past five years, in an average work week, how many of your clients were postpartum runners?

- 0-24% of total clients were postpartum runners
- 25-49% of total clients were postpartum runners
- 50-74% of total clients were postpartum runners
- 75-100% of total clients were postpartum runners

Q4 Country, state/province/county and city of practice:

Q5 Country where you received training for your current profession:

Q7 What are some referral sources for postpartum runners for your practice? (Please check all that apply)

- Birth provider
 - Health Visitor
 - Primary care physician
 - Self-referral by patient/client
 - Other (please provide details)
-

Q8 How are you paid for your services? (Please check all that apply)

- Insurance
 - Private pay by client
 - National health service
 - Other (Please provide details)
-

Q9 What is your age (years)?

Q10 What gender do you identify with?

- Man
- Woman
- Non-binary / third gender
- Prefer not to say

Q11 Which ethnicity do you most closely identify with (choose all that apply)

- White
- Black or African American
- American Indian or Alaska Native
- Asian
- South east Asian
- Native Hawaiian or Pacific Islander
- Indigenous
- Other

Q12 Are you a runner?

- No
- Yes

Q13 Have you given birth?

No

Yes

Q14 The following questions are about screening for readiness to return to running. We understand that each runner has unique individual needs and would like as much detail as you can provide for each of these questions.

Q15 What are the key milestones (e.g., musculoskeletal status, pelvic health status, physiological/biopsychosocial variables, etc.) that your runners need to meet in order to return to running after childbirth?

Q16 How do you identify if the runner has met those milestones?

Q17 What resources (Scientific literature, continuing education courses, personal experience, etc.) do you use to determine the milestones and whether they have been met?

Q18 What tests and measures should a clinician use to determine run readiness?

Q19 Do you have any other comments on determining readiness to run that do not fall into the above categories?

Q20 The following questions are about rehabilitation plans for return to running. We understand that each runner has unique individual needs and would like as much detail as you can provide for each of these questions

Q21 What key muscle groups should we target with exercise to prepare for return to running?

Q22 How should you progress postpartum runners to achieve the milestones to initiate running?

Q23 How much mileage should a runner begin with when initiating a postpartum return to running plan?

Q24 How should you progress postpartum runners to achieve the milestones required to advance run training (i.e., increase mileage, add speed/tempo work, etc.)?

Q25 What factors cause you to recommend that someone NOT resume/participate in/continue running after childbirth?

Q26 What other items should be considerations with running after childbirth (e.g., pessary, compression shorts, sports bra, SI belt, etc.)?

Q27 If you feel like the runner is not progressing, where do you send them next?

Q28 Once impairments are resolved, do you continue to see the runner until performance goals are met?

Yes

No

Display This Question:

If Once impairments are resolved, do you continue to see the runner until performance goals are met? = No

Q29 If no, to whom do you refer runners to continue to work on performance issues once impairments have been resolved?

Q34 What is your definition of postpartum?

Q35 What is your definition of runner?
