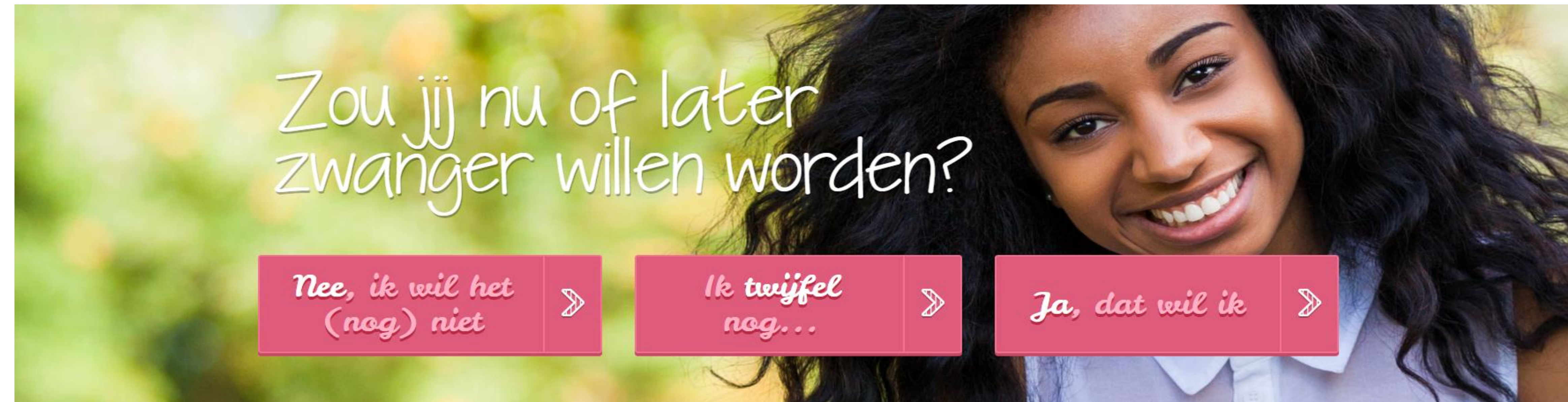


# An implementation study of a comprehensive preconception care intervention targeting students in secondary vocational education

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## Introduction

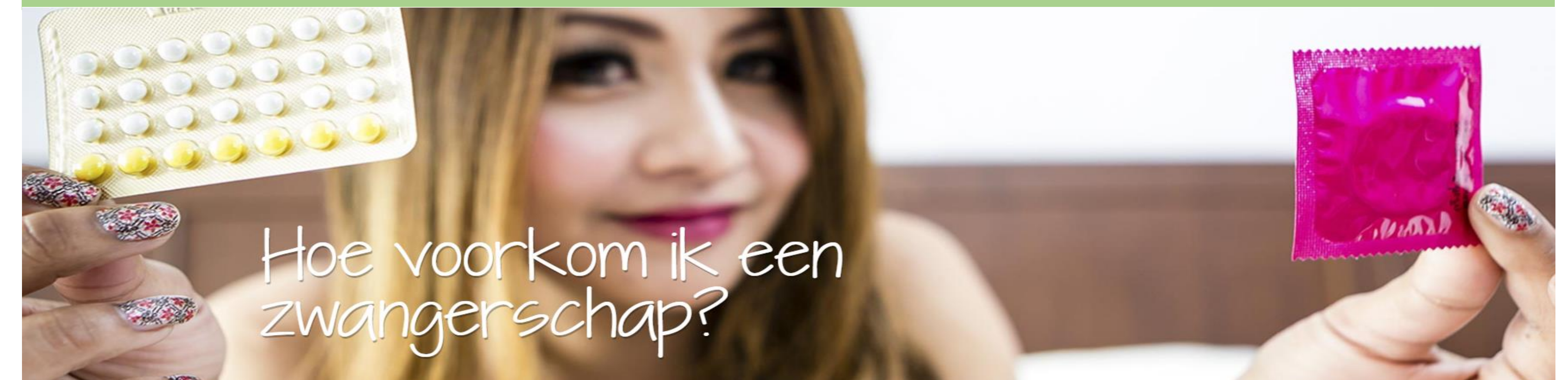
Nietofwelzwanger is a comprehensive preconception care (PC) intervention to improve informed decision making about PC among students in secondary vocational education. It consists of a classroom educational lesson and tailored website about the prevention of pregnancy, what is involved in parenting, and PC, developed with students; it was originally provided by midwives. This study aims increase reach and implementation of the program by teaching different intermediaries to deliver the program.

## Methods

To prepare other professionals (i.e. teachers and health professionals) to deliver Nietofwelzwanger, the training was expanded with a training manual and e-learning, and a train-the-trainer was developed for experienced midwives to train other professionals. The train-the-trainer was provided to 6 midwives, 58 professionals were trained (28 midwives, 13 teachers, 17 health professionals), Nietofwelzwanger was delivered to 1,330 students in three regions of the Netherlands. Pre- and post-questionnaires were filled in by students and intermediaries.

## Results

Students who received Nietofwelzwanger by midwives, significantly increased their knowledge, self-efficacy, intention and informed choice regarding PC from pre- to posttest (all p-values < .05). Nietofwelzwanger was positively evaluated by intermediaries (8.3/10), and students (7.1/10). The e-learning and train-the-trainer were graded a 7.5/10 and 8.5/10 respectively. Students who received the lesson by a midwife felt taken more seriously and safer during the lesson. Lessons were also evaluated to be more fun and credible when given by a midwife rather than teacher.



## Conclusion

Nietofwelzwanger is a promising strategy to improve informed decision-making about PC, and implementation is most optimal when delivered by midwives.