

PARTICIPANT INFORMATION SHEET

Increasing Adoption of the Omega-3 test and treat program

Dear General Practitioner,

You are invited to participate in the evaluation of some new approaches to support the uptake of the omega-3 test-and-treat program.

The omega-3 test-and-treat program was launched in mid-2021 in response to a new evidence-based guideline recommending that women who are low in omega-3 fatty acids are supplemented with 800mg DHA & 100mg EPA to reduce their prematurity risk. The omega-3 test-and-treat program is being conducted through a partnership between the South Australian Health and Medical Research Institute (SAHMRI) and SA Pathology. This partnership has made omega-3 testing available to women through an extension of the SA Maternal Serum Antenatal Screening (SAMSAS) program with no cost to women. Women identified as having low omega-3 status, are then advised of the recommended supplementation regimen.

While the uptake of omega-3 test-and-treat has been steady, feedback has indicated that the distribution of the new SAMSAS request form including the omega-3 test has not been circulated widely enough, the request form requires digitisation and a strategy is needed to promote equity of access for disadvantaged women who test low in omega-3 fatty acids as supplements can cost \$30 to \$60 per month.

The researchers have partnered with GPEx to try and address these barriers, which will include the availability of a SAMSAS digital template for inclusion in practice software, support materials and education about the omega-3 test-and-treat program, as well as the making available omega-3 supplement samples for women who test low in omega-3 fatty acids and are disadvantaged.

We request your participation in feedback sessions regarding the utility and acceptance of the omega-3 test-and-treat program.

The feedback you provide will be kept confidential. You or your practice will not be identified. You or your practice will not directly benefit from the research.

If you would like additional information about the project before participating, you can contact the research team via email: omega3@sahmri.com or the project administrator via email: health.education@gpex.com.au. This project has been reviewed and approved by the Women's & Children's Health Network Human Research Ethics Committee. Mr Luke Fraser, Research Secretariat, Ph 8161 6521 can be contacted in the case you wish to discuss the approval process or have any concern or complaint.