



## CARE IN THE HOME AFTER BIRTH

WHAT WOMEN SAID ABOUT THEIR EXPERIENCE OF MATERNITY CARE	LISTENING, RESPONDING & IMPROVING	TIMESCALE
<p><b>SUPPORT:</b> Women said that they would like more support and help with:</p> <ul style="list-style-type: none"> <li>• feeding their baby;</li> <li>• better information on health and well-being (including mental health after they have been discharged from the hospital).</li> </ul>	<p>The Public Health Nursing service in CHO 8, (Comprising of counties Meath, Louth, Longford, Westmeath, Laois and Offaly) is committed to providing an evidence-based quality service to all mothers and infants, all PHNs are active participants in the National Healthy Childhood Programme. Public Health Nurses are the only professionals mandated to visit new mothers within 72-hours of discharge from the Maternity Services. The CHO 8 PHN service is committed to improving the quality of the postnatal experience for all new mothers. By working collaboratively with local Maternity Hospitals and other relevant key stakeholders it is envisaged to improve postnatal service by:</p> <ul style="list-style-type: none"> <li>• Improving communication through integrated working between maternity services and community care.</li> <li>• Working closely with midwifery colleagues to support the delivery of the 'Early Transfer Home' scheme as well as Midwifery-Led Care.</li> <li>• Ensuring the continuity of postnatal care and transition of care from the maternity service to the community.</li> <li>• Developing and improving practice through the sharing of findings from Audits/ Research between maternity and community services.</li> <li>• Promoting Professional Practice Development through the sharing of knowledge.</li> </ul> <p>Optimal health and well-being of mothers and their infant is of paramount importance and referencing findings from this study the following steps are action to improve quality of care:</p> <ol style="list-style-type: none"> <li>infant feeding and nutrition;</li> <li>better information on health and well-being including mental health.</li> </ol>	<p>Established in 2019 ongoing</p>
	<p><b>Infant feeding and nutrition</b></p> <ul style="list-style-type: none"> <li>• Counties Longford and Westmeath set up a working group with all key stakeholders to support breastfeeding and artificial feeding in the community. Led by the ADPHN the group consists of Director of Midwifery, lactation consultant, dietician and voluntary services aiming to develop breastfeeding support for mothers in the community.</li> <li>• Maintain a dedicated nursing service to support the liaison of services from acute care to Primary Care.</li> <li>• Develop the role of the lactation consultant service and supporting community groups.</li> </ul>	<p>Ongoing</p>
	<ul style="list-style-type: none"> <li>• Counties, Laois and Offaly intend to form an integrated working group between acute maternity services and primary care teams to review breastfeeding uptake and rates.</li> <li>• Lactation post to be pursued with the senior leadership team to support mothers in the community.</li> </ul>	<p>Ongoing</p>
	<ul style="list-style-type: none"> <li>• Counties Louth and Meath in consultation with the NMPDU are actively pursuing dedicated development posts for our lactation consultants to: <ul style="list-style-type: none"> <li>– Develop a community-based initiative to address the low rates of breastfeeding in Co Louth.</li> <li>– Maintain high levels of breastfeeding at 3-months in Co Meath.</li> <li>– Strengthen the current community-based initiatives already in place.</li> </ul> </li> </ul>	<p>Established in 2019 ongoing</p>
	<p><b>Common goals in CHO 8</b></p> <ul style="list-style-type: none"> <li>• Lactation consultants expected to strengthen the support available for complex cases, provide training, advice and supervision for PHNs.</li> <li>• Develop an online telehealth service for breastfeeding mothers.</li> <li>• Set-up and support local breastfeeding groups in partnership with local groups and national breastfeeding support agencies.</li> <li>• Participation in national and local events to support.</li> <li>• Encourage continuity of care transitioning from maternity service into the community.</li> <li>• Implementation of the Breastfeeding Observation Assessment Tool (BOAT across CHO 8.</li> <li>• Up-to-date nutritional information delivered by PHN in partnership with dieticians and other stakeholders for breastfeeding and artificial feeding.</li> <li>• Ensure consistency of information on all aspects of feeding and nutrition.</li> <li>• Set-up services to ensure access to standardised Weaning Programme.</li> <li>• Promote access to <a href="http://www.mychild.ie">www.mychild.ie</a> and recognised resources.</li> </ul>	<p>Initiated in 2020</p> <p>Various stages of action across CHO8</p>



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<p><b>HEALTH INFORMATION:</b> Better access to health information on health and well-being including mental health.</p>	<p>PHNs are the only health professional that are mandated to visit all new mothers and infants in their home within 72-hours of discharge from the maternity service. PHN not only provide a comprehensive Child Health Surveillance Programme that is research-based and focuses on infant mental health and early attachment (National Healthy Childhood Programme 2020) but they are uniquely placed as a formal source of social support to new mothers. The PHN is, therefore, able to provide new mothers with functional support which comprises of information, appraisal and emotional support which can help women in the transition to motherhood (<i>Leahy-Warren 2016</i>). Research supports the fact that women who are well supported in the early postnatal period are less likely to develop postnatal depression. The Research further identifies PHN as the primary source of formal social support for new mothers.</p> <ul style="list-style-type: none"> <li>● PHNs to continue to provide formal support, particularly in the early postnatal period. This may include:                             <ul style="list-style-type: none"> <li>– Providing parenting information/introducing them or facilitating local postnatal support groups/baby massage groups.</li> <li>– Providing appraisal to mothers through the use of methods such as Marte Meo, motivational interviewing or Solihull Methods.</li> <li>– Working collaboratively and in partnership with the parent.</li> <li>– PHN service will continue to make every effort to be available to mothers and infants impacted by COVID-19 restrictions. Telehealth services may also be used to provide support to parents during this time.</li> <li>– Concentration on providing extra communication with parents in the early days where a need is identified.</li> <li>– Referral to parenting support services as required.</li> </ul> </li> <li>● Solihull Approach Training is planned for all PHNs in CHO 8 to promote the emotional health and well-being of children and families in our care.</li> <li>● All PHNs in CHO 8 will complete the HSELand Infant Mental Health Module.</li> <li>● Training for Screening of early identification of Antenatal and Postnatal Depression for PHNs planned for Counties Meath and Louth are ongoing on Clinical Nurse Midwifery Educational syllabus in the Midlands.</li> <li>● DPHN CHO 8 in conjunction with NMPDUs is facilitating several PHNs to access the Certificate in Perinatal Mental Health at Dundalk Institute of Technology DkIT. This course will enhance the HSELand 'Mind Mothers' e-learning package available to all PHNs and midwives.</li> <li>● A Trauma-Informed Care group from across nursing academia and nursing services facilitated by NMPDU will inform public health nursing practice in Counties Meath and Louth.</li> <li>● Domestic Violence training to be updated across the CHO.</li> <li>● PHN will continue to support new parents experiencing homelessness guided by the PHN/Homeless Health Link Flo Chart.</li> <li>● In CHO 8 DPHN Actively engage with Children and Young People Services Committees (CYPSC) and encourage PHN engagement with Tulsa's Parent Partnership and Family Support (PPFS) Early Years' Service Providers to address the need of young children and families.</li> </ul>	<p>Commenced 2020 and is ongoing</p> <p>Initial training to commence in 2020/2021</p> <p>Active recruitment to commence for enrolment 2021</p> <p>To be rolled out mid-2021</p> <p>Commenced September 2020</p> <p>2021</p>



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