



CARE WHILE PREGNANT

WHAT WOMEN SAID ABOUT THEIR EXPERIENCE OF MATERNITY CARE	LISTENING, RESPONDING & IMPROVING	TIMESCALE
<p>ANTENATAL EDUCATION: Access to antenatal educational classes needs to improve.</p> <p>HEALTH INFORMATION: Access to health information about the physical and mental health changes that occur during pregnancy needs to be improved.</p> <p>ANTENATAL OPTIONS: Promote choice of maternity care options during the antenatal care phase.</p>	<p>Sligo University Hospital (SUH) in partnership with community health teams and key stakeholders are working together to enhance the current provision of antenatal education services for women attending for Maternity Care in our service.</p> <p>WHAT THIS MEANS FOR WOMEN</p> <ul style="list-style-type: none"> • Antenatal education will be made more accessible to women through social media platforms and adopts the recently launched National Standards for Antenatal Education encouraging full engagement of women and their partners. Sligo University Hospital in collaboration with the community partners will be undertaking a needs analysis of where additional community classes are required and also expanding the range of classes provided to women attending for maternity care. • SUH has prepared a Virtual Tour of the Maternity and Neonatal service. Here to fore, this was available at the antenatal class. This Video is not available on the Saolta and <i>mychild.ie</i> website. • The 'My Pregnancy' book will continue to be provided to each woman when they first engage with antenatal services at Sligo University Hospital. This book provides access to comprehensive health information about physical and emotional well-being, the changes that occur during pregnancy, what to expect as the pregnancy progresses, mental health and emotional well-being, nutritional maternity care services in Ireland. The HSE <i>mychild.ie</i> website will also be promoted as the trusted source of information for parents. In particular, the breastfeeding support section and Nutrition during Pregnancy section will be promoted including the Ask our Expert service. • The 'My Child: 0 to 2 years' book will be actively promoted as part of the suite of health information provided to parents of children 0 to 5 years. • Sligo University Hospital has appointed a Perinatal mental health midwife commencing September 2020. The Perinatal Mental Health Midwife will support staff education on risk assessing mental health during Pregnancy. • Have literature concerning mental health and illness available in hospital and PHNs. • Provide education and training for PHN/GP/Practice nurse and staff in the hospital on mental health and specific mental illness in pregnancy. • Use the national web site as a resource. • Information on pathways available for women will be sent in advance of their booking appointments so women can make an informed choice at their booking appointments. • Women will be afforded the opportunity to discuss this further when attending for their booking appointment. • More information on the pathways of care will be circulated to the GP's. • SUH has secured funding for a Low-Risk Delivery Suite (Home-from-home). Work on progressing this has commenced. 	<p>Work commenced and will be advanced throughout 2020-21</p>
<p>MENTAL HEALTH: Improving mental health support for women during pregnancy.</p>	<p>Sligo University Hospital in partnership with the National Perinatal Mental Health Team are implementing a Mental Health Promotion Programme for women during pregnancy. The programme aims to:</p> <ul style="list-style-type: none"> • Improving health information about mental health changes that occur during pregnancy for all women. • Provide access to perinatal/specific mental health care services for women with additional needs. • Ensure that women have the opportunity to discuss any worries or concerns that they may have when engaging with the Maternity Unit, Sligo University Hospital. • Build the capacity of staff and managers Sligo University Hospital to promote positive mental health during pregnancy and to signpost women to appropriate services when needed: <ul style="list-style-type: none"> – Provide education and training for PHN/GP/Practice nurse and staff in the hospital on mental health and specific mental illness in pregnancy; – Use the National web site as a resource. 	<p>Work commenced in 2020 and will be advanced throughout 2020-21</p>



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<p>MENTAL HEALTH: Improving mental health support for women during pregnancy.</p>	<p>WHAT THIS MEANS FOR WOMEN</p> <p>Sligo University Hospital has appointed a Perinatal Health Midwife who will work with the Sligo/Leitrim Mental health team in providing a perinatal mental health service to women attending for maternity care in Sligo University Hospital.</p> <ul style="list-style-type: none"> All women when making their first booking appointment in maternity services will continue to be asked about their physical and mental health well-being. During this stage, if a woman is identified as requiring additional mental health support she is referred to the mental health midwife. All women will be provided with more accessible health information about the mental health changes that occur during pregnancy. New health information leaflets about mental health during a pregnancy have been developed and will be provided to women when they first engage with maternity services. Women who require support for milder mental health problems or who have more complex health needs in pregnancy will be referred to a mental health. The midwife who has been appointed as part of a specialist perinatal mental healthcare team. Women will be able to access specific perinatal mental health services through the mental health midwife or the women's GP if required. A proactive campaign of support informing women that they can discuss any worries or concerns that they may have during their pregnancy when engaging with Sligo University Hospital will be promoted. 	<p>Work commenced and will be advanced throughout 2020-21</p>



LABOUR AND BIRTH

WHAT WOMEN SAID ABOUT THEIR EXPERIENCE OF MATERNITY CARE	LISTENING, RESPONDING & IMPROVING	TIMESCALE
<p>COMMUNICATION: The need to improve healthcare communication and involvement in decision making during labour and birth.</p> <p>PAIN RELIEF: The need to improve pain relief during labour and birth.</p>	<p>Sligo University Hospital is implementing quality improvement initiatives to improve women's experience of labour and birth to promote best practice in communication skills and shared decision making with women:</p> <ul style="list-style-type: none"> All key staff in the Sligo University Hospital will participate in a training programme in Healthcare Communication Skills. Training, which is due to commence in September 2020. We aim to have 25% of all staff trained by the end of Quarter 4 2020 and will continue training throughout 2021. Patient prompts will be designed to encourage women to become more involved in decision making about their pregnancy care and to voice any worries or concerns that they may have during their pregnancy care. An initiative to promote better pain relief during labour, called Hopscotch is planned to be implemented in Sligo University Hospital. Women will be encouraged to prepare their birth wishes with a Midwife during their antenatal care. SUH has prepared a video presentation by the Anesthetists this is currently shared at antenatal classes in SUH. SUH will expand the availability of this to all Antenatal Classes. SUH will also have an increase focus on pain relief in to antenatal education. 	<p>Work commenced in August 2020 and will be advanced in 2021</p>
<p>PARTNER PRESENT: They would like their partners/birth partners involved more in labour and birth.</p>	<ul style="list-style-type: none"> Women will be offered an opportunity to have their birthing partner included in the decision making for labour and delivery. 	
<p>SKIN-TO-SKIN: Opportunity to have skin-to-skin contact with their baby.</p>	<ol style="list-style-type: none"> Ensure all that women are given the opportunity (if they choose) to have skin-to-skin contact. If this is not possible straight after birth, as soon as possible. Education and training on breastfeeding for mothers and staff on the importance of skin-to-skin contact between mother and baby, to support and enable breastfeeding. <p>WHAT THIS MEANS FOR WOMEN</p> <ul style="list-style-type: none"> Women will be supported and encouraged to be more involved in the decision making about their care, patient prompts will be designed and available to women to invite women to ask questions about their birth plans and postnatal care. 	





SUPPORT WITH FEEDING AFTER BIRTH

WHAT WOMEN SAID ABOUT THEIR EXPERIENCE OF MATERNITY CARE	LISTENING, RESPONDING & IMPROVING	TIMESCALE
<p>FEEDING: Women said that they require more support and help with feeding their baby.</p>	<p>Sligo University Hospital is implementing quality improvement initiatives to improve women's experience of care after birth; including:</p> <ul style="list-style-type: none"> • Better infant feeding support for women in the antenatal and postnatal period, that supports the mother's choice concerning infant feeding. • Including debriefing question on the daily postnatal examination for women : • Staff will participate in the breastfeeding blended learning programme developed by the HSE National Healthy Childhood Programme. • Improving health information at discharge and improving smoother transitions of care between hospital and community services, including who to contact if additional supports are required following discharge. • Promoting the role of all staff and their availability to address worries and concerns • Providing women with comprehensive health information on discharge, specifically concerning mental health. • Sligo University Hospital will seek funding for a lactation Consultant Midwife to support women with breastfeeding problems. • 10 steps to successful breastfeeding (www.baby-friendly.ie), supporting skin-to-skin contact and responsive feeding will be actively promoted. • Sligo University Hospital will be introducing parentcraft classes on the maternity ward to support all mothers in caring for their infant needs. • Sligo University Hospital will be promoting the breastfeeding drop-in clinic to support breastfeeding mothers. 	<p>Work will be commenced in Q4 2020 and ongoing through 2021</p>
	<p>WHAT THIS MEANS FOR WOMEN</p> <ul style="list-style-type: none"> • The role of all midwives in supporting women to breastfeed will be actively promoted, to increase support for women with breastfeeding. • A funding application for a Lactation Midwife will be submitted to support women with more complex health needs or who require additional support with breastfeeding. • Health information will be provided to women about feeding support available to them in hospital and the community, including the role of their local PHN. • Community support groups such as the breastfeeding Clinic, La Leche League will community. • Women will have the opportunity to participate in postnatal support forums whilst the hospital through telecare platforms thus providing more personalised health information and advice, an initiative which has been trialled during COVID-19 and will be advanced in 2020. • A proactive campaign of support informing women that they can discuss any worries or concerns that they may have after the birth of their baby will be promoted, encouraging women to voice concerns to ask questions that they may have about their labour and birth of their baby. • Women will receive health information about health and well-being after birth including the mental health changes that occur in the postnatal phase. • Women will receive the 'My Child: 0 to 2 years' book will be actively promoted as part of the suite of health information provided to parents of children 0 to 5 years. 	



SPECIALISED CARE

WHAT WOMEN SAID ABOUT THEIR EXPERIENCE OF MATERNITY CARE	LISTENING, RESPONDING & IMPROVING	TIMESCALE
<p>EMOTIONAL SUPPORT: Women identified the need to have someone to talk to and to provide emotional support during this difficult time of their newborn baby being in the Neonatal care unit.</p>	<p>Sligo University Hospital is currently implementing quality improvement initiatives to address women and their partners' emotional support needs whilst their babies are in the specialist care unit. The following initiatives are in place:</p> <ul style="list-style-type: none"> • Health information will be provided for all women and their partners about what they can expect and how to cope when their newborn baby is admitted to the Neonatal Intensive Care Unit. • A proactive campaign of support informing women that they can discuss any worries or concerns that they may have whilst their baby is in the neonatal unit will be promoted. • Staff will be undertaking a communication module. • SUH will undertake a Baby Bliss Audit to identify ways in which the service can promote a culture of family friendly support and emotional support for parents. 	Ongoing
	<p>WHAT THIS MEANS FOR WOMEN</p> <ul style="list-style-type: none"> • Women will know where they can access emotional support during a difficult time when their new infant baby is in the Neonatal or Specialised Care Unit. • Social support networks and community supports such as the Irish Neonatal Alliance will be shared with all women and families as appropriate. 	



OVERALL EXPERIENCE

WHAT WOMEN SAID ABOUT THEIR EXPERIENCE OF MATERNITY CARE	LISTENING, RESPONDING & IMPROVING	TIMESCALE
<p>CULTURE: Women identified the need to build on a healthy culture of care and advocacy.</p> <ul style="list-style-type: none"> • Dignity and respect • Organisational culture • Advocacy for Women in Maternity Care. 	<p>Sligo University Hospital is implementing quality improvement initiatives to improve women's overall experience of maternity care:</p> <ul style="list-style-type: none"> • All feedback received from women at this forum was used to inform improvement priorities at a local level. • A communications plan, profiling how Sligo University Hospital responded to the findings of the National Maternity Experience Survey 2020 will be promoted at the local level. Women will be encouraged to give feedback on an ongoing basis. • Evaluation of the initiatives outlined above will be conducted to measure progress annually. 	Work has commenced and will be ongoing 2020-21
	<p>WHAT THIS MEANS FOR WOMEN</p> <ul style="list-style-type: none"> • Women will be provided with better information about how to provide feedback about their experience. • Women will understand that their feedback makes a difference and that Sligo University Hospital is Listening, Responding and Improving Maternity Care Services for Women. 	