



CARE WHILE PREGNANT

WHAT WOMEN SAID ABOUT THEIR EXPERIENCE OF MATERNITY CARE	LISTENING, RESPONDING & IMPROVING	TIMESCALE
<p>ANTENATAL CARE: Access to health information about the physical changes that occur during pregnancy needs to be improved.</p>	<p>Wexford General Hospital (WGH) in partnership with key stakeholders is working together to enhance the current provision of antenatal education services in the region.</p>	
	<ul style="list-style-type: none"> • Antenatal education has been made more accessible to women and their families through the online platform and adopts the recently launched National Standards for Antenatal Education encouraging the full engagement of women and their partners. 	Since March 2020
	<ul style="list-style-type: none"> • The 'My Pregnancy' book is provided to each woman when they first engage with antenatal services at WGH thereby improving 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 care, social support networks and the choices that women have in accessing 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 will be promoted. 	Ongoing
	<ul style="list-style-type: none"> • 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. 	Ongoing
	<ul style="list-style-type: none"> • Birth plans encouraged and supported including taking time in situation-appropriate language to discuss and explain all information-often required on specialised care pathway. 	Ongoing
<p>HEALTH INFORMATION: Improve health information on perinatal mental health and sign-post women to services as appropriate.</p>	<p>WHAT THIS MEANS FOR WOMEN</p>	
	<ul style="list-style-type: none"> • Real-time preparation for services on offer in line with best practice nationally. 	
<p>HEALTH INFORMATION: Improve health information on perinatal mental health and sign-post women to services as appropriate.</p>	<p>WGH in partnership with the National Perinatal Mental Health Team is implementing a Mental Health Promotion Programme for women during pregnancy. The programmes aim to:</p> <ul style="list-style-type: none"> • Improve health information about mental health changes that occur during pregnancy for all women. • Ask all women when making their first booking appointment in maternity services will be asked about their physical and mental health well-being. • WGH has a Midwife Specialist in Perinatal Mental Health Midwife in place for direct access antenatally and as required. • 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 WGH. 	Work commenced in 2019 and will be ongoing in 2020/2021
	<p>WHAT THIS MEANS FOR WOMEN</p> <ul style="list-style-type: none"> • 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 will be sign-posted to services as appropriate. 	
<p>HEALTH INFORMATION: Women wanted advice and information about healthy eating during pregnancy.</p>	<ul style="list-style-type: none"> • The importance of nutrition in pregnancy will be promoted through the antenatal journey. 	
	<ul style="list-style-type: none"> • Health Information for gestational diabetes is provided to women diagnosed with the same. 	Ongoing
	<ul style="list-style-type: none"> • Health information in the 'My Pregnancy' book on healthy eating during pregnancy is available to all. 	Ongoing
	<ul style="list-style-type: none"> • 'Making Every Contact Count' (MECC) encouraged and education supported for staff is delivered to ensure that staff are educated in healthy lifestyle changes. 	Ongoing



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<p>HEALTH INFORMATION: Women wanted more health information about smoking during pregnancy.</p>	<ul style="list-style-type: none"> Increased education and awareness of smoking, alcohol and drug use in pregnancy for support of women and families will be in place. An antenatal project as part of Sláintecare addresses smoking cessation during pregnancy. '<i>Making Every Contact Count</i>' (MECC) encouraged and education supported for staff. Women are screened during the antenatal phase to assess risk for addiction to drugs and alcohol and sign-posted to support services if necessary. 	In place and ongoing
	<p>WHAT THIS MEANS FOR WOMEN</p> <ul style="list-style-type: none"> Early intervention with evidenced-based advice & support to optimise outcomes for mother and baby. 	



CARE AFTER BIRTH

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DEBRIEFING: Women said that they would like the opportunity to discuss labour and birth afterwards.	WGH is implementing a quality improvement initiative to improve women's experience of care after birth.	Q3 2020 – year end
	<ul style="list-style-type: none"> The discharge discussion will include an opportunity to discuss women's experience of labour and birth this is an improvement initiative as a result of the survey the findings 2020. If women seek further opportunities for debriefing they will be given contact details to of a senior member of the midwifery or obstetric team to arrange a debrief discussion. 	Q3 2020 – year end
	WHAT THIS MEANS FOR WOMEN <ul style="list-style-type: none"> Increased awareness and education of all staff will support and develop care for women in the postnatal period and ensure that they are fully briefed about their labour and birth. 	
ACCESS TO A HEALTH PROFESSIONAL: Women said that they did not have a healthcare professional that they could talk to about their worries and fears.	<ul style="list-style-type: none"> The role of the Perinatal Mental Health Nurse in the postnatal setting will be promoted. All midwives will be encouraged to let women know that they can discuss their worries and fears. 	Ongoing 2020-2021
	WHAT THIS MEANS FOR WOMEN <ul style="list-style-type: none"> The environment in which women feel empowered to discuss any issue at any time in their journey with the staff of the services. 	Ongoing
DISCHARGE INFORMATION: Improve health information for women when going home from the hospital.	<ul style="list-style-type: none"> All staff are aware of the importance of providing detailed health information on discharge. All women will be provided with a postnatal information discharge sheet with information about key contacts in the hospital or the community. 	Ongoing
	WHAT THIS MEANS FOR WOMEN <ul style="list-style-type: none"> This will allow for a smoother transition into the community with comprehensive health information available on discharge. 	



SUPPORT WITH FEEDING AFTER BIRTH

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FEEDING: Women said that they require more support and help with feeding their baby.	A lactation consultant will be appointed to support the promotion of feeding support for mothers: <ul style="list-style-type: none"> Ongoing education for all midwives; Additional support for mothers experiencing difficulties with breastfeeding. 	Q4 2020
	<ul style="list-style-type: none"> 10 steps to successful breastfeeding (www.baby-friendly.ie), supporting skin-to-skin contact and responsive feeding will be actively promoted. 	Ongoing
	WHAT THIS MEANS FOR WOMEN <ul style="list-style-type: none"> There is full Multidisciplinary team support for breastfeeding in WGH. 	



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. 	<ul style="list-style-type: none"> • Training will be provided to key members of staff in Patient Safety Complaints Advocacy. 	2020-21
	<ul style="list-style-type: none"> • The new independent Patient Advocacy Service (PAS) promoted in WGH 	Q4-2020
	<ul style="list-style-type: none"> • Incident review meetings take place once per month to discuss clinical incidents. Open Disclosure takes place as appropriate. 	Ongoing
	<ul style="list-style-type: none"> • All staff will be made aware of the NMES findings and the implementation of the Quality Improvements will be monitored on an ongoing basis. 	Ongoing
	<p>WHAT THIS MEANS FOR WOMEN</p>	
	<ul style="list-style-type: none"> • Women will be better informed around the process of feedback in service and Patient Advocacy Service. This will assure women that their feedback is important and will inform care given going forward. 	