

USING TECHNOLOGY
TO SUPPORT MATERNITY CARE

Maternity Care and Covid-19

USING NHS NEAR ME



During your pregnancy, you will have regular antenatal appointments with your midwife or obstetrician.

As a result of the current situation with Covid-19, the UK and Scottish Government advice is that pregnant women should avoid unnecessary face-to-face contact as much as possible. This means the way your antenatal care is delivered might change.

What is NHS Near Me?

NHS Near Me is a secure video consulting service for medical appointments. NHS Near Me appointments take place in your home using a smartphone, tablet or computer. You and your health care professional can see and talk to each other via a video link. You can find more information at www.nearme.scot

Why is NHS Near Me being used for maternity care?

Your midwifery or obstetric team will assess which appointments will be suitable for this type of consultation. Using NHS Near Me can reduce unnecessary travel and face-to-face contact, while still providing the support and care you and your baby need. This is especially important during the Covid-19 pandemic.

What will we discuss on the NHS Near Me calls?



You will discuss the same things during an NHS Near Me appointment as you would at a face-to-face appointment with your midwife or obstetrician. They will ask how you are and if you have any questions or concerns about your pregnancy. You can discuss your birth plan and where to give birth. Your midwife or obstetrician may ask you to do tests or checks at home before your NHS Near Me appointment. During the appointment, they'll discuss the results with you.

What tests and checks might I do at home?

If you and your midwife or obstetrician agree, you may be given equipment so you can check your blood pressure and urine at



home. If this happens, they will explain how to use the equipment and record your results. They will also give you another leaflet with instructions you can follow.

Will I still receive all of the maternity care I require?

Yes. It is very important that you have all your routine appointments. Your midwife or obstetrician will tell you which appointments can be carried out using NHS Near Me. For scans and some other appointments, you will still need to attend a clinic or hospital. Your midwife or obstetrician will also give you contact numbers to use if you need support between appointments, including in an emergency.

Can my partner join me on the call?

Yes! This is a benefit of using NHS Near Me as your partner or someone else from your household can be with

you during the call if you wish. They can also ask questions and it can help both of you feel supported and included.

Is NHS Near Me easy to use?

Yes, and support is available. The guide below will show you how to make a test call before your appointment so you know what to do. If you still feel worried about using NHS Near Me, phone your midwife, obstetrician or maternity unit for help.

How do I attend a NHS Near Me appointment?

How you are invited to attend will depend on where you live. You may receive a letter, email or an alert from a system, such as BadgerNet. However it arrives, your invitation will include a link to join your NHS Near Me video call.

APPOINTMENT CHECKLIST:



A reliable internet connection (broadband or mobile)



A device for making video calls, such as a tablet, smartphone or computer with a webcam



NHS Near Me only works in the Chrome browser, or the Safari browser on Apple products.
Chrome can be downloaded free at: www.google.co.uk/chrome



A quiet space, free from distraction, where you will feel comfortable to talk with your midwife or obstetrician



Adequate lighting really helps the quality of the picture.

1

TEST CALL

It's a good idea to carry out a test call a few days before the date of your appointment. This will help you feel more confident and know what to do on the day. For more information and to make a test call before your appointment please visit: www.nearme.scot

National Video Conferencing Service:
Testing Only. Calls will not be answered.

Are you ready to make video calls?

Click the following button to test your device, connection, microphone, and web camera setup.
Note: This test does not actually make a call.

Test call

(Windows, Android, MacOS) Use the **Google Chrome** web browser
(MacOS, iOS) Use the **Safari** web browser

Enter the Waiting Area

Click the following button to enter the Testing Only. Calls will not be answered. waiting area:

Start video call

Need help or more information?

[Setup guide](#)
[Troubleshooting](#)

2

ATTEND YOUR APPOINTMENT

10 minutes before your appointment time, start your video call. Open the link to your appointment provided in your invitation letter, email or BadgerNet alert. Make sure it opens in either Google Chrome or Safari. Click "Start Call"



3

SYSTEM CHECKS

The system checks you have everything in place to make an NHS Near Me call. All calls involve an internet check. The system also checks you have a speaker, microphone and video: this is automated on some devices, or you may be asked to check manually. Click "continue" or "yes" on each. If asked, allow access to your microphone and video.

Video Call Setup Restart X

1 Connection speed 2 Speaker 3 Microphone 4 Video

Connection

Please wait while we test your connection.

Speaker test

Can you hear the speaker?

No Yes

Microphone test

Can you hear anything (either yourself or some noise)?

No Yes

4

ENTER NAME

Next, enter your name in this screen, as it appears on your appointment letter. Please enter your date of birth and a telephone number you can be reached on during the video call. If your call fails for any reason, your midwife or obstetrician will call you back on that number.

Tick to agree the terms and conditions. Then select Continue. A new page will open, please read this information. Press “start call”.

The person this call is about:

*Mandatory Field

First name*

Last name*

Date of Birth* / /

Phone

Where can you be reached?

This personal information is only used during the call, then deleted.

I accept the [Terms of Use](#) and [Privacy Policy](#) and agree that NHS Attend Anywhere uses cookies in accordance with its [Cookie Policy](#)

Continue



5

CONNECT THE CALL

You will be placed in a private waiting area. Your midwife or obstetrician will connect your call at the time of your appointment.



REFRESHING AND ENDING CALLS

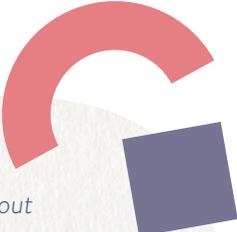
If you have any difficulties during a NHS Near Me video call, such as poor video or sound quality, try refreshing the call. Click on the “refresh” button which appears in the top right hand corner. Refreshing temporarily disconnects the call and then re-joins. To end the call, click the “end” button.



VIDEO CALL SECURITY

NHS Near Me uses secure video consulting which has been approved as private and confidential by NHS Scotland. NHS Near Me video calls are NEVER recorded.





LOCAL MATERNITY UNIT CONTACT INFORMATION:

This is the number to call if you have any questions or concerns about your pregnancy or pregnancy care.



For more information about pregnancy, birth and early parenthood please visit:
www.nhsinform.scot/ready-steady-baby

For any non-emergency concerns you can also call  **NHS 111.**

In an emergency, call 999.



✉ nss.perinatalnetwork@nhs.net

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🌐 perinatalnetwork.scot