

International Day of the Midwife 2021



Wellness breaks for midwives;-PRM Labour Ward

- Project commenced October 2020 and is ongoing.
- **Aim:-** 50% of midwives on shift to receive a 10 minute wellness break in a designated wellness room in labour ward.
- This break out is for mindfulness/relaxation/stress relief techniques.
- The aim is to reduce stress levels for midwives and regain a positive mind set.
- Wellbeing and relaxation aids will be made available and mediums for interruption removed
- Buy in from all charge midwives to support midwives and also benefits demonstrated on shift alongside positive feedback .
- Register for all midwives who used the room to sign and state what type of relaxation was used and feedback.
- Important that the wellness breaks are/were not viewed or used as tea breaks and are succinct.



Labour ward can be a very stressful environment to work in – throughout the Covid pandemic this started to effect midwives moods/sleeping patterns and stress levels

Midwives are now learning new methods of relaxation/mindfulness better equipping them to deal with stress. Techniques that can be used at work and home life. Increasing awareness of their own mental wellbeing.



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CMU and Community – RAH, VOL & IRH

The booking appointment is hugely important not only for obtaining a full history to ensure the most appropriate, individualised care plan, but also to build a good rapport with women right from their very first contact.

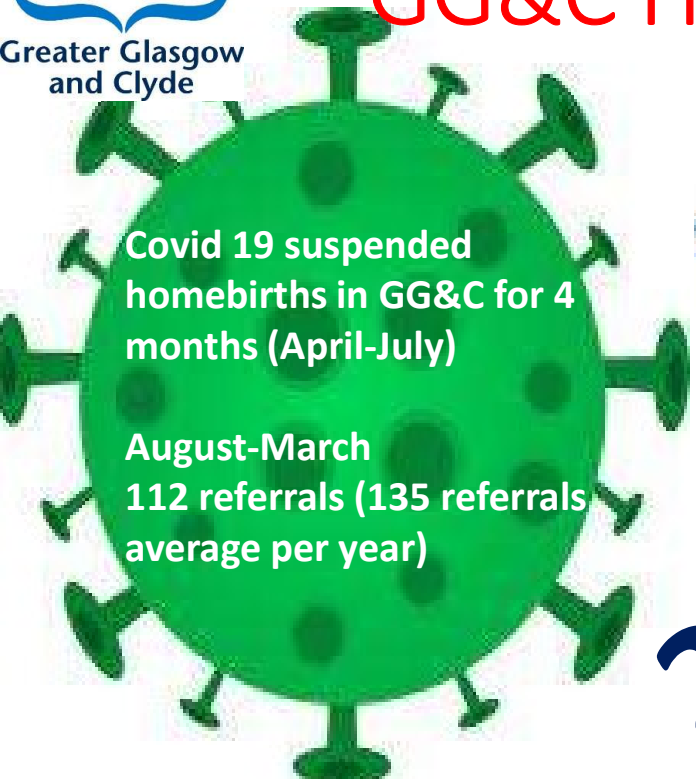


- Due to Covid-19 pandemic all face-to-face booking sessions became telephone consultations.
- Initial feedback from women was that they would prefer a face-to-face contact with a midwife at their first appointment.
- **Aim:-** To improve patient experience telephone booking appointments to be conducted using virtual platform Attend Anywhere.
- Attend Anywhere was trialled initially by IRH and VOL. Feedback from women indicated that they enjoy being able to access the appointment from work or home, this enabled them to have their partners present. They also enjoyed being able to see the midwife without the need for travel.
- Good feedback was also received from midwives. They feel they are able to build a better rapport with women via Attend Anywhere than by a telephone consultation alone.
- Both VOL and IRH have returned to booking women face-to-face. Due to Covid-19 restrictions the RAH are required to take a more gradual approach when returning to face-to-face bookings. All outlying booking clinics will return to face-to-face appointments and Attend Anywhere will be used for all booking clinics within the maternity unit.



Midwives are now learning new methods of interacting with women and their families allowing them to better improve the patient experience.

GG&C Homebirth Team & Covid 19



Covid 19 suspended homebirths in GG&C for 4 months (April-July)

August-March
112 referrals (135 referrals average per year)



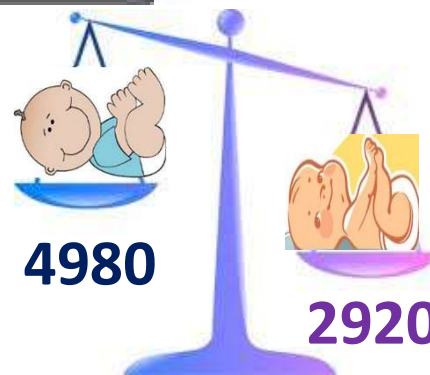
It's a Girl!



4 Waterbirths



1 woman shielding had 100% Continuity of Carer



It's a Boy!

International Day of the Midwife 2021: Innovating to bring care around women & families

Project title: Parent Education in Maternity Services: an improvement journey to a digital solution

Project overview and aims

By July 2021 to facilitate COVID-19 safe parent education for 95% of women in keeping with The Best Start: A five year forward plan for Maternity and Neonatal care in Scotland, recommendation 9.

Project scope

- Review and evaluation of parent education
- Recovery of parent education
- Consideration of digital approaches to care and education

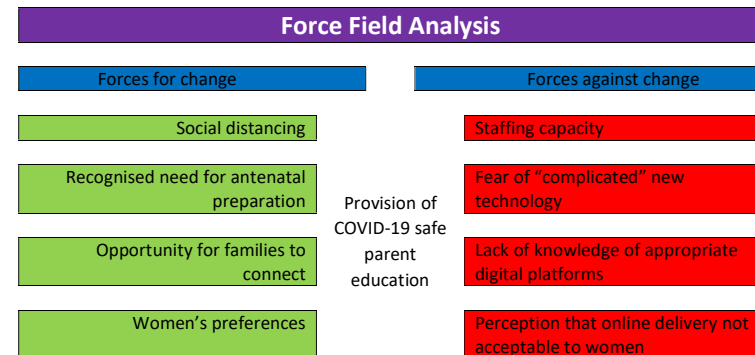
The Project

The Model for Improvement and quality improvement tools were applied to exploring solutions to the challenge of a COVID-19 safe recovery for the parent education programme.

The technology enabled solution itself is neither ground-breaking nor innovative. However, the process of applying the Model for Improvement has enabled the service to move forward with considering the use of technology to offer person centred education to women and families.

Board/team: GGC Clyde Division

Understanding the QI challenge



Feedback

Really enjoyed the online class, was nice to meet other first time mums, midwife's information was helpful and I would love to attend further classes!

Mum

The online class ...was a great way to get to know the women in my team, introduce them to each other and cover .. topics we have been unable to cover in detail at clinics through COVID-19

Midwife

Potential Outputs

- A technology enabled solution to improving access
- A longer term plan to transform the delivery of parent education

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