

## Maternity Transformation

Newsletter date: March 2019

Issue 1

### Continuity of Carer

The Better Births Team has been working closely with our hospital maternity units to identify opportunities to increase the number of women offered continuity of carer. A tailor-made training programme is in place to support midwives and the wider multi-disciplinary team to embrace this model and be involved in planning for sustainable change. Via our Maternity Voice Partnerships (MVPs), we are encouraging the involvement of service users by feeding back on their experiences and shaping future services.

Our first two pilots went live on 1 March 2019: The Rainbow community team at NWAFT and the Rosie pilot team based at Addenbrooke's. A further pilot, based at Peterborough City Hospital's midwifery-led birthing unit (MLBU) is planned for June.



Members of the Better Births Team ready for the Rosie Open Evening on 11 February to discuss Continuity of Carer and Choice and Personalisation.

"The Continuity of Carer Model of midwifery care enables a woman to build a relationship with a midwife (and a small team of midwives) through her maternity journey and enables midwives to build relationships with the women in their care."

### Choice and Personalisation

Work is progressing to support the information women and their families receive to make the right choices of care for them. We are in the final stages of drafting a choices leaflet that will be available to all women in the Cambridgeshire and Peterborough area,

either in paper format or electronically, with translations available. We are hoping this will be in circulation over the next few months. A personalised care plan is in development to support the choices women make, not just around where to have their baby but care throughout their pregnancy, birth and beyond.

# Safety (including neonatal, local learning system and Local Maternity System dashboard)

- We have an established monthly Local Maternity System (LMS) risk meeting via teleconference. This has helped share learning across the trusts.
- Working closely with our neonatal colleagues we are supporting the implementation of PreCePT for women who are at risk of going into premature labour. This spans both maternity and neonatal as care of the woman directly affects the baby. Current work at The Rosie is supporting the implementation of the RAG rating Bobble hats as part of their MatNeo project to risk assess babies into the correct pathway to help reduce term admissions to NICU.
- Currently we are establishing our Local Learning



System meetings. This is a forum where learning and improvement projects can be shared and worked on together as an LMS.

- Reviewing maternity dashboards and aligning them across the LMS, with the same benchmarks.

NHS Digital event held in Birmingham to share best practice attended by LMS representatives

## Digital

Working with our digital midwives in our region and cross border areas we have recently completed an IT system mapping exercise clearly outlining all the different maternity IT systems in place. This will ensure that we advance our information sharing

agreements as quickly as possible to benefit both clinicians and our service users. Plans are in progress to develop a digital personalised care plan, a potential for a single point of access and tracking of Carer measures from April 2020.

## Prevention/public health

The Better Births Team and the local authorities are working together to support training in very brief advice for maternity service personnel. This is work towards the national target of <6% of women smoking at time of



delivery by 2022. Locally the rates are higher.

Reviews of breastfeeding support services under way to support future work.

Obesity and diabetes have been highlighted in the long-term plan, which will form part of our work plan over the coming months.



## Perinatal mental health

Better Births have worked to support Cambridgeshire and Peterborough Foundation Trust (CPFT) with the implementation of a Specialist Perinatal Mental Health Service.

The service offers psychiatric and psychological assessments and care for women with complex or severe mental health problems (such as bipolar disorder, postpartum psychosis, OCD and eating disorders) during the perinatal period. They also provide pre-conception advice for women with current or past severe mental health illness.

The team includes a variety of different health professionals, such as consultant perinatal psychiatrists, clinical psychologists, specialist perinatal mental health nurses, nursery nurses



and social workers, working collaboratively to support pregnant and postnatal women (and their families). The service was formally launched in January 2019 and women can be referred via their GP, midwife, health visitor or other health professionals.

The next focus is to work with professionals across the system regarding mild/moderate mental illness and access and support for pregnant and postnatal women who struggle with symptoms such as anxiety, mild depression and birth fear. Consultation with women who have experienced these difficulties has told us that they feel they would benefit from a range of services including access to information or services such as peer support, some talking or cognitive therapies.

## Community hubs

Plans are underway to have two pilot hubs in the spring of 2019 at The Fields and Honey Hill Children's Centres. The main differences will be the interaction between the centres and public health to include local access to smoking cessation and perinatal

mental health. Work is progressing on developing minor building works, service level agreements and planning for open day events at each to launch them. Further information to follow once launch event dates are known.

“Community hubs should enable women and families to access care close to home, in the community from their midwife and from a range of other services, particularly for antenatal and postnatal care.”

## NHS 10 year plan and maternity key points

- ◆ Reducing stillbirths and mother and child deaths during birth by 50%.
  - ◆ Ensuring most women can benefit from continuity of carer through and beyond their pregnancy, targeted towards those who will benefit most.
  - ◆ Providing extra support for expectant mothers at risk of premature birth.
  - ◆ Expanding support for perinatal mental health conditions.
- For full plan see:**  
**[www.longtermplan.nhs.uk](http://www.longtermplan.nhs.uk)**



NHS 10 Year Plan

# Maternity Transformation Programme Team

The current team in place are:

Liz Phillips - Programme Manager  
(community hubs and continuity of carer).

Beccy Percival - (safety, prevention,  
choice and personalisation).

Linda Wayles - Continuity of Care Project  
Midwife (continuity of carer).

Mary Hennells - Project and Service  
Improvement Manager (perinatal mental  
health).

Alex Bullimore - Patient and Public  
Involvement Specialist (Maternity Voices,  
seldom heard service users and  
coproduction).

Janine Titman - Project Support Officer  
(digital).



## Key dates for March to April 2019

4 March - Continuity of Carer  
workstream meeting.

5 March - Digital workstream.

7 March - Three year on  
national event in Manchester.

12 March - NWAFT Maternity  
Voices meeting.

19 March - Cambridgeshire and  
Peterborough Local Maternity  
System Meeting.

20 March - Maternity Clinical  
Network regional meeting.

26 March - Choice and  
personalisation meeting.

10 April - Induction of labour  
meeting.



30 April - Digital workstream  
meeting.

