

IMPROVING MATERNITY PATIENT PREPARATION: ENGAGING CLINICIANS AND PATIENTS

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 #HMHBBC

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Disclosure of Conflict of Interest

- No conflict of interest for any presenters

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44,764

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#1

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\$250

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Setting Priorities for the B.C. Health System

PRIORITY 1: Provide patient-centred care

Shift the culture of health care from being disease-centred and provider-focused to being patient centred

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BC Women's Commitment



Our Path to Success

1. Identified frameworks to inform the project

2. Reviewed the current resources and their usage

3. Engaged maternity care providers to create new resources

4. Engaged patients and families

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1. Identified frameworks to inform the project



LEGEND

The woman in the year following childbirth.

Key components of maternal health in the postpartum period. These are interrelated.

Life skills needed to achieve well-being in the postpartum period. Women should focus on honing these skills in order to ensure they successfully fulfill the key tasks (in purple) of a healthy postpartum.

Resources a woman may need in order to successfully acquire or employ her skills to accomplish the tasks of the postpartum.

Examples of external resources include accurate health information, access to safe daycare, housing assistance, and education about normal infant behavior.

Adapted from Fahey & Shenassa in *JMWH* by ACNM.

Health promotion is the process of enabling people to increase control over and improve their health

Ottawa Charter for Health Promotion 1986

Source: Understanding and meeting the needs of women in the postpartum period: the perinatal maternal health promotion model
Fahey & Shenassa, 2013, *J Midwifery & Women's Health* 58(613-621).

1. Identified frameworks to inform the project

Quadruple Aim

1. Enhance patient experience
2. Improve population health
3. Reduce costs
4. Improve the work life of those who deliver care

Ann Fam Med 2014;12:573-576. doi: 10.1370/afm.1713.



1. Identified frameworks to inform the project

Engaging Clinicians in Quality & Safety



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2. Reviewed the current resources and their usage



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2. Reviewed the current resources and their usage

Inventory of
internal
resources

Doing Skin-to-Skin Safely

Uninterrupted skin-to-skin care for at least the first hour (and continuing for as long as possible), provides numerous benefits to mothers and infants:

- ♥ Stabilize newborn temperature
- ♥ Provide cardiovascular stability
- ♥ Improve breastfeeding success
- ♥ Aid in the neurodevelopment of baby
- ♥ Decrease stress
- ♥ Enhance bonding with parents

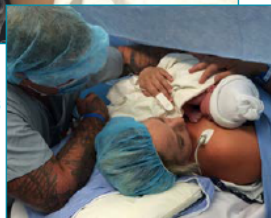
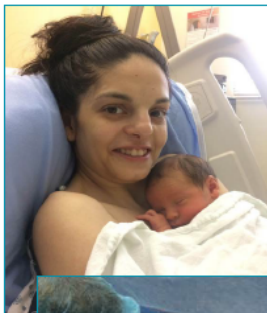
Safe Positioning for Skin-to-Skin Contact

Mom:

- ♥ A little upright, not flat, comfortable bed/chair

Baby:

- ♥ Face can be seen
- ♥ Head is in 'sniffing' position
- ♥ Nose and mouth are visible and not covered
- ♥ Head is turned to one side
- ♥ Neck is straight, not bent
- ♥ Shoulders are flat against Mom
- ♥ Chest-to-chest with Mom
- ♥ Legs are flexed
- ♥ Cover the back with blankets
- ♥ Avoid distractions while baby STS or while baby is feeding



Induction of Labour

Information you need to know if your labour needs to be started

www.bcwomens.ca

Induction of Labour

For most women labour starts on its own. For some women, labour needs help to get started. This is called an induction. Your doctor or midwife (care provider) will advise you that labour be induced if the risks to you or your baby are greater than the risk of carrying on with the pregnancy. Discuss this with your care provider. Induction of labour is generally safe. Discuss the risks of induction with your care provider.

How is labour induced?

The way labour is induced depends on the condition of the opening of the uterus (your cervix) and the reason for induction. Each has its benefits and risks. Please discuss these with your care provider.

Prostaglandin Gel

A medicated gel is put into your vagina. It softens the cervix and helps start contractions. The gel may feel warm after it is put in but this sensation lasts

What is mastitis and what can I do about it?

What is mastitis?

Mastitis is an infection of the breast tissue, the milk ducts or both.

How do I know I have it?

One or both breasts feel firm, swollen, hot

- If possible, gently massage above and then over the tender area moving towards the nipple. It may be too sore.
- Try a combination of hand expressing, single and double pumping, especially if it is too painful to breastfeed.

2. Reviewed the current resources and their usage

Inventory of external resources



Vancouver Coastal Health
Promoting wellness. Ensuring care.

Parenting Resources
Information for Pregnancy and Parenting

PREGANCY • NEW PARENTS & BABY • BREASTFEEDING • INFANT TO 18 MONTHS • TODDLERS • PRESCHOOLERS

Flu season is here! Click the image for info on where you can get your flu shot.



GET SUPPORT **FIND SERVICES IN YOUR AREA** **MAKE A REFERRAL**



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Our Special Journey

Pregnancy Passport:
A booklet to support you in having a healthy pregnancy, tracking your progress, and preparing for your baby



Healthy Families BC

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Pregnancy & Family | Pregnancy | Labor & Birth

The early months of life for the newborn are the most exciting part. There will be many firsts when it all comes your baby will finally join this world.

The information here can help you prepare for every stage of the journey.



Featured articles **Word Press**

- How Much Calcium Do I Need and Why?**
You may have heard that you need to take calcium supplements during pregnancy. But is it really necessary? Find out how much you need and why.
- Substance Use During Pregnancy**
Substance use during pregnancy can have serious effects on the developing fetus. Learn about the risks and what to do if you are using substances.
- Information on the Toronto Pregnancy Hub**
The Toronto Pregnancy Hub is a free, confidential, and non-judgmental support service for pregnant women and their families.
- Video: All About Your Baby**
Discover all about your baby from the moment of conception to birth. This video covers everything you need to know.
- What to Expect When You're Expecting**
This is a guide to what you can expect during pregnancy. It covers everything from the first trimester to labor and delivery.
- Is My Baby's Growth Normal?**
Your baby's growth is an important part of their development. Learn how to track it and what to do if you're concerned.
- Special Issues with Your Pregnancy**
Some pregnancies are more complicated than others. Learn about special issues and how to manage them.
- Special Issues with Your Baby's Health**
Your baby's health is a top priority. Learn about special issues and how to manage them.
- Special Issues with Your Baby's Behavior**
Your baby's behavior is an important part of their development. Learn about special issues and how to manage them.

Healthy Families BC

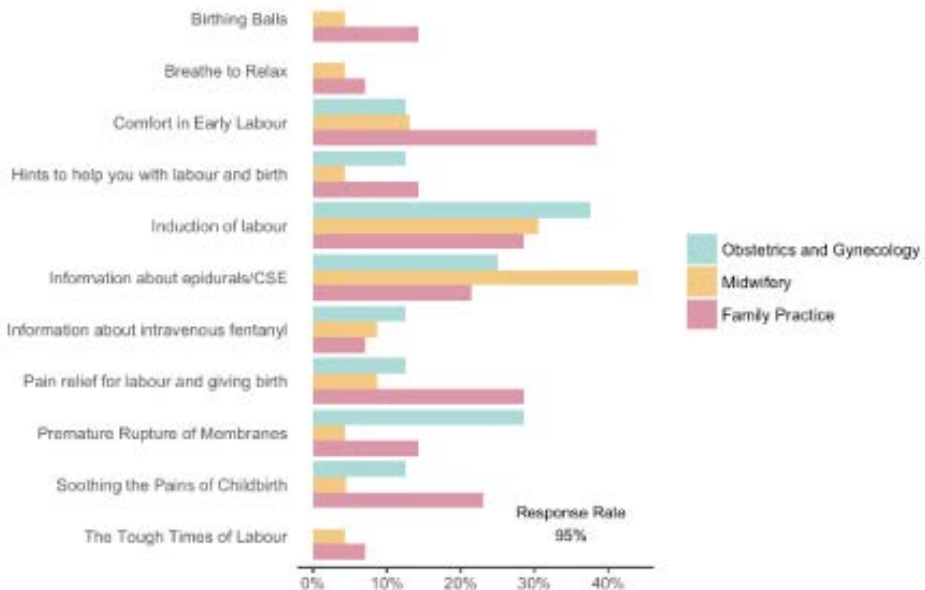
Twitter

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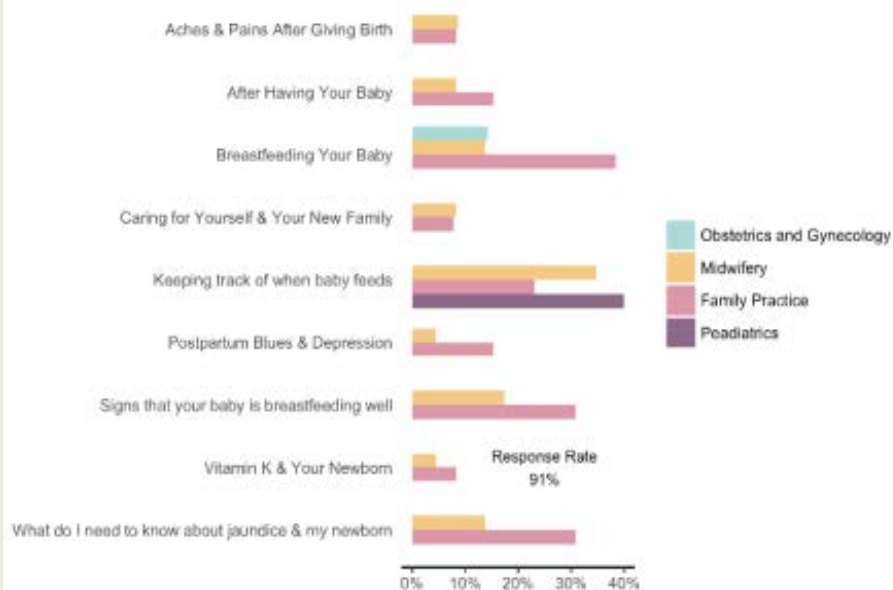
2. Reviewed the current resources and their usage

Survey to determine usage

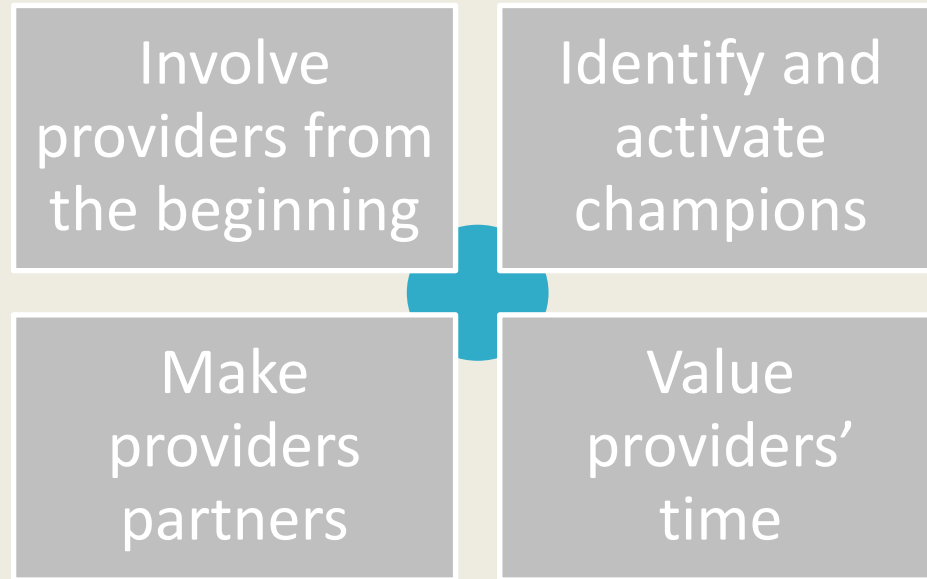
Care Providers who use BCW Labour & Birth Resources/n



Care Providers who use BCW Postpartum & Newborn Resources

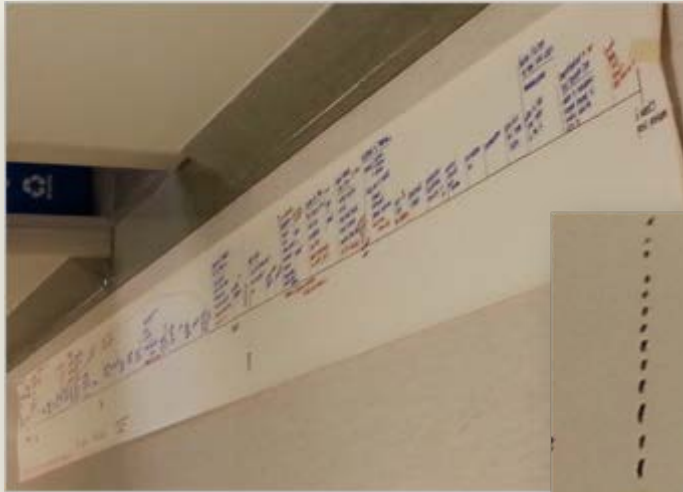


3. Engaged maternity care providers to create new resources

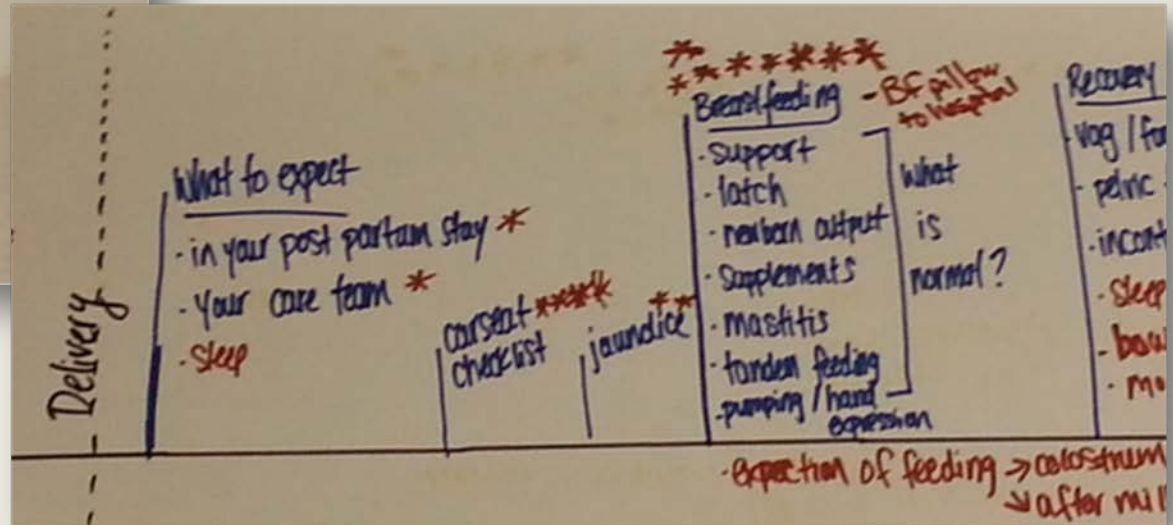


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3. Engaged maternity care providers to create new resources



Question: What are the topics that every pregnant woman needs to know about?



3. Engaged maternity care providers to create new resources

Labour and Birth Working group

Obstetrics

Family Practice

Midwifery

Anesthesia

Nursing

Postpartum and Newborn Working Group

Obstetrics

Family Practice

Midwifery

Pediatrics

Nursing

Infant Feeding Working Group

Family Practice

Midwifery

Lactation consultants

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3. Engaged maternity care providers to create new resources

Labour and Birth Working group

Philosophy of care

Pain management

Preparing for Labour

Types of birth

Postpartum and Newborn Care Working Group

Jaundice

Pelvic Floor Health

Caring for Yourself
after Birth

Newborn Tests +
Procedures

Infant Feeding Working Group

Getting Ready to
Breastfeed

The First Hour

The First Few Weeks

Common Challenges

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4. Engaged patients and families



- ✓ **World Café**
- ✓ **Prenatal and postpartum classes**
- ✓ **Meet the Doctors Night**

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New Parents Wanted



To provide feedback
on our maternity
care brochures

\$20 cash
honorarium for one
hour of your time

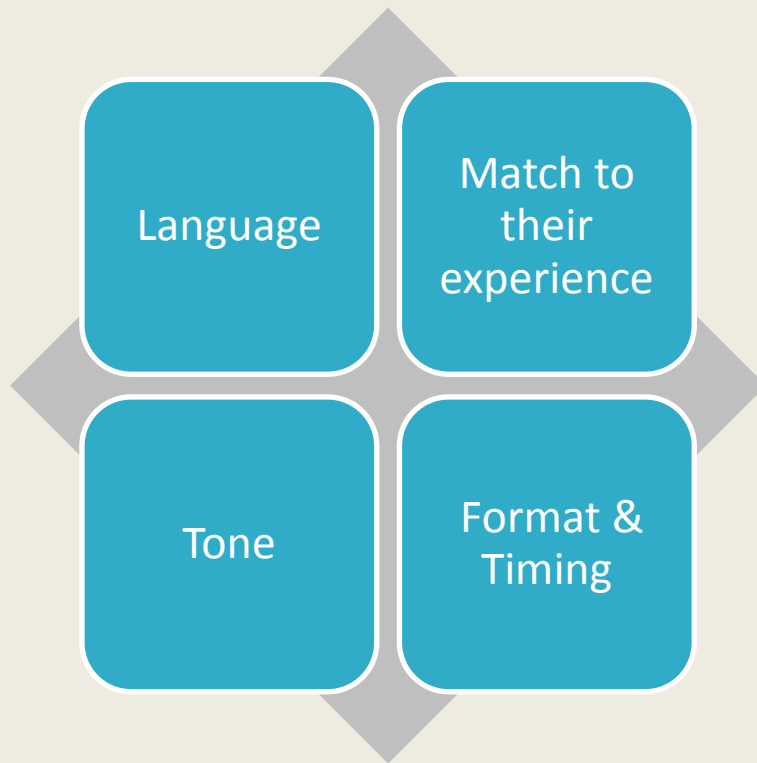
Meeting place of your choice and you are welcome to bring your child!

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4. Engaged patients and families



Balancing the Results



Created by Kjpargeter - Freepik.com

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Status of New Resources

Completed

Philosophy of Care

Preparing for Labour

Newborn Jaundice

Pelvic Floor Health

Review or approval pending

Pain management

Types of birth

Newborn Tests +
Procedures

Postpartum Mental
Health

Significant changes required

Getting ready to
breastfeed

The First Hour

The First Few Weeks

Common challenges

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Next Steps

Update BCWH
website

Evaluate usage
of new
resources

Dissemination

Continue
content
generation

Develop
knowledge
translation plan

Continuous
Quality
Improvement

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Conclusions



BC WOMEN'S HOSPITAL+ HEALTH CENTRE

Our Services | Health Info | Our Research | About | Contact | Health Professionals | Donate | Careers

Philosophy of Care

Pregnancy and birth are a normal part of life. Having a baby is one of life's most special experiences. We are here to guide you through your pregnancy, labour and birth with support and information to help you to achieve the healthiest outcome possible for you and your baby, while respecting your needs, preferences and values.

Our Approach

- Inclusive Care
- Informed Choice
- Evidence-Based Care
- Your Maternity Care Team
- Teaching Hospital
- Support People

Making Decisions

We recommend using the **B.R.A.I.N.** acronym to help you make decisions during pregnancy, labour and birth.

B	BENEFITS What are the benefits of this test or procedure to me and my baby?
R	RISKS What are the risks of this test or procedure to me and my baby?
A	ALTERNATIVES Are there any alternatives to this test or procedure?
I	INSTRUCT What do I think about this test or procedure? What feels right about it to those someone I can ask?
N	NOTHING What might happen if I choose to do nothing or decide to wait and see?

Making a Labour and Birth Guide

Learn more about [Making a Labour & Birth Guide](#) to help you and your doctor/midwife understand what is important to you.


In this section

- Planning to Give Birth at BC Women's
- Bright Start Funde
- Make a Labour & Birth Guide
- Philosophy of Care

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QUESTIONS?



Thanks to the  **Vancouver
Division of Family Practice** for the use of their photographs.
A GPSC initiative

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