



# BIRTHWAYS NEWSLETTER

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## Digital Safety Huddles drive improvements

**Maternity and neonatal teams across Herefordshire and Worcestershire Local Maternity and Neonatal System (LMNS) are now able to work together to continue to drive safety improvements for mums and babies thanks to the launch of a new daily digital safety huddle.**

Key professionals from the teams at Worcestershire Acute Hospitals NHS Trust and Wye Valley NHS Trust – including the Unit Midwifery Co-ordinator, Obstetrician and Neonatologist – are now able to meet easily, using a state of the art Cisco webex video conferencing system funded by the LMNS.

The daily huddles allow the teams to raise situational awareness of operational issues, share clinical information and review events directly impacting on service delivery with the aim of supporting safer care by ensuring women and babies are in the most appropriate unit for their needs and improving outcomes.

Michelle Sterry, Quality Improvement Midwife for the LMNS, said: *"Colleagues have really supported this project development over the last 8 months to enable Digital Safety Huddles to come to fruition. The strength of team working, commitment to safety improvements and openness to change was very evident from all the clinical staff involved."*

Christobel Hargraves, Chair of the LMNS, said: *"The launch of the Digital Safety Huddles is a fantastic step forward. We have been looking forward to getting this working for the benefit of our mums and babies and to support our staff."*

The video conferencing system is versatile and it is hoped that it may be used to conduct team training, MDT meetings and clinical collaboration such as fetal medicine consultations with colleagues from other Trusts in the future.

# Clinics reduce risk around early delivery

**Mums-to-be in Worcestershire and Herefordshire who are at greater risk of delivering early which can cause problems for their babies often requiring a prolonged stay in hospital are now benefiting from new clinics run at Worcestershire Royal Hospital and Hereford County Hospital.**

In Worcester the Preterm Prediction Clinic was fully established in April 2020, following a successful pilot period, to ensure women

at risk of late miscarriage or preterm labour are fully supported with the advice and care that they need to ensure the safe delivery of their baby.

The clinic, led by Dr Catherine Hillman, with support from Midwife Claire Davis and Dr Anna Fabre-Gray, sees between 15 and 25 women a week.

In Hereford the Preterm Birth Prevention clinic was established in late 2019 and is run by Consultant Obstetrician Mr Mike Cohn.

It aims to detect those women who are at high risk of premature delivery and offer treatments to reduce this risk.

Swati Ghosh, Consultant Obstetrician for the LMNS, said: "These clinics provide 'gold standard' care in a one-stop appointment. It is an excellent service for the benefit of those women who need it.

"As well as ensuring women's care options are fine-tuned and a plan is in place for any potential

preterm delivery, the service also provides excellent continuity of care and support for women since they see a small team of clinicians who really understand their history and who manage them in a holistic way.

"The clinics also fully supports the national strategy as set out in the Saving Babies Lives Care Bundle (v2) around improving care and reducing neonatal morbidity and mortality associated with early delivery."



## Babies born early get to go home to the care of their family earlier thanks to new service

**Babies in Herefordshire and Worcestershire who are born early are getting to go home to the care of their family earlier with the ongoing specialist support that they need thanks to a new service.**

The Neonatal Outreach Service at Worcestershire Acute Hospitals NHS Trust and Wye Valley NHS Trust enables the safe discharge of pre-term babies born earlier than would normally be anticipated.

The service is run by neonatal nurses who provide continuing care for the families of infants who are born before 35 weeks and six days and weigh less than 2kg at discharge. Support is given to babies requiring ongoing naso-gastric tube feeds, home oxygen, weight monitoring and feeding support.

The Worcestershire service – which has recently been chosen as a finalist in the Nursing Times Awards 2020 'Nursing in the Community'

category - expanded to offer seven day outreach in May, and now provides phototherapy for babies with mild jaundice too. As the service develops in Herefordshire the aim is to follow suit.

Elaine Evans, Neonatal Midwife for the LMNS, said: "We know that getting babies home with their families is really important as it leads to a reduction in stress for the family. The initial feedback from families has been very positive – they

have told us they welcome the service as it is reassuring to know that there is the additional support available in the community once they have been discharged home."





Team Emerald



## More mums receiving continuity of care from named midwife

**More mums-to-be in Worcestershire are receiving their care from a named midwife, or a midwife from a small team, right through their pregnancy journey thanks to the launch of two new Continuity of Carer teams.**

Team Emerald and Team Pearl, who launched in September, join teams Ruby, Sapphire and Opal in ensuring that women have continuity of the person looking after them during their maternity journey,

before, during and after the birth.

This continuity of carer and relationship between caregiver and receiver has been proven to lead to better outcomes and safety for woman and babies, as well as offering a more positive and personal experience.

Continuity of Carer forms a key part of Better Births - the report of the National Maternity Review – which set out a vision for maternity services in

England which are safe and personalised; that put the needs of the women, her baby and family at the heart of care; with staff who are supported to deliver high-quality care.

Fay Baillie, LMNS Project Director, said: “The number of women across Worcestershire who receive their maternity care under the Continuity of Carer model has been gradually increasing since the initial pilot began in March 2019. Since then more than 500 families have

been cared for in this way. With the launch of Team Pearl and Team Emerald this will further increase the proportion of county women who benefit from Continuity of Carer.”

Two more teams are due to start in January 2021 with the aim of continuing the roll-out to get up to 35% of mums receiving care in this way by March 2021 and over half of the counties’ families by March 2022.

*“Having continuity of care from the start to the end really made a difference to my pregnancy. I felt supported, cared for and well informed with any decisions made regarding myself and my pregnancy. Having someone to talk to that already knew my situation, my personality and the pregnancy made everything less stressful.”*





## iPads help bond mums and babies

**New mums in Herefordshire who are separated from their babies immediately after birth are being given iPads to help them bond with their child via a live video link.**

The Neonatal department at Hereford County Hospital are now offering iPads, funded by the LMNS, to parents so they don't miss on those precious first moments with their new-born child. The move follows the success of a similar initiative which launched at Worcestershire Royal Hospital earlier in the year.

Babies that suffer complications or premature babies are often sent straight to a neonatal unit so they can receive specialist care, meaning that new mums can often spend hours, without being able to hold or bond with their new-born baby.

Elaine Evans, LMNS neonatal nurse, said: *"When a mum is unable to visit her baby a cart is taken to her bedside where she can watch them via video link and talk with staff to receive important updates on the baby's progress. This is a brilliant idea for those mums who may be separated from their baby."*

## Neonatal staff see red to improve babies' safety

**Babies born early at Worcestershire Royal Hospital who are at risk of hypoglycaemia now get given a red blanket, to make it easy for neonatal staff to quickly identify that they need to be monitored and kept warm.**

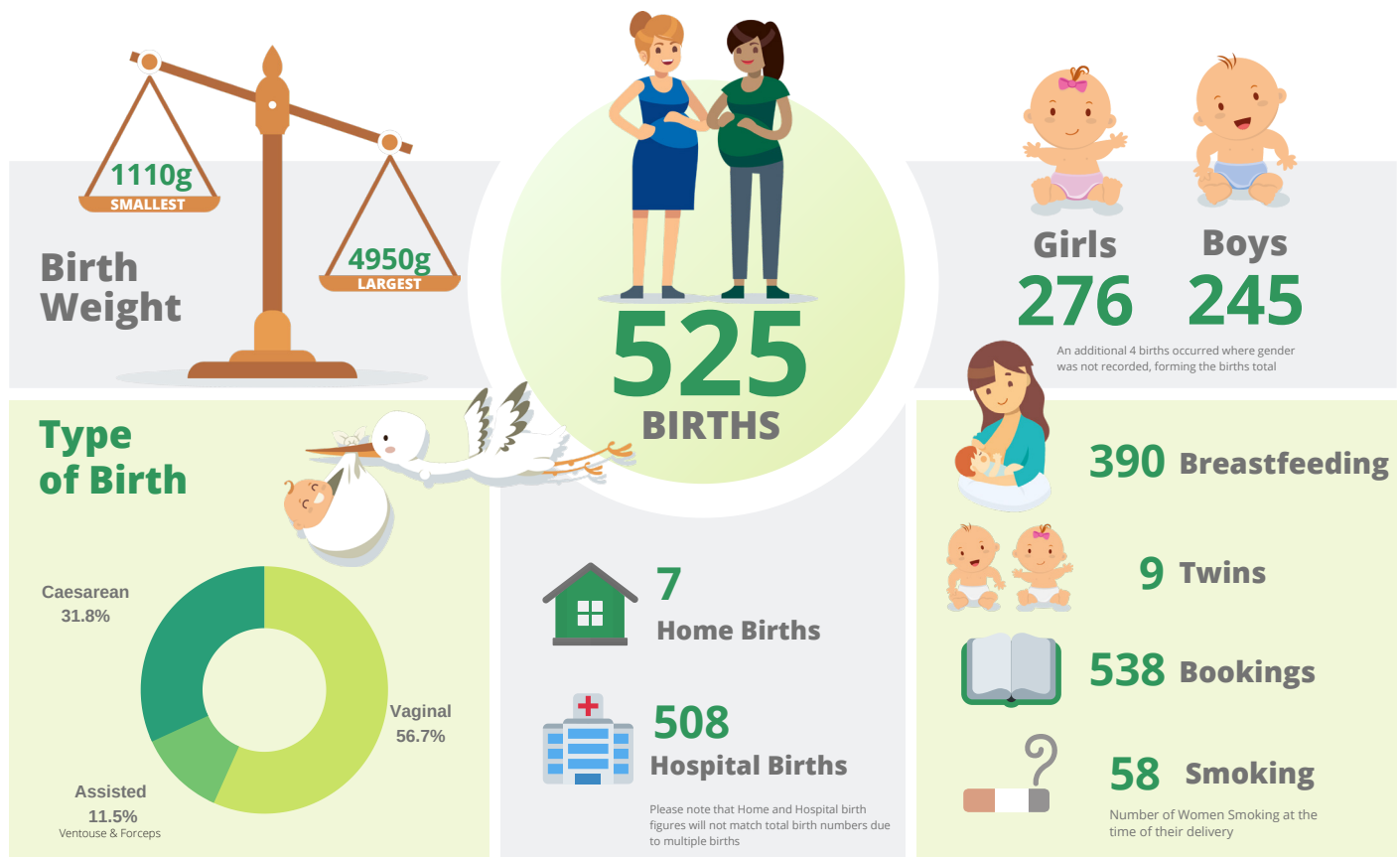
The blanket is accompanied by a leaflet for new mums, giving information and advice on protecting their baby from low blood glucose.

The initiative forms part of Worcestershire Acute Hospitals NHS Trust's work around the MatNeo Collaborative - a three-year programme to support improvement in the quality and safety of maternity and neonatal units across England.



## LATEST DATA

Here's what our maternity and neonatal teams across the two counties have been up to in August (latest available data).



## DID YOU KNOW

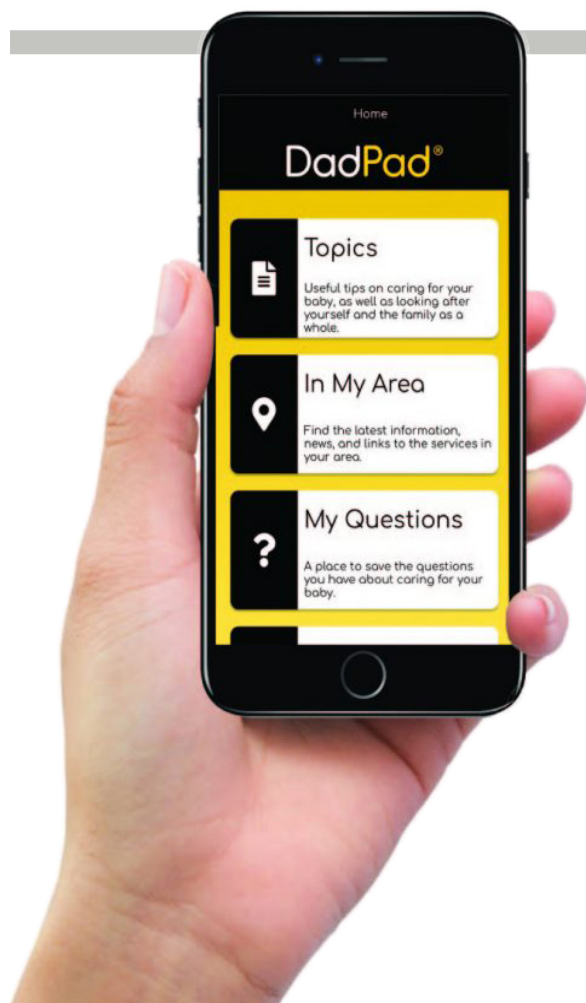
- Over 94% of women booked for maternity care by 12+6 weeks gestation for two consecutive months, exceeding the national standard of 90%.
- There have been 52 home deliveries so far this year (from April), compared with 30 for the same period last year.
- The percentage average of premature births has reduced from 18.3% (19/20) to 9.6% so far this year.
- Wye Valley NHS Trust have achieved 100% referral rate to smoking cessation services for women identified as smokers at their booking appointment

# Free smoking cessation support for all mums-to-be

As part of Stoptober – the Public Health campaign to encourage the nation's smokers to make a quit attempt for the month of October and beyond – mums-to-be and their families across Herefordshire and Worcestershire are being reminded that free help and support is available to help them quit. Simply speak to your midwife who can give you the information and advice you need to quit smoking.

## DID YOU KNOW

if a smoker can quit for 28 days, they are five times more likely to quit for good!



## We're not forgetting Dads!

**Dads across Herefordshire and Worcestershire are being reminded that they can prepare for parenthood, and gain additional support through a free online resource called DadPad.**

DadPad is an online information pack developed by dads for dads; helping fathers prepare for family life and tackles the mental health issues which can affect new parents. The app is available to download from App store or

Google Play store and covers a range of topics, such as; breastfeeding support, awareness of mental health difficulties, the anxiety and frustrations that come with parenthood.

As well as hands-on advice on nappy changing and surviving with no sleep! It aims to provide new fathers with guidance on how to develop the mind-set, confidence and practical skills needed to meet their baby's physical and emotional needs.

Visit: [thedadpad.co.uk/app](https://thedadpad.co.uk/app) to download for FREE.