

BIRTH OF PREGNANCY WELLBEING CLASSES



INTRODUCTION

Traditionally, the multidisciplinary "Early pregnancy" class was a weekly, drop-in-face-to-face class with poor attendance.

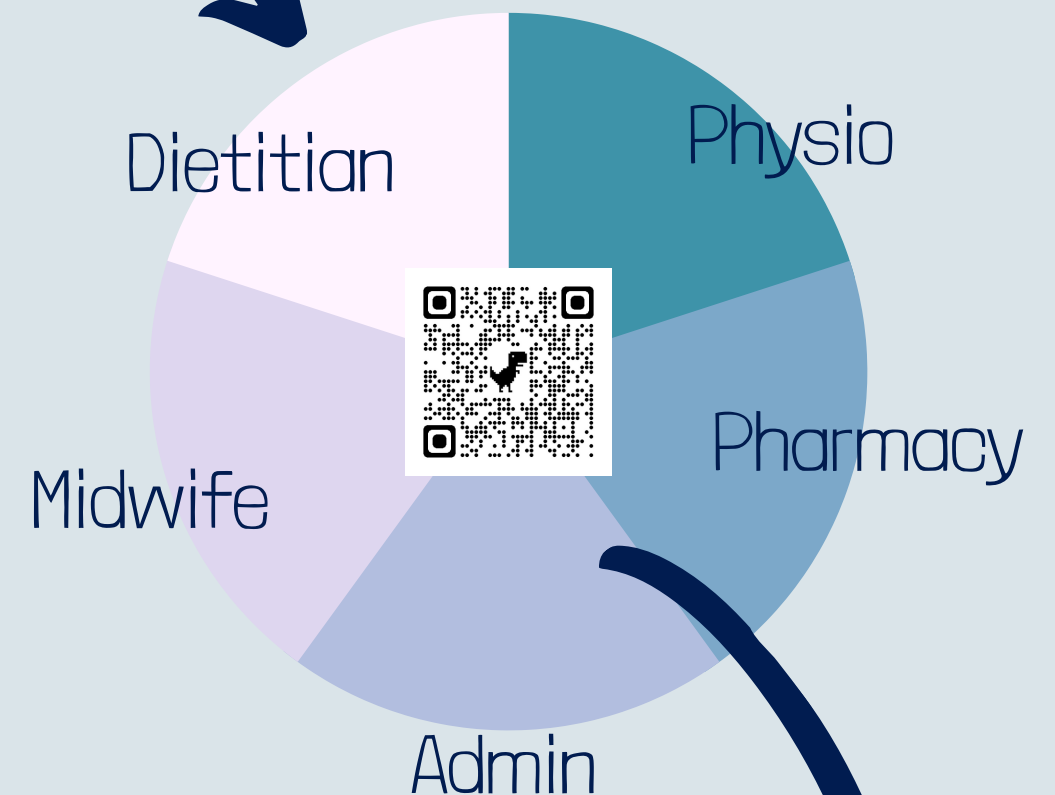
The Covid-19 pandemic allowed a move to a monthly online format, resulting in increased attendance and longer sessions.

Evaluations highlighted that women found it difficult to absorb the class information

AIMS

- Redesign this class to improve learning and flexibility for participants and facilitators
- Promote women's access to other members of the multidisciplinary team
- Expand the multidisciplinary team

Acknowledgment of MDT involved and QR code to website information



FUTURE PLANS

Sustainability plans include re-assessing this revision and attendance rates using a quality improvement PDSA framework and the digital evaluation tool (survey monkey).

Communications have been established with the Social Work Department to assess their availability to further contribute to this set of classes ensuring inclusion for all.

To increase awareness of the full schedule of classes for birthing and parenthood that are available in The National Maternity Hospital.

KEY STEPS

A brainstorming session reviewed the current structure, challenges and opportunities for improvement.

We assessed scope for inclusion of a wider multidisciplinary team and planned the implementation strategy.

Clear communication lines were established to help with a six-week quality improvement agenda in this radical redesign and re-brand.

The administrative team ensured correct information and class links were included in patient bookings.

Posters were designed to ensure effective communication through in-hospital display, social media channels and virtual class communication.

These changes were disseminated throughout the hospital and clinics.

The Rolfe et al (2001) reflective model assisted the team to further analyse, revise and improve.

OUTCOME

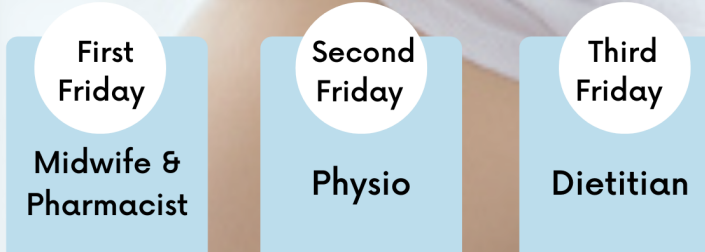
A set of three separate pregnancy classes was designed to run consecutively over three weeks: midwife and pharmacist (week 1), the physiotherapist (week 2) and the dietitian (week 3).

The new name "Wellbeing in Pregnancy" now reflects wellbeing in pregnancy and beyond.

Continuing this theme, the perinatal mental health team have launched "Healthy Minds in Pregnancy and Beyond" to complement the portfolio of classes available.

A monthly set of online classes focused on looking after your health in pregnancy

Pregnancy Well-being Classes



Friday 9 - 10.30 am

INFORMATION FOR YOUR FIRST AND SECOND TRIMESTER

IF YOU WOULD LIKE TO ATTEND ANY / ALL OF THIS COURSE OF CLASSES, PLEASE CONTACT CLASSES@NMH.IE

USE THE SAME LINK FOR ALL THREE CLASSES IN THE COURSE

Advertising Poster

References

- Rolfe, G., Freshwater, D. and Jasper M. (2001) *Critical Reflection for Nursing and the Helping Professions: A User's Guide*. London: Palgrave Macmillan.
- Taylor, M.J. et al. (2014) 'Systematic review of the application of the plan-do-study-act method to improve quality in healthcare', *BMJ Quality & Safety*, 23(4), pp.290-298.