Great Expectations Antenatal Education Programme

Leeshia Walton
Specialist Health Improvement Practitioner
&
Jan Potter
Deputy head of Health Improvement

Plymouth Hospitals NHS
NHS Trust

Facts Plymouth

Oldest Gin Distillery 1793

Smeatons Tower
1882
93 Steps

Population
256,000

City of Plymouth

Breastfeeding Initiation = 71.5% (Eng = 73.9%) ↓

↑ Children in poverty under 16 = 20.9% (Eng = 19.2%)

Smoking at time of delivery = 11.3% (Eng = 12.0%) ↑

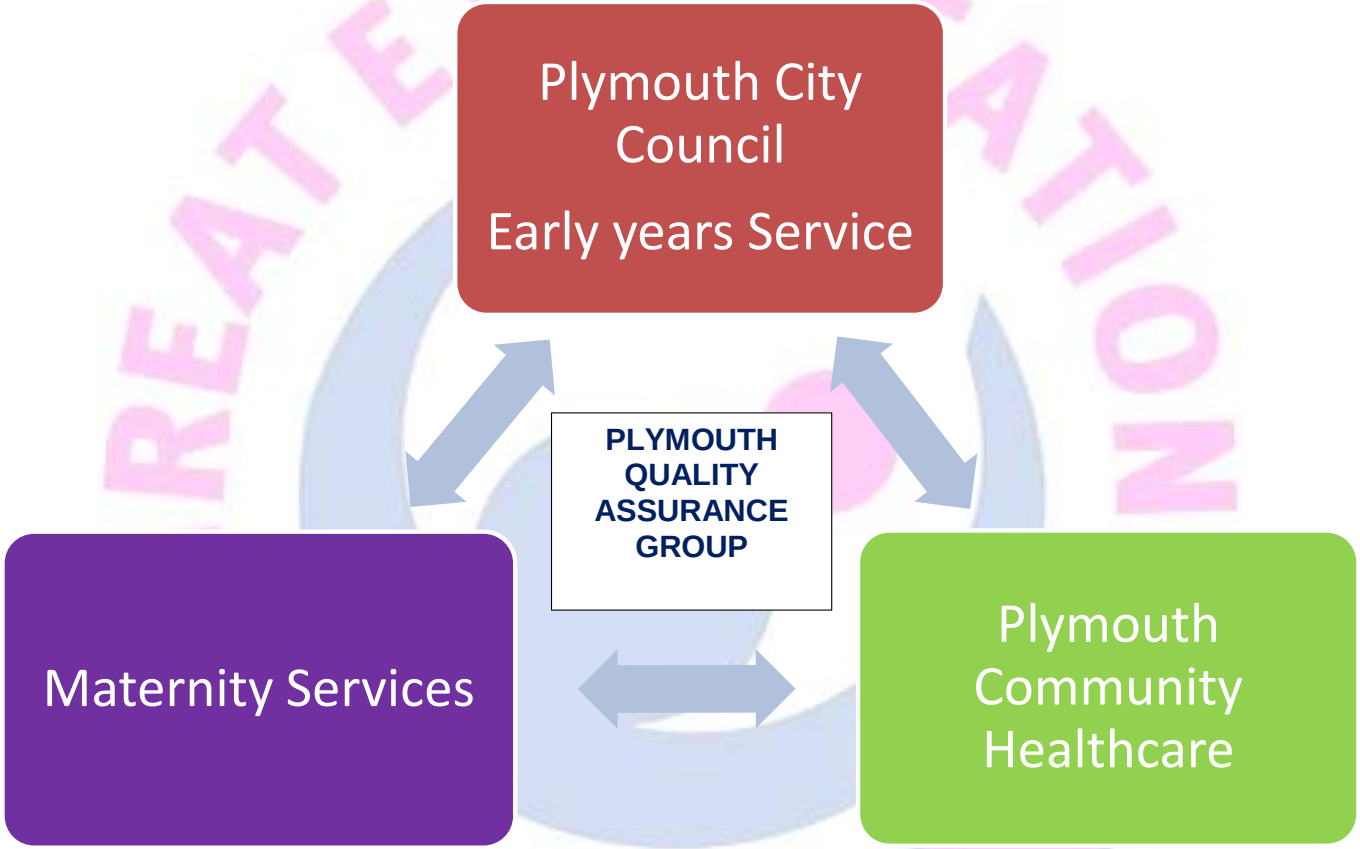
Public Health/Plymouth City Council 2014/15

↑ Under 18yr conception = 28.9% (Eng = 24.3%)

Happy Mum = Healthy Bump

- Reduces anxiety levels during pregnancy
- Reduces cortisol levels (brain development)
- Positive outcomes for bonding and attunement

Harvard University 2007



Working in Partnership

Our Aim:

Inclusive approach to antenatal education in order to improve relationships, aspirations and outcomes for children and families

Evidence:

Healthy child programme 2009
NICE PH guidance - 40/11
NICE clinical guidance - 62/55/37
NICE quality standard – 22
UNICEF BFI standards
Prep for birth and beyond DoH
Framework for EY foundation

01752 434177
livewell@nhs.net

livewell Plymouth Community HEALTHCARE

Plymouth Hospitals NHS
NHS Trust

PLYMOUTH CITY COUNCIL

GREAT EXPECTATIONS

Great Expectations is delivered in sixteen Children Centres across the city of Plymouth, they are sub-divided into six cluster areas, which work together to coordinate the service delivery

Early Intervention & Prevention

Session one

Great Start promotes positive lifestyle behaviours for a healthy pregnancy and optimum health and development of the unborn baby and their families.

Session two

Talk to your Bump promotes the benefits of emotional and mental wellbeing in pregnancy. Positive relationships and becoming a parent.

Session three

Preparation for Birth identifies normal birth processes, stages of labour, being a supportive birth partner, coping strategies, analgesia and birth.

Session four

When Nature Needs a Hand address' the process of giving birth , the assistance that may be required for the arrival of the baby and postnatal support

Session five

Welcome to the World identifies the benefits of skin to skin contact with baby to stimulate and encourage development, feeding cues and responsive feeding.

Session six

10 Days and Beyond the Health Visiting Service supports parents making healthy choices for their chidren and families to achieve a safe and healthy lifestyle.

Great Expectations
Six week antenatal education programme

Underpins Key Public Health Outcomes

Interactive Sessions

Male participant figures have doubled over 2014-15

Communicating with your bump

Preparation for birth

- Parent Led
- Labour line
- Normal processes of labour & birth
- Coping mechanisms

When nature needs a hand

- Assisted deliveries
- Caesarean sections
- Multiple pregnancies
- Postnatal care

Welcome to the world

- Bonding & Attachment
- Responsive Feeding
- Feeding cues
- Hand expressing
- Support networks

Measuring outcomes:

Participants use a self evaluation confidence ladder at the beginning and end of every session

Great Expectations = Breastfeeding workshop

We want to make sure that the breastfeeding workshop is enjoyable and gives you all the information you need to make an informed feeding choice.

Please circle the numbers below which best reflects how confident you feel at the **BEGINNING** of this session:

(Optional)Name: **Date:**

The benefits of breastfeeding
4=I feel very confident
3
2
1=I do not feel confident at all

How breast milk is produced
4=I feel very confident
3
2
1=I do not feel confident at all

Correct positioning and attachment of the baby at the breast
4=I feel very confident
3
2
1=I do not feel confident at all

The importance of colostrum (first milk)
4=I feel very confident
3
2
1=I do not feel confident at all

Skin to skin contact with your baby
4=I feel very confident
3
2
1=I do not feel confident at all

What support and information is available for breastfeeding mum's
4=I feel very confident
3
2
1=I do not feel confident at all

How to hand express breastmilk
4=I feel very confident
3
2
1=I do not feel confident at all

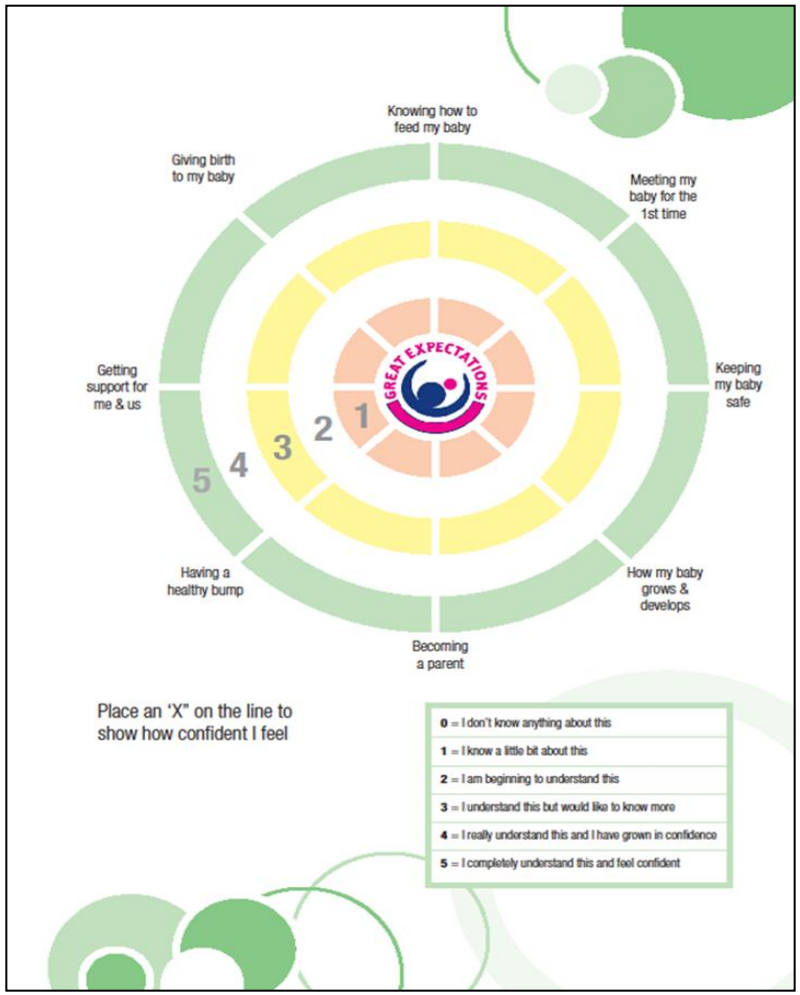
How to recognise when baby wants feeding (feeding cues)
4=I feel very confident
3
2
1=I do not feel confident at all

How to recognise that baby is receiving enough breastmilk?
4=I feel very confident
3
2
1=I do not feel confident at all

How long is breastmilk, the only food a baby needs before you begin weaning?
4=I feel very confident
3
2
1=I do not feel confident at all

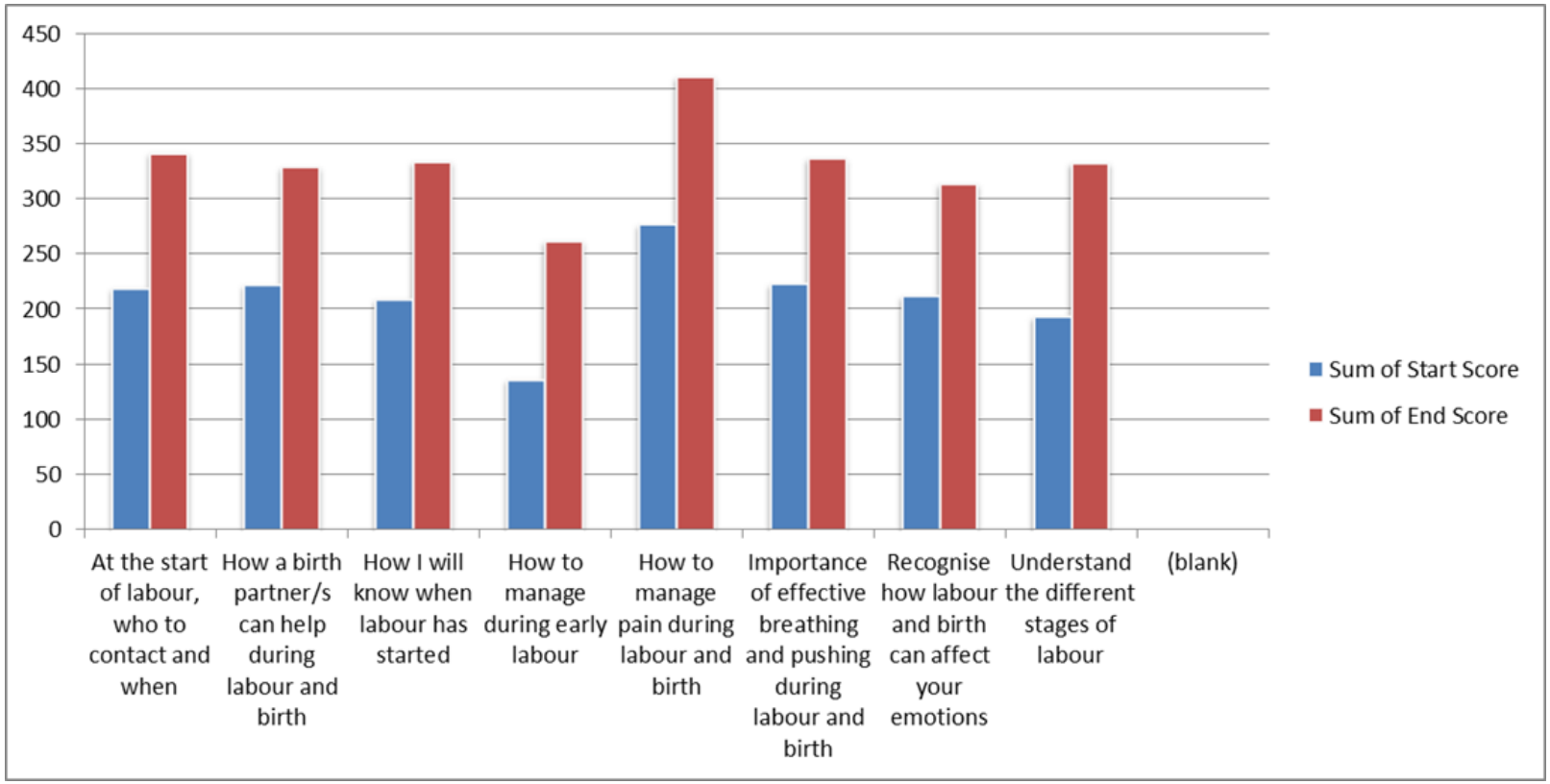
Name of Children's centre: **Comments:**

Participants use an over all distance travelled tool at the beginning and end of the entire programme



Measuring impact:

Evaluation of Session 3
Preparation for birth
01/7/14 31/12/14)



Welcome to the world session plan audit tool

Venue:	
Designation of facilitator:	
Date of last mandatory BF training:	
Number of attendees present:	
Resources available:	◯ YES ◯ NO
Date and time:	

Was the venue suitable for the session delivery?	Comments:
Did the facilitator make good use of the lesson plan and resources?	Comments:
Did the facilitator explain the purpose of the session?	Comments:
Did a local peer supporter attend?	Comments:
Please indicate whether these topics / resources were covered	**Comment as required**
Distributed "Q" cards	◯ YES ◯ NO
How mother responds to her new born baby	◯ YES ◯ NO
Health benefits of breastfeeding	◯ YES ◯ NO
Theory of positioning and attachment	◯ YES ◯ NO
Practical positioning and attachment	◯ YES ◯ NO
Benefits of prolonged skin to skin contact	◯ YES ◯ NO
How breastfeeding works:	
Hormonal responses	◯ YES ◯ NO
Demand feeding	◯ YES ◯ NO
Changes in breastmilk composition	◯ YES ◯ NO
Stomach capacity	◯ YES ◯ NO
Feeding cues and responsive feeding	◯ YES ◯ NO
Reasons to hand express breastmilk	◯ YES ◯ NO
Technique for hand expression	◯ YES ◯ NO
How to recognise baby is receiving enough breastmilk	◯ YES ◯ NO
Local and National sources of support	◯ YES ◯ NO
Distribution of bra vouchers	◯ YES ◯ NO
"Q" cards revisited	◯ YES ◯ NO
Was an evaluation completed	◯ YES ◯ NO
Any other observations/comments	
Signed by assessor	

Quality assurance:

Every session plan has an individual audit tool, which is used as part of an annual audit cycle and peer review

RESEARCH WITH PLYMOUTH UNIVERSITY

Recognition to date:

Safe, Well and at Home

NICE Accreditation

NICE Shared Learning Awards 2014

Plymouth Hospitals NHS Trust

Plymouth Community HEALTHCARE

'Great Expectations' antenatal education programme promotes healthy lifestyle choices

An evidence-based antenatal education programme in Plymouth is supporting pregnant women to make healthy lifestyle choices in pregnancy, and to provide the best start for their new babies.

Delivered at Children's Centres across the city, the 'Great Expectations' programme covers pregnancy, birth and beyond – including the birth partner's role and getting breastfeeding off to a good start.

"The sessions were relaxed and fun. We got on really well and we all kept in contact even after the course had finished."

A mum-to-be who attended the course at Plymbridge Children's Centre.

Standardising the quality of antenatal education provision across Plymouth

The city of Plymouth faces a number of public health challenges, with life expectancy lower than average for England, 10,400 children living

Supporting mums to make healthy choices

The 'Great Expectations' programme is now delivered at all Children's Centres across Plymouth. It is free to attend and women can sign up by filling in a postcard at their antenatal midwife appointment, in Children's Centres, the scanning department of the local maternity unit or online.

Evaluating the impact of the programme

Throughout the six week course, each session is evaluated at the beginning and end using a 'confidence ladder' technique to see how participants' knowledge and understanding of key issues has increased during the session.

Since 2009 over 5033 participants from Plymouth

HSJ Awards

British Journal Midwifery

livewell Plymouth Community HEALTHCARE

Plymouth Hospitals NHS Trust

PLYMOUTH CITY COUNCIL

GREAT EXPECTATIONS

livewell

Support & advice for a healthier life

Useful Information

Livewell on Facebook

www.facebook.com/LivewellPlymouth

Livewell on Twitter

www.twitter.com/LivewellPlym

01752 434177

livewell@nhs.net

www.livewellplymouth.co.uk