Doncaster and Bassetlaw Hospitals NHS
NHS Foundation Trust

The 'Monday Clinic'

2009 Nursing Times award winning service to support the management of maternal obesity

start 4 life
A good start for a healthier life

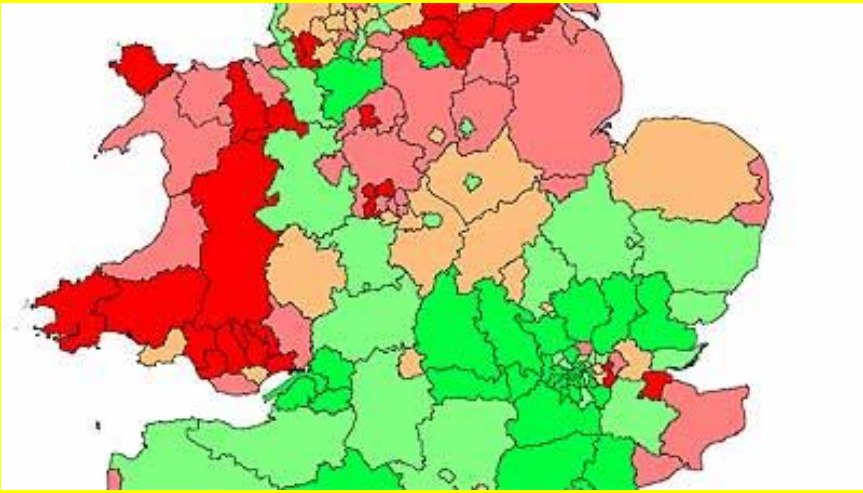
Wednesday 17th November, 2010

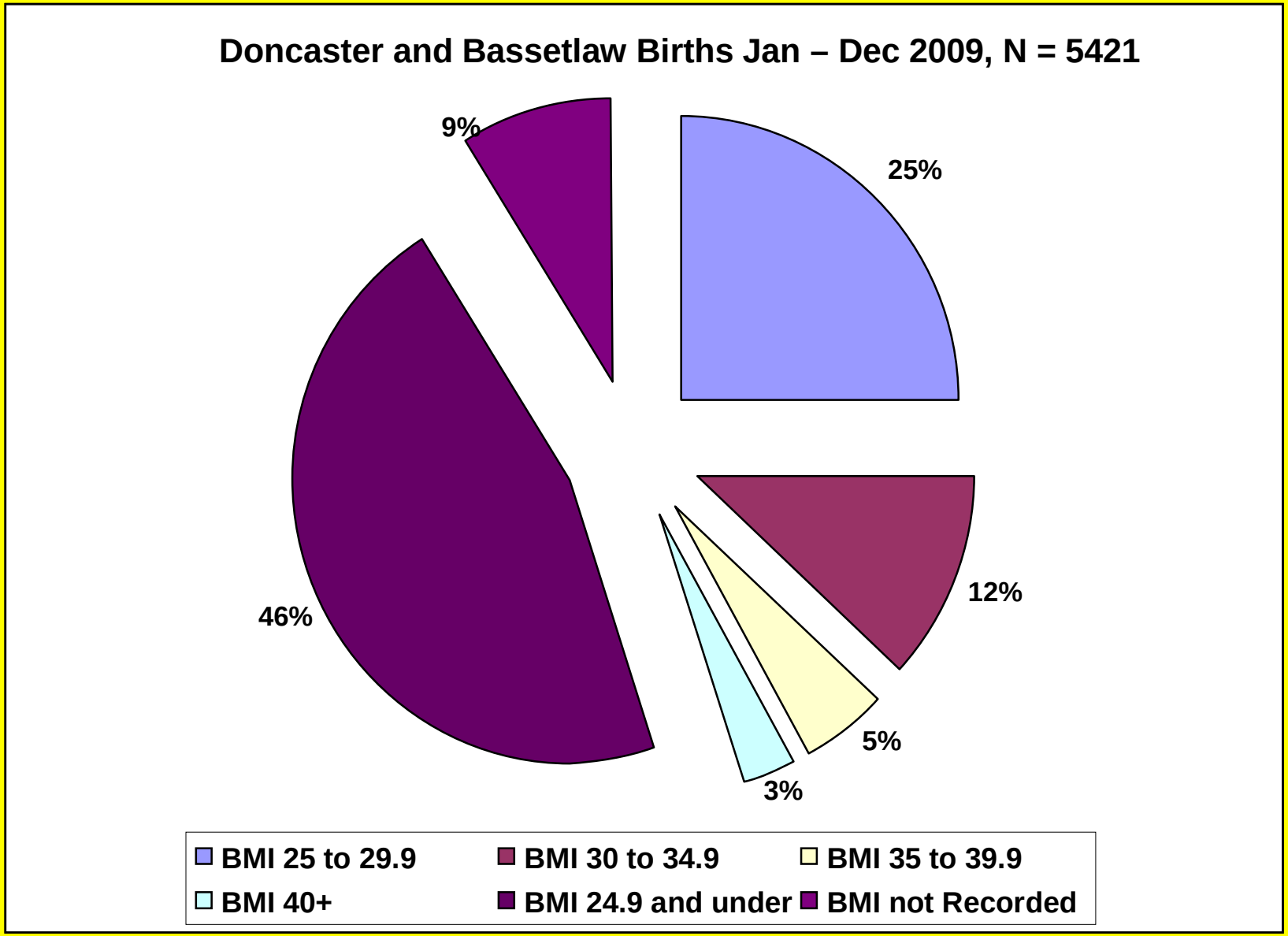
Carolyn West
Alison Williams

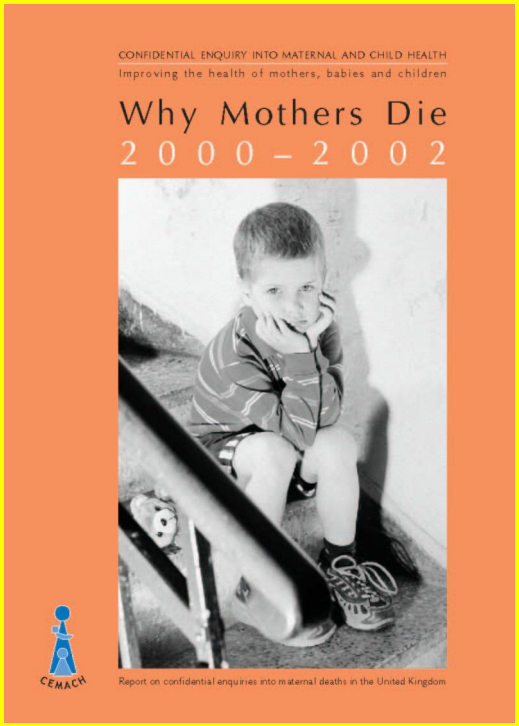
The health of people in Doncaster is generally worse than the England average

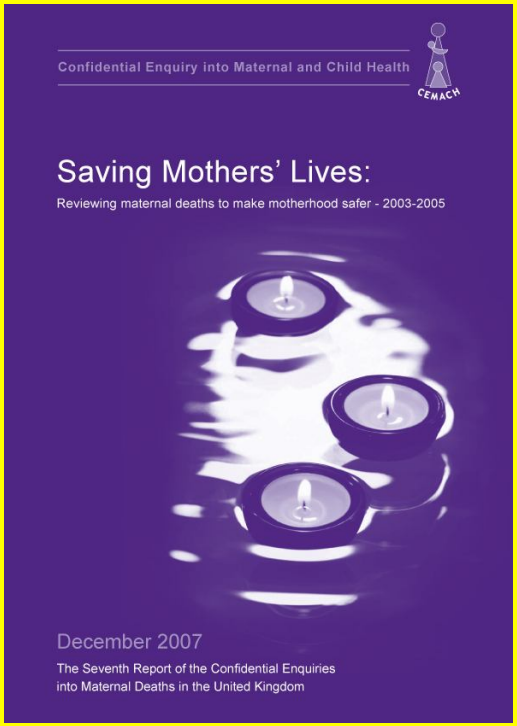
Life expectancy, infant deaths, deaths from smoking and people diagnosed with diabetes, are all worse than the England average

(The Association of Public Health Observatories, 2009)

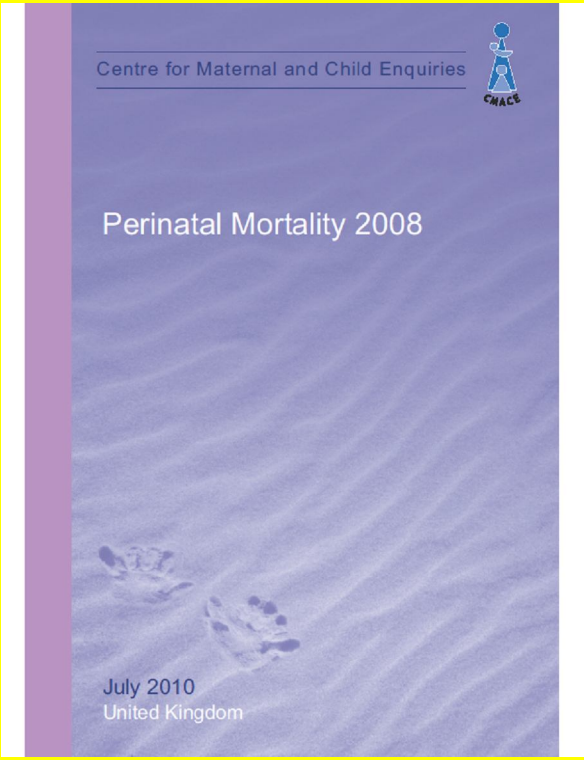



Doncaster and Bassetlaw Births Jan – Dec 2009, N = 5421
9%
25%
12%
5%
3%
46%
BMI 25 to 29.9
BMI 30 to 34.9
BMI 35 to 39.9
BMI 40+
BMI 24.9 and under
BMI not Recorded





In 2002, 35% of all the women who died were overweight or obese, and by 2007, this had risen to 52%



In 2008, 24% of mothers who had stillbirths and 23% of mothers whose babies went on to die in the neonatal period had a BMI of 30 or more (obese)

“Currently there are no data available for the general maternity population but for England, 24.9% of all women are obese in 2008”

Challenges and barriers…

- Funding and cost implications
- Not all colleagues were supportive of our initiative
- Common myths – ‘eating for two’ and reluctance to exercise
- Lack of awareness of potential problems obesity poses for pregnant women and their babies

We piloted a range of events called

‘Health4you2’ over an 8 week period

The ‘Monday Clinic’ concept emerged from our experiences, and both colleague and user feedback.

We actively engaged with the DoH’s change4life campaign

- Clinic is midwifery-led and focuses on the element of support

- 'Healthy Lifestyle Midwife' raises awareness of the associated risks for mother and baby during a 'one-off' appointment at 14 weeks, over and above the routine antenatal care pathway

- Immediate dietetic support available

- Risk assessment undertaken and referrals as appropriate (i.e. anaesthetist/ moving and handling team)

- Implications on clinical care discussed (i.e. FH monitoring difficulties – increased risk of LSCS)

- Care planning initiated and clearly documented

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We have linked with local partners and have negotiated to enable referrals into existing services

Doncaster
Metropolitan Borough Council

"it is evident that among obese women, those who do not gain more than 7kg during pregnancy have fewer complications"
(Cedergen, 2006)

At the end of year one, we achieved an 81% attendance rate, with 20% of women choosing to come back for ongoing support

To date, average weight gain of attendees to clinic is 7.65kg and 73% of attendees did not develop any new conditions in pregnancy.

We believe our success lies in embedding the service into the antenatal care pathway

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“ The service has been fantastic – wish you’d been around when I had my first baby!” Jenna

“The whole family has joined in with healthier eating!” Julie

“The idea of a gym was really daunting, but the staff were very friendly and put me at ease” Gemma

Any questions?