



Pregnancy

Holly Green

Healthier Together

Improving the health of children and young people
in Dorset, Hampshire and the Isle of Wight

www.what0-18.nhs.uk/pregnant-women

Please access the website above

Using the app in practice- Booking scenario

You book a lady in clinic. G4 P3 BMI 38, smoker, previous anxiety, unsupported during her pregnancy. She is feeling faint during her appointment.

- As part of the booking appointment what information do you need to give the mother?
- What support is available to her?
- Clinical
 - What are the reasons for feeling faint?
 - Where would you find safety netting material?
 - Does she need to be seen reviewed based on this? Where? When?
 - Where would you find information on WHT about improving diet?
- How can you deliver this information without overloading her?

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Maternity Workshop- Abdo pain

- You see a lady in antenatal clinic, she is G1 30weeks. She explains she has been experiencing some abdominal pain.
 - What questions should you ask the mother?
 - What are the possible causes of abdo pain?
 - What red flags should you look out for (history and examinations)?
 - Where would you find safety netting material?
 - Does she need to be seen? Where?
 - What resources can you share with her?

Wessex Healthier Together

A stylized, light-colored silhouette of a family in the background. It includes a pregnant woman, a young girl, a boy, an adult man, and a small child with a cane.

- Paediatric
- Neonatal
- Pregnancy

- Health promotion
- Signposting
- Safety netting

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Safety Netting

- Access care appropriately
- Access the correct professional
- Increase parent confidence
- Promotes consistency
- Ensures a deteriorating patient is brought back
- Different languages
- SMS share

Bronchiolitis Advice Sheet

(a cause of persistent cough, mild fever and feeding difficulties in infants)
Advice for parents and carers of children younger than 1 year old



How is your child? (traffic light advice)

<p>RED</p>	<p>If your child has any one of these below:</p> <ul style="list-style-type: none"> ■ Has blue lips ■ or is unresponsive or very irritable ■ or is struggling to breathe ■ or has pauses in breathing ■ or has an irregular breathing pattern 	<p>You need urgent help please phone 999 or go to the nearest Hospital Emergency (A&E) Department.</p>
<p>AMBER</p>	<p>If your child has any one of these below:</p> <ul style="list-style-type: none"> ■ decreased feeding (less than 2/3 of normal feeds) ■ or is passing less urine than normal ■ or is vomiting ■ or temperature is above 38°C ■ or is finding it difficult to breathe ■ or if your child's health gets worse or you are worried 	<p>You need to contact a doctor or nurse today Please ring your GP surgery or call NHS 111 - dial 111</p>
<p>GREEN</p>	<p>If none of the features in the red or amber boxes above are present.</p>	<p>Self Care Using the advice overleaf you can look after your child at home</p>

First Draft Version: May 2011 Date of this Refreshed Version: Jan 2015 (from Nov 2013) Review Date: Jan 2017

Some useful phone numbers (You may want to add some numbers on here too)



GP Surgery
(make a note of number here)

NHS 111
dial 111

(available 24 hrs - 7 days a week)

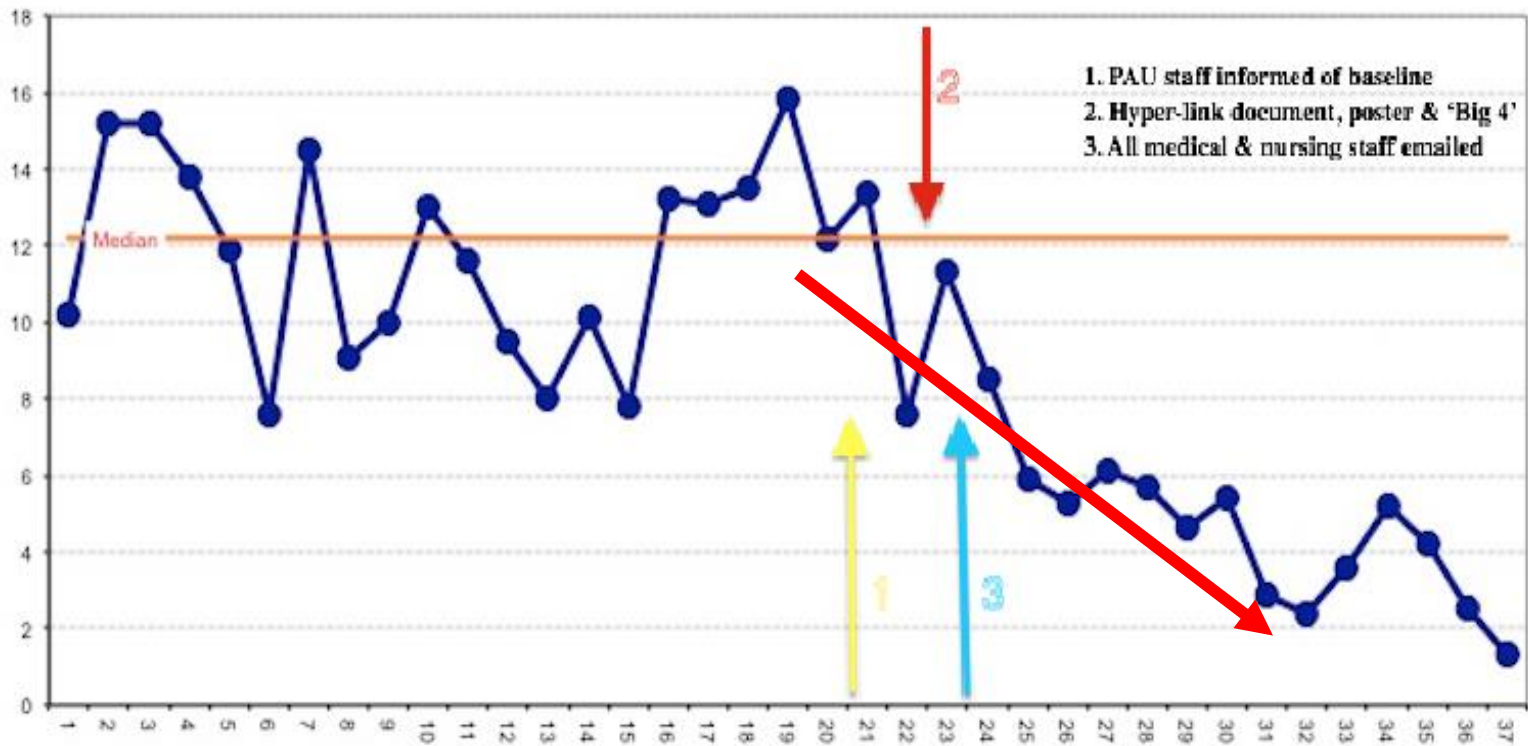
School Nurse /
Health Visiting Team
(make a note of number here)

For online advice: [NHS Choices www.nhs.uk](http://www.nhs.uk) (available 24 hrs - 7 days a week)

Family Information Service: All areas have an online service providing useful information for Families set up by local councils

Impact of safety netting – UHS paediatric assessment unit data 2017

Proportion of Children Seen Via Temporary Open Access on PAU



Data from Dr Seb Gray, Wessex quality improvement fellow, 2016/17

Pregnant women

Worried that you are unwell during pregnancy

Fainting
Think your waters have broken
Reduced baby movements
Tummy ache/ abdominal pain
Vaginal bleeding
Vomiting
Headache
Rash

Get pregnancy ready

<https://www.tommys.org/pregnancy-information/planning-pregnancy/planning-for-pregnancy-tool>

Do you have pre existing health problems?

Diabetes in pregnancy
Asthma and pregnancy
Epilepsy and pregnancy
Congenital heart disease and pregnancy
Mental health issues and pregnancy
Overweight

Protect yourself during pregnancy

vaccinate yourself during pregnancy
Carbon monoxide screening
Group B strep

Staying healthy in pregnancy

Healthy diet and lifestyle Self assessment download and 10 steps info
The importance of exercise
Food hygiene www.nhs.uk/livewell/homehygiene/Pages/foodhygiend.aspx
Weight gain in pregnancy
Alcohol and pregnancy
Smoking and pregnancy
Mental health and pregnancy
Sexual health

Common health problems in pregnancy

<https://www.nhs.uk/conditions/pregnancy-and-baby/common-pregnancy-problems/>

Screening tests

<https://www.gov.uk/government/publications/screening-tests-for-you-and-your-baby-description-in-brief>

Labour and birth

Where to give birth- <https://mybirthplace.org/wessex/>

<https://mymaternity.org.uk/>

Pain relief during labour [www. Labourpains.com](http://www.Labourpains.com)

What to pack – <https://www.nhs.uk/conditions/pregnancy-and-baby/pack-your-bag-for-birth/>

Signs of labour- <https://www.nhs.uk/conditions/pregnancy-and-baby/labour-signs-what-happens/>

Previous birth experience

Vaginal birth after caesarean

Support for a previous birth experience

Infant feeding

Colostrum harvesting

Start for life <https://www.nhs.uk/start4life/baby/> within 'support and information' section

What to expect after you have had your baby

Post natal care and HV service

Post natal blues and mental health

Pelvic floor exercises and bladder function

Sexual intercourse and contraception

Coping with lack of sleep

Changing relationships

Support available for you

Count the kicks <https://www.kickscount.org.uk/>

Start 4 life <https://www.nhs.uk/start4life/pregnancy>

Healthy start – free food vouchers <https://www.healthystart.nhs.uk/>

Baby buddy to guide you through pregnancy <https://www.bestbeginnings.org.uk/baby-buddy>

Meeting other parents and advice from other mothers (<https://letsrush.com/>)

Domestic violence support

Mental health support

Domestic violence

In Practice



- Encouraged to download by early contact triage midwife
 - Includes screening info and health promotion
- Shown by community midwives
- Different languages
- SMS share function by MDAU staff
- Resource for GPs, newly qualified midwives
- Health promotion boards waiting rooms, TVs
- Postnatal co-ordinators, midwives maternity support workers
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Pregnant Women



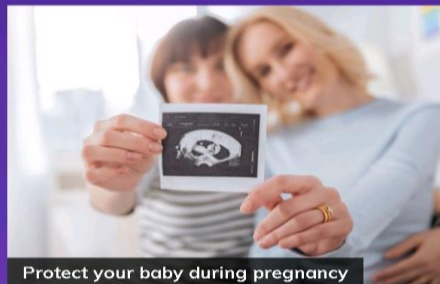
Worried that you are unwell during pregnancy



Get pregnancy ready



Do you have pre existing health problems?



Protect your baby during pregnancy



Staying healthy in pregnancy



Maternal mental health



Screening tests



Labour and birth



Infant feeding in the first 6 months



Coping with loss



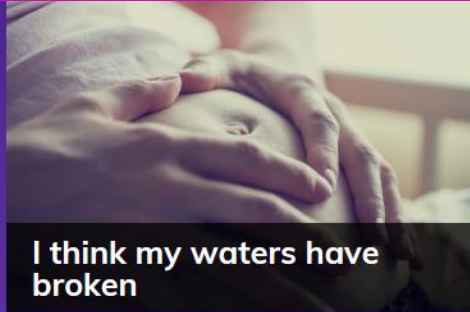
Support available for you

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Worried that you are unwell during pregnancy



Fainting



I think my waters have broken



Reduced baby movements after the 24th week of pregnancy



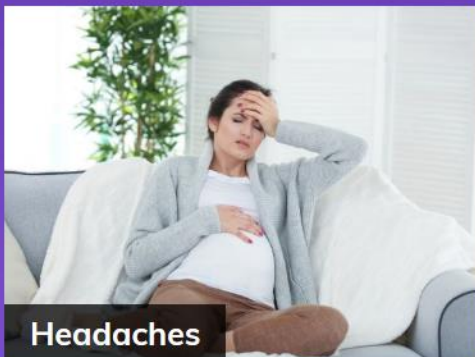
Tummy ache/abdominal pain



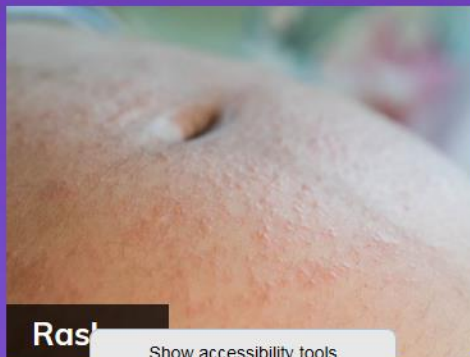
Bleeding in pregnancy



Diarrhoea and vomiting



Headaches





Rash

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Parents/Carers Health for Young People Professionals Pregnant Women

Resources Feedback

Promotional Material

Safety Netting Advice Sheets

Information on local healthcare services
(using filter)

Glossary of Terms and Abbreviations

Useful Videos

Workshop Resources

Urgent Care Resources

Mental Health Resources

 Pregnant Women | I think my waters have bro...

I think my waters have broken

Sometimes it is unclear whether your waters have broken or not. Water can come as "gush" or a slow trickle and so it is best to wear a sanitary pad to monitor your loss.

What else could it be?

- Women often get an increased vaginal discharge near their due date called "leucorrhoea". This can collect in the vagina whilst sat down or asleep and you may notice it once you have stood up.
- Sometimes your baby's head can be putting pressure on your bladder, and the loss you're experiencing can be a bit of urine leaking.
- If you notice a vaginal discharge following a bath, it is often a collection of bath water rather than your baby's waters.

If unsure put a maternity sanitary pad on to monitor it.

Show accessibility tools





RED

call your maternity unit immediately if:

- The colour of your baby's water is green or brown. This can be a sign your baby has had a poo inside you and needs to be monitored to ensure it is not in distress.
- There is blood in your baby's waters.
- Reduced or absent baby movements
- Your vaginal loss is smelly.
- If you are less than 37 weeks pregnant

You need to contact your maternity unit immediately.



AMBER

phone your maternity unit within 2 hours if:

- You feel your waters have broken.
- If your pad is wet/ damp/ heavy after 4 hours. This may need to be confirmed for you at your maternity hospital or birth centre.

You need to contact your maternity unit within 2 hours



GREEN

self-care at home:

If you are unsure if your waters have broken wear a maternity sanitary pad.

- If your pad is dry and you have no further vaginal loss after 4 hours it is very unlikely your waters have broken. Please continue to monitor.

Self care

Contact your maternity unit if you are still concerned



An introduction to the maternal mental health pages



Antenatal & postnatal depression



Anxiety in the perinatal period



Bereavement



Bipolar disorder



Birth trauma



Complex post-traumatic stress disorder (C-PTSD)



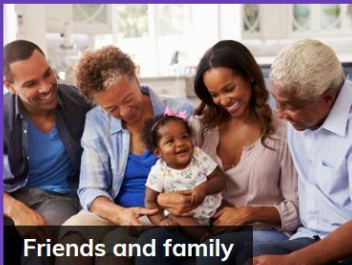
Dads & partners



Drugs and alcohol in pregnancy



Eating disorders in pregnancy



Friends and family



Maternal obsessive compulsive disorder (OCD)



Postpartum psychosis



Staying healthy in body and mind

Maternal mental health



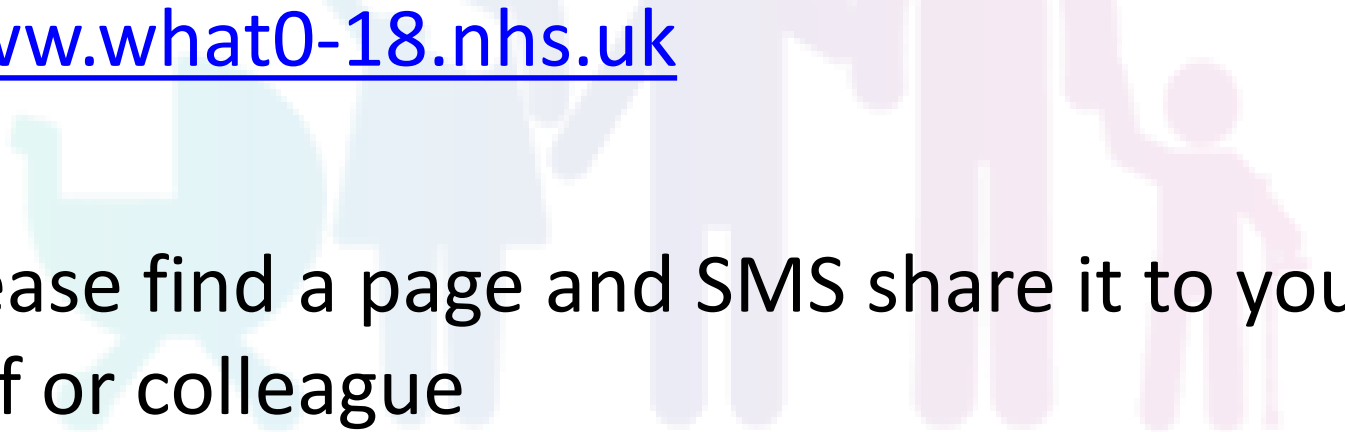
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and young people

the Isle of Wight

The development process

- Drafted in UHS
- Lead midwives, consultant obstetrician and specialists
- Safety netting- reviewed at Wessex Antenatal care Pathways clinical network
- GP forum
- Heads of service
- Patient group
- Labour line
- UHS consultation group
- Governance

- 
- A stylized silhouette of a family in the background. It includes a light blue figure of a person pushing a stroller, a light blue figure of a woman, a light purple figure of a child wearing headphones, a light purple figure of a man, and a small light purple figure of a child. The figures are simple and rounded.
- www.what0-18.nhs.uk
 - Please find a page and SMS share it to your self or colleague
 - Holly.green@uhs.nhs.uk

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