Great expectations
Leeshia Walton, Specialist Health Improvement Practitioner (Antenatal & Postnatal) & Great Expectations Project Manager, Plymouth Community Healthcare, Livewell Team

Great Expectations is an antenatal education programme preparing pregnant women and their supporters in the antenatal period and preparing them for the postnatal period. The topics we highlight in the programme are infant feeding and postnatal care. The programme is researched based and we are currently working in partnership with Plymouth University, they are undertaking a 3 year longitudinal study on key aspects of the programme.

See NICE shared learning pathway poster, that shows a little more of what the programme is about and how this may fit in to your event.

All Wales student midwives conference
Maryanne Bray, Secretary of Cardiff Midwifery Society Workplace: Cardiff University

Student midwives have in recent times become a driving force in the world of midwifery utilising evidence based practice and promoting normality. In this same time period student midwives are becoming increasingly connected via social media and there has been a huge emergence of midwifery societies to try and consolidate learning with additional events. Student midwives need to take charge of their own learning and collaborating with the four university societies in Wales felt like the best way forward to bring midwifery to the forefront. This first ever conference is entitled Gaining Knowledge, Sharing Ideas...WE ARE THE FUTURE and will bring together eminent midwifery educators and professors to impart their knowledge and expertise. This will also encompass workshops to enable students to participate in their own learning regarding prominent midwifery themes including the Code, supervision, stillbirth and antenatal screening. The afternoon is wholly dedicated to the students who are the future face of midwifery which each university having a representative from each cohort presenting about their experiences along their midwifery journey allowing students to reflect on their own educational journey and where midwifery is finally going to take them.

This event is due to take place in May with all four societies collaborating, promoting and being involved in the day. We have had increasing amount of interest from prospective students and qualified midwives which can only benefit this conference.

This will become an annual event gaining strength and momentum in the midwifery calendar for all students. Each university will be holding the event year upon year and the hope is to provide student midwives of Wales the opportunity to flourish gaining more skills and utilising their fantastic communication abilities to enable them to take home their learning from the day and spread the word!

Healthier midwives for healthier families: designing a solution to support midwives through psychologically traumatic professional events
Sally Pezaro, PhD Researcher, Coventry University

Rationale: The mental health and wellbeing of midwives has a direct correlation with the quality of maternity care (Royal College of Physicians, 2015, Powell et al, 2014). Midwives can endure traumatic work environments, and therefore may be at an increased risk of developing psychological distress (Hunter, 2014). It is unclear who may be responsible for the wellbeing of midwives, however, there is currently a paucity of support available for midwives in distress (Strobl et al, 2014).

Aims: The aim of this PhD research project is to design and develop an online intervention intended to support midwives in psychological distress.

Design: The primary presenter and researchers from the Centre of Technology Enabled Health Research, advised by Clare Gerada, are planning to embark upon a Delphi Study in order to explore the online support needs of midwives in psychological distress.
Results: This study is currently in process. It is financially supported via a PhD studentship, awarded to the principle author by Coventry University.

The results of this study will direct the development of an online intervention designed to support midwives in psychological distress. This intervention will then be readied for pilot testing and evaluation. The vision for this research is to effectively support midwives in psychological distress online, so that they may in turn, provide optimal care for women and their families.

Evaluation: The results of this research project will be disseminated via a variety of academic journals, blogs and social media channels aimed to reach the midwifery community in order to gather a real world impact. This research project hypothesises that an evidence based online intervention could be one solution to support midwives in psychological distress.

The Facebook page “Normal birth for lone nuts”
Natalie Corden, S13 Midwifery cohort

The Facebook page “Normal Birth for Lone Nuts”, was founded by two second year Student Midwives. The name of the page was inspired after our attendance at a promoting normality in midwifery conference. The you tube “leadership” clip was shown, and featured a lone nut gathering followers to start a movement. We were enthused to create a platform to share our positivity to create a movement. We found there were pages aimed at Student Midwives, Midwives and women but no page that was inclusive of all. At the outset it aimed to be a platform to promote positivity and reduce fear around normal, physiological birth for all women.

We share research, perspectives from the wider midwifery community, art meme and photos that inspire to empower women. The aim being to open discussion and increase belief whilst reducing fear of normal, physiological birth.

We were approached by NHSIQ who were developing the NHS change day 2015. They enquired as to the story of the page, as an innovative project to promote positivity. We were featured as story 29 on the NHS change day website. At that juncture we had 400 likes to the page and it gained attention from the RCM, notably from the CEO Cathy Warwick. We recognised the page had much potential to blossom, so we engaged with an artist to create a logo. This logo encapsulated our ethos of positivity with an acorn that is synonymous with growth.

In March, the RCM magazine featured a tweet from Cathy Warwick CEO encouraging the support of the page. Sheena Byrom published a piece in MIDIRS (March Issue) acknowledging the need for social media to engage with all women. In which, she mentioned the page, and how it is growing.

We continue to post on our page which has developed to 800 likes. We receive good feedback from women, this is shown by their comments and likes on posts. Student Midwives and Midwives are liking the page through connections to Twitter and Midwifery Societies.

Our ongoing ethos is “It will never rain roses, when we want more roses, we must plant roses” by George Eliot.

Student midwives experiences and confidence surrounding postnatal assessment: What’s happening and how can it be improved? – A case study research project
Dr Val Larkin, Senior Lecturer, Gill Smith and Julie Tennant, Northumbria University

Concerns have been expressed in national surveys and forums about the opportunity for student midwives to develop their postnatal skills (RCM 2010; RCM Leaders in Midwifery Forum 2014a; RCM 2014b). The RCM (2011 p.2) survey of student midwives highlighted a “low point” of midwifery pre-registration programmes as a “lack of postnatal experience.” These issues reflect concerns expressed by local midwives who fear limited experience could influence skill development and subsequently impact upon future midwifery practice (Larkin 2012; 2014).

The proposed presentation will share the research to date which is exploring and identifying opportunities to enhance student midwives’ experiences in the assessment of maternal postnatal
genital tract health within the midwifery preregistration curricula. The project will inform the development of the midwifery curricula. The initiative involves an inclusive, research informed approach to the development of the midwifery curricula, in which the students learning needs and experiences are central.

Aim

To explore and enhance student midwives’ experiences of postnatal genital tract assessment skills within the midwifery preregistration curricula.

A case study research design has been employed (Yin 2014). Methods of data collection and project evaluation include:

- Survey of all final year student midwives.
- Review of documentary evidence including programme and module learning outcomes, placement plans and students’ assessment documentation, to clarify potential opportunities for students’ theoretical and practice exposure.
- Up to 15 in depth semi structured narrative interviews of final year student midwives.
- Student midwife workshop to verify findings and highlight opportunities for enhancement.

Data collection commenced in March 2015, therefore the presentation will focus upon the development of the project, and provisional data analysis, including findings from the survey and tentative themes from the qualitative interviews. The presentation will include the student midwives reflections on their engagement in the project.

References (From research proposal which will form the substance of this presentation / poster)


Royal College of Midwives (RCM) (2014b) Postnatal care planning. [online]. Available at: https://www.rcm.org.uk/content/pressure-points Accessed14.10.14)


Midwifery Societies; empowering student midwives to improve maternity outcomes

Kate Mortimer (University of Bradford Midwifery Society), Student Midwife, University of Bradford

The rise of university based Midwifery Societies in recent years has been a real driver for change and best practice amongst student midwives, creating passionate and motivated individuals beginning their careers in maternity services.

The University of Bradford (UoB) Midwifery Society began their journey in summer 2014, and flourished really quickly - an achievement recognised at the RCM awards 2015. The society work to enhance knowledge, promote excellence and encourage diversity. Contemporary learning events that facilitate idea-sharing; enable brave and passionate discussion; and inspire students and professionals alike.

Bradford is deeply diverse, rich in history, and a key regeneration area. Pivotal studies such as Born in Bradford make this a rewarding place to be a student midwife. Facilitating study days in such an area is not overlooked by the society. Events have included screenings of the Microbirth and Sister documentaries, with key speakers such as Jacque Gerard, Joy Kemp, Amanda Burleigh, Jenny Clarke, Tracey Cooper, Katherine Gutteridge, Sheena Byrom and Soo Downe. This has facilitated discussion and improved learning around current hot topics such as skin to skin, optimal cord clamping, better births, promoting normality, pressure points, compassionate care, and maternity experiences.

Many students find university life challenging, especially studying for a demanding healthcare degree. Engaging with a midwifery society helps bring cohorts and year groups together. It helps students navigate between theory and practice, and have confidence to merge the two. Many students view attending study days as an extra burden to their workload, and this has been a challenge faced by the Midwifery society. However students that have engaged, describe the extra depth added to their learning, and how motivated and inspired they have become as a result.

Midwifery societies are also well placed to raise awareness of charities and initiatives to improve care. Bradford Midwifery Society have worked with MAMA Academy in their campaign for trusts to give women antenatal wallets, with key pregnancy information. This has included meeting with maternity leaders, and fundraising to facilitate a scheme pilot, with the end result being 300 women in Bradford trialing the wallets.

Although there are many challenges for a society and its committee, the value to all involved is immense, and continues to grow.

Delivering Clinical Benefits through SNOMED CT®

Michael Bond, Clinical Information Architect (and Advanced Nurse Practitioner), Health and Social Care Information Centre

SNOMED CT is the standard clinical terminology for the NHS to support recording of clinical information, in a way that supports data management and analysis to support patient care, while enabling data extraction and data exchange. It is specified as the single terminology to be used across the health system in ‘Personalised Health and Care 2020: A Framework for Action’.

The National Information Board endorses the move to a single clinical terminology of SNOMED CT to support direct management of care, and will actively collaborate to ensure that all primary care systems adopt SNOMED CT by the end of December 2016; and the entire health system by April 2020. The Health and Social Care Information Centre (HSCIC) is working with health record providers to support implementation of electronic health records that meet requirements of best practice. This includes anti-natal, birth and post-natal records as well as central repositories that support health visiting and health screening programmes.

But how does this help you, as health professionals?

By using a standardised terminology, not only does this reduce risk and increase the ability to share information appropriately, it also becomes easier to provide professional audit (demonstrate your
competence for validation!), clinical audit (identify and demonstrate service improvement opportunity!) as well as provide data for analysis (research!).

Case studies in other clinical areas (A&E, Intensive Care) have demonstrated that using terminology directly from the record identifies more information that is otherwise found using traditional methods (typically using ICD-10 or OPCS-4). This is also acknowledged by national data set collections, now turning to terminology extraction (reduce the burden on the front line!).

This workshop offers the opportunity for a brief introduction to SNOMED CT; where it is being used in maternity; and what it can offer midwives for professional support, service improvement and research.

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**Early life nutrition**

**Dr Cora Doherty**, Consultant Paediatrician, University Hospital of Wales and author of ‘You are what your mother ate’

**Charlotte Hemmings**, Senior Medical Affairs Manager, Danone Nutricia

We understand that by helping mums and babies to get the right nutrition during their early years, from pregnancy up until pre-school, we can positively influence both short and long-term health outcomes. Early life is an important window of opportunity when the potential health and life change of infant and children can be maximised, and the risk of poor health growth and development can be minimised. We will therefore discuss how previous generations’ diet and nutrition can influence pregnancy outcomes highlighting the impact that ‘you are what your mother ate’.

We will discuss the impact of maternal diet on future generations and that healthcare professionals play a key role in securing better outcomes in early life.

We will be highlighting the gap between health policy and effective implementation of nutrition advice and nutritional supplementation; compliance with guidance is fragmented, often inconsistent and ineffective. We will discuss ‘time to act earlier’ report and that healthcare professionals can play a key role in supporting women to understand the importance of key nutrients during pregnancy.