OPPORTUNITY!!
Transforming midwifery
How do you want to feel?

Happy

Fulfilled

Making a difference
How do you want to feel?

Respected
Loved
Professional
Useful
How do you actually feel?
According to the Royal College of Midwives

- Having worked a 12 hour shift you are often very tired.
  - 62% of midwives said that they delay using the toilet because they don’t have time.

- 50% of midwives strongly agree with the statement:
  - “I am worried about making a mistake at work because I am exhausted.”
17% of midwives (more than 1 in 6) were working at least five hours overtime unpaid every week.

Almost half of midwives said they felt stressed every day or most days.

- 18% of midwives said “I often cry at work because of the pressure I am under”
The average length of service for a newly qualified midwife is two years, and then they leave and do something else.

Many midwives feel bullied in their present post.

Over a third of midwives would not recommend midwifery as a career to others. (Source RCM)
This way of midwifery is all about relationships

Relationships with your clients – yes

But also relationships with your colleagues
GROWING RESILIENCE & CONFIDENCE

Relationships with your friends
Relationships with your family
Relationships with your partner
Firstly – Do more of what you like

Make a list of what you like doing . . .
go out to coffee, meeting friends, going
to the cinema, walking in the country,
swimming, running. Eating, dancing, going
to the pub. Going to church.

Things you like . . .
Not things you should do or ought to do.
ENJOYING LIFE

Make a list of the people you love being with

The family you could see more often

The friends you could spend more time with

The people you enjoy

Then SEE them
Zizz up your life, make it fun.

- Now having made your life much more pleasant and fun make a list of the midwives in your Unit that you like best, whose practice you emulate and ask one of them if they would be your partner.

- Then find another pair of midwives you like and set yourselves up as a team of four.
  - A mix of newly qualified and more experienced midwives is best.
Choose your Obstetrician

- The four of you need to approach the Obstetrician you like best – whose practice you admire to ask him/her to work with you.

- You next need to get your holidays sorted out.
HOLIDAY ROTA

© Ant Parker
Janet & Mary

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What Janet does

- In May she books 4 women who are 8 weeks pregnant (due in January)
- In June she books 4 women due in February & does antenatal checks on her January women
- In July she does no bookings but sees her women antenatally
- In August she books 4 women due in April & does her antenatals
- In September she books 4 women due in May + ANs
- In October she books 4 women due in June + ANs
- In November no bookings – 5 ANs a week
- In December she books 4 women due in August + ANs
In May she doesn’t do anything (January is holiday)
In June she books 4 women who are due in Feb
In July she books 4 women due in March & sees her 4 antenatalas
In August she books 4 women due in April + ANs
In September no bookings 8 AN checks
In October she books 4 women due in June + ANs
In November she books 4 women due in July + ANs
In December she books 4 women due in August + ANs
April start . . .

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ANT PARKER
What happens next January

- The new scheme starts
- You keep your diary and organise yourself
- You have already given your phone number to your clients
- You do antenatal checks, you attend the births of your January women
- You do postnatals on your January women
- You book 4 women due in September (unless your holiday is September)
- YOU ARE A CASELOAD MIDWIFE in charge of your life!
A few extras . . .

- Meet together every week
- Working with people you like
- Exchange ideas. Learn an enormous amount
- Enjoy each others company
- Ask each other for advice
- Support each other
- ENJOY!!

- Support caroline.midwife@gmail.com
FINANCE

Where can we get the money to set these schemes up?

According to the NHSE, transformation funding is going out to each LMS in 2018/2019 to support implementation – for training staff, setting up services that provide continuity and transitioning to them. Hopefully this should be in place by April.

Support and help
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