

Shaping Our Future Wellbeing

Draft model for Maternal Health care

Prevention: by 2025....

- Women within Cardiff and the Vale of Glamorgan will be supported to take opportunities that improve their own reproductive health and to ensure the best possible wellbeing for themselves and their babies.
- We will address the risk factors for low birth weight in the community, including factors such as smoking and substance misuse, to reduce the number of low birth weight babies and reduce inequalities.
- All pregnant women will be aware of, and offered, all relevant vaccinations against serious illness for both themselves and their unborn child/children.
- We will have effective methods of identifying those at risk of pregnancy/birth complications and we will actively manage that risk in partnership with the pregnant woman, working to reduce health inequities.
- There will be clear programmes and policies to improve the reproductive health of women. Young people will be fully supported to improve sexual health and wellbeing and reduce the number of unwanted pregnancies.
- There will be an environment and culture within the UHB and local community that empowers, promotes and supports mothers to breastfeed where this is the best option for the mother.
- There will be improved awareness and identification of maternal mental health conditions, with services in place to support early identification and treatment of affected mothers.

- Partners of pregnant women will be involved in prevention and care discussions wherever possible and appropriate, and in line with the wishes of the woman, to ensure the newborn baby is brought into a supportive and engaged family environment.
- The Health Board will support employees to adopt healthy lifestyles both in and outside of work, encouraging a positive work/life balance.

Planned Care: by 2025...

- A pregnant woman will know how to access and register with midwifery services and will feel empowered to do so.
- A pregnant woman will be considered an active partner in the planning and delivery of her own maternity care. She and her family will be supported in making informed decisions about this care.
- A pregnant woman will have a named midwife to provide support appropriate to her and her family's needs.
- Care for a pregnant woman will be safe, effective and evidence based, aimed at supporting natural birth and limiting unnecessary intervention.
- A pregnant woman will receive care which is family centred, responsive to her needs, and predominantly delivered in the community.
- A pregnant woman who has a pre-existing medical condition will receive coordinated care from a multidisciplinary team, including health care professionals with specialist knowledge of that condition.
- Pregnant women will be empowered and supported to monitor their own and, where necessary, their unborn baby's health, and to access advice, support and assessment 24 hours a day.

- Building on our work to reduce health inequalities, we will offer education and support that enables families to provide their baby with the best start in life.
- All women will receive appropriate support throughout and following pregnancy to maintain their psychological and mental wellbeing.
- All women will be supported to make an informed choice about the preferred location of birth. This plan may evolve over time, but will always have the needs/desires of the mother at its core.
- Women who access maternity services when in suspected or active labour will receive the same standard of care 24 hours a day, 7 days a week, wherever they live.
- A woman, who has booked for antenatal care in Cardiff and Vale and subsequently develops complications of pregnancy requiring pre-term delivery, will give birth in Cardiff and Vale unless extraordinary pressures preclude.
- Anyone who has experienced maternity services in Cardiff and Vale UHB will be empowered to offer feedback about their experiences and to contribute to the development of future services.

Unplanned Care: by 2025...

- A pregnant woman and her family who have concerns during pregnancy or the post partum period will have access to high quality advice 24 hours a day.
- A pregnant woman will be empowered to access assessment when they are concerned about their wellbeing or that of their unborn child, and will be regarded as equal partners by those who assess them.

- A pregnant woman who accesses emergency health services will receive care from health care professionals who are trained to recognise the symptoms and signs of major complications in pregnancy, and who are able to arrange the best outcome for a mother and her baby.
- A pregnant woman who is admitted to hospital will be cared for in an environment that supports and enables her to remain independent and actively involved in her own care.

End of Pregnancy Care: by 2025...

- We will recognise that postnatal depression can occur beyond the immediate post-partum period and will offer and support women and their families to access mental health services beyond this time.
- All women and their partners who have been traumatised by their pregnancy or suffered an adverse pregnancy outcome will be offered post-natal counselling.
- All women who have long term medical conditions, inheritable conditions or who have suffered medical or pregnancy related complications in a previous pregnancy will be offered pre-pregnancy counselling and planning.
- A family, whose baby dies at any point during pregnancy or following delivery, will be treated with compassion and dignity. Parents will be offered bereavement counselling and an opportunity to meet with health care professionals at a time most suited to their needs.