

National Maternity and Perinatal Audit

SDM

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Background and context

- **Contacts**
 - NMPA - Women and Families Involvement Group (WFIG)
 - Institute of Health Visiting
 - Twins Trust
 - Maternal Mental Health Alliance
 - Big Birthas
 - LGBT Mummies Tribe
- **Focus Group**



What we discussed

- More information on....
- Gaps in data
- Organisational survey
- Choosing a maternity unit
- Resources



Everyone who comes into contact with women before, during or after pregnancy has the opportunity to provide mental health support.

By taking a proactive, rounded approach to perinatal mental health (PMH), the significant **human and economic costs** of undiagnosed or untreated PMH problems can be minimised.

The MMHA is calling for:



More data on...

- Miscarriage
- Induction
- Medication pre-birth
- Birth with chronic condition
- Birth without morbidity
- Women's choices versus numbers
- Longer term problems as a result of birth
- Malformations on baby

More data on...

- GP linkages
- Perineal trauma
- Psychological outcomes
- Mental Health outcomes
- Impact of baby death

Mental Health

- Link between traumatic labour and post-partum psychosis
- Access to psych ward
- Access to pre-conception counselling
- Continued support from health visitor
- Community support

LGBTQ+

- Numbers and location
- Outcomes
- C-sections
- Interventions and why
- Evidence base

Health visiting

1. While you were pregnant or since your baby was born, did you experience any problems with your emotional or mental health or have a period of feeling low?
2. What help did you get with this?
3. What further help would you have wanted?

Multiple births

- Not enough base data
- Gestation at delivery
- Multiple births and placenta numbers
- Units with twin clinics

- Women and birthing people's experience
- Definition of "high-risk"
- Evidence base
- Blanket data – which doesn't describe the why
- Did you get the type of birth you wanted?
- Instruments before caesarean
- Postnatal care
- Indicators of safety rather than outcomes of birth

Organisational survey

- Available balanced information
- Continuity of care
- Specialist midwives
- Hospital policies
- Data about subsequent pregnancies
- Complication rates
 - Hemorrhages
 - APGAR

Information on maternity units

- Birthing pool and usage
- Allow repeat c-sections
- Stats on blood loss and tears
- C-section rates
- How the hospital deals with other conditions
- Assessment of care from the women/bp
- Pain relief asked and given
- Are women involved in the decision-making?



- Graphics are accessible
- Data can help mother's make requests about experience
- Video is helpful and easy to understand



The screenshot shows a web browser window with several tabs open, including 'National Maternity and Perinatal Audit'. The main content area is titled 'About the NMPA' and features the NMPA logo (National Maternity & Perinatal Audit). Below the logo, there is a paragraph of text: 'The National Maternity and Perinatal Audit (NMPA) is a large scale audit of the NHS maternity services across England, Scotland and Wales. Using high quality data, the audit aims to evaluate a range of care processes and outcomes in order to identify good practice and areas for improvement in the care of women and babies. Read the answers to frequently asked questions about the NMPA here.' Below this text is a large graphic with a dark blue background. The graphic features the NMPA logo in the center, surrounded by four circular icons: a woman holding a clipboard, a woman holding a baby, a woman in a blue top, and a woman in a white lab coat. Below the graphic, there is a section titled 'Who is responsible for the NMPA?' with a paragraph of text: 'The NMPA is led by the Royal College of Obstetricians and Gynaecologists in partnership with the Royal College of Midwives, the Royal College of Paediatrics and Child Health and the London School of Hygiene and Tropical Medicine.'

Improvements

- Disseminated widely
- Language can be quite complicated
- Data is too old
- Information about how to use the data



NHS Maternity Care for women with a Body Mass Index of 30 kg/m² or above

Lay Summary

Based on births between 1 April 2015 and 31 March 2017 in England, Wales and Scotland

What is the National Maternity and Perinatal Audit?

The National Maternity and Perinatal Audit is a large-scale project established to provide data and information to those working in and using maternity services.

We do this to evaluate and improve NHS maternity services, as well as to support women, birthing people and their families to use the data within their decision-making.

For more information about the NMPA, please see www.maternityaudit.org.uk

What is the BMI>30kg/m² sprint audit?

This sprint audit focused on aspects of maternity care specifically for those with a body mass index (BMI) of 30kg/m² or above and the work involved a lay advisory group who have a lived experience of this.

The group helped with the language used in the report, the measures or outcomes of pregnancy and birth most important to them, their interpretation of the results as well as working closely to produce this lay summary document.

The full report of the sprint audit can be found via the NMPA website using the link below:

Women and Families Group

- Parents (and charities)
 - Different Experiences
 - Different choices
 - Common Themes



Conclusions

- We want to know more to:
 - inform choices
 - empower discussions
 - have access to the information that matters most to each of us
 - be trusted with doubt and complexity
- We want to be heard more:
 - Services based on our whole experience
 - Drive further research
 - How is a birth affected by how we are treated beforehand?
 - How does a birth impact on our lives and our parenting afterwards?