

Information for patients and carers

Personalised Care and Support Planning

Maternity Care

A decorative graphic at the bottom of the page consisting of three overlapping, wavy bands of blue. The top band is a light blue, the middle is a medium blue, and the bottom is a dark blue.

What is personalised care and support planning?

Personalised care means you have choice and control over the way your care is planned and received based on ‘what matters’ to you and your individual needs and preferences.

During consultations with midwives, obstetricians (doctors who specialise in maternity care) and other healthcare professionals you will have opportunity to explore, understand and record your individual choices for pregnancy, birth and early parenthood. Every pregnancy is different, and you will have your own individual needs, which will make a difference to the choices you make.

You are encouraged to consider and discuss your life, family situation, health and wellbeing, and preferences with your maternity care professionals so that your care reflects your needs and wishes.

The documented care provision throughout your pregnancy includes your medical history, family history, previous pregnancy experience, consultations, specialist reviews, support conversations, management plans, test results, fetal growth measurements and scan details, amongst others. This information forms your personalised care and support plan (PCSP) These are recorded electronically as “Badger Notes”.

In addition to documentation, your Badger Notes electronic record contains an information library which amongst others, includes the digital antenatal education programme and virtual tours of the available birthplace options.

The PCSP:

- Demonstrates recognition of what matters to you
- Builds a picture of your pregnancy journey including the detail from consultations so that you can refer to it later
- Demonstrates information sharing between you and your healthcare professionals

- Provides and signposts you to evidence-based information and antenatal education
- Sets out the decisions made by you about your actual plan for care
- Is relevant to your antenatal, labour and birth, and postnatal period
- Supports a regular review of your plan with your maternity care professionals

Your PCSP is held by you within the Badger Notes electronic record. We recognise that your decisions may change as your pregnancy progresses. Your healthcare professionals will always respect your decisions whilst giving you information to help you make informed choices.

Informed decision making

Informed decision making is a central part of PCSP. It means that anyone receiving care is fully supported and informed to understand the options, decisions and care available. Through informed decision making, you will work together with your health care professionals to determine what care is most suitable for you. Your experience and opinions are given the same value as clinical expertise.

Informed decision-making means that you will be supported to:

- Understand the options available and the advantages and disadvantages of these options
- Receive reliable, clear information in good time and in a format, you understand
- Make decisions about your care including declining recommended care pathways
- Have your choices acknowledged and respected

Consent

During your pregnancy, labour, and during the postnatal period, you will be asked by your Midwife, Doctor, or other healthcare professional, to give consent/or choose if you want, to have certain tests or procedures for you or your baby. When you are asked to decide, you will have the opportunity to ask further questions. This process is called 'giving informed consent'.

The choices about the care that you wish to receive during your pregnancy and birth rest with you. This is expressed as 'No decision about me, without me.' It means that your care providers can advise and offer a professional opinion, but you decide what you'd like to do.

You may change your mind about having certain tests or treatment at any time. You will be provided with information and given time to consider the advantages and disadvantages of having or not having what has been offered. Some procedures, for example Caesarean Section require you to sign a consent form after discussion of all the treatment options and advantages and disadvantages associated with each option. For other treatments, you will be asked to agree verbally to the procedure – for example a blood test, an internal examination or when you are offered an injection.

What can help me think through a decision?

For any pregnancy and birth decision, it can be helpful to use a decision-making tool. These tools can help you to think about the information you have, and what the alternatives are (including doing nothing), then asking yourself how you feel about the choices.

You are encouraged to consider your existing knowledge and any previous experiences you have had. Your healthcare professionals will always aim to give you evidence-based information where possible. You will need to weigh up the advantages and disadvantages of each alternative. Sometimes one option will carry a very low chance of a

serious outcome, whilst other alternatives carry a much higher chance of less serious outcomes, or perhaps have other implications for your labour, your recovery or the well-being of you and your baby after the birth. Your decision will depend on your own values, needs and priorities which will be different for each individual person.

If both your rational mind and your instinct are pointing you in the same direction, then that is probably the right decision for you. If not, it can be worth asking yourself why that is. Are you sure that you have all the information that you need, and that it is accurate? Are other people trying to persuade you to go in a direction that does not feel comfortable to you? To help with this, you might try asking yourself about who and what is influencing you.

The decision-making tool

There are many choices and decisions to make as your pregnancy progresses. Should I have antenatal tests? Should I plan a pool birth or a caesarean birth? Should I have my labour induced?

Sometimes a course of action is presented as a given, but you always have choices. There are many decision-making tools available. The BRAIN tool is one example that provides a logical approach to talking through all options with your healthcare professionals.

B – Benefits – How would this help me/ my baby/ my labour?

R – Risks – What negative effects may this have for me/ my baby/ my experience and how likely is this to happen?

A – Alternatives – Are there any other options? What are they?

I – Intuition – What is my gut feeling? Am I happy that I understand and feel this is the right choice for me?

N – Nothing - What happens if I do nothing or delay my decision to have some time to think about it? What do I need to help me decide?

If you are happy that you have had an open and honest discussion with a healthcare professional about your choices, and that your wishes are clearly documented within your records, you do not need to repeat yourself or the conversation with another healthcare professional if you do not want this. If there is NEW information, recommendations or advice then we recommend revisiting your decision making.

Your plan is yours; your choice is yours. Your healthcare professionals will support and respect your decisions.

Your Personalised Care and Support Plan (PCSP)

Your Badger Notes App is your PCSP. You will have access to your PCSP Badger Notes via an app which will have a personal account password so that only you (and the healthcare professionals) can access your record. With this, you will be able to access key information including contact numbers for your maternity team. Over the course of your pregnancy, your app will become a detailed record of your pregnancy which you can keep forever, it will include the detail from the consultations you have throughout your pregnancy, you will be able to view your baby's growth chart, your scan findings and your test results, you will be able to access information within the information library, including the digital antenatal education programme, virtual tour of the unit, videos and information leaflets which will help you to consider the options available to you. The app also enables you to log any comments or questions you may have to discuss at your next appointment, you can consider the information you have and document your preferences for your labour and birth and agree your management plans for your care in the antenatal, intrapartum and postnatal period which can be easily viewed by your healthcare provider.

You can also use the App to control whether you want to be notified of key appointments and events.

You will have a personal account password that means only you can access your record.



Care Plan

- Learn about your baby's development
- Access information relevant at the time or recommended by your midwife/obstetrician
- Learn about events likely to happen each week
- View your booked appointments
- Write a personal entry and add a photo
- Enter any measurements, like blood pressure if you have agreed to do so



Maternity Record

- View extracts of information directly from your pregnancy record
- Identify contact numbers for your maternity team
- Watch the 'Antenatal care summary' report grow into a record of your key pregnancy events



Conversations

- Document any thoughts or questions you may have about your antenatal care, birth plan and postnatal care, these can then be discussed at your next appointment with your midwife or obstetrician



Information Library

- A full library of maternity information leaflets
- Digital antenatal education programme
- Tours of the birthplace options
- Videos of different pathways for care
- Signposting to 'other' evidence-based information

Your antenatal care

Many women choose their nearest maternity service for care, but this is a matter of personal choice. You can book for care at your preferred organisation by referring directly to them. It is also possible to change to

a different maternity unit during your pregnancy, in which case you may need to have a transfer booking appointment with the new provider.

Antenatal care is the care you receive while you're pregnant to confirm that you and your baby are as well as possible.

The midwife or obstetrician providing your antenatal care will:

- Check the health of you and your baby at regular points in your pregnancy
- Give you useful information to help you have a healthy pregnancy, including advice about healthy eating, exercise and recommended vaccines
- Be able to direct you to supportive information or additional information if required

Most care can be provided in community hubs, at some GP surgeries, in the hospital setting and occasionally in your home.

During your pregnancy you will be offered a range of different appointments, tests and treatments and you will need to decide if you choose to accept them or not.

Tests can include:

- Ultrasound scans
- Antenatal screening tests to find out things like your blood group, iron levels and possible exposure to blood borne viruses
- Antenatal screening to understand the chance of your baby having certain conditions, such as Down's syndrome
- Measurements of your baby's growth which are plotted on your individualised growth chart
- Abdominal palpation to identify the position of your baby
- Blood pressure checks and urine tests for yourself

- You may also be offered antenatal classes, including breastfeeding workshops.

You will also be asked about any other support you may have or need, such as specialist maternity care, support from mental health services, social workers or physiotherapy amongst others.

As your pregnancy progresses you may wish to make a note in the antenatal conversations section of your Badger Notes App of any thoughts or questions you may have, you will have opportunity to discuss these at each consultation with your midwife or doctor.

The recommended antenatal care plan in your app offers the evidence-based care schedule and advised treatments based on the family, personal and social history you have given, however, you may choose an alternative plan. In this case the actual management plan will be amended to reflect your choices.

The information library within your app can be used to access information leaflets, videos and virtual education programmes, it is a 'one-stop' shop for pregnancy and birth information. If you are looking for more detailed information about a treatment offer that is not available in your app please speak to your midwife or obstetrician, they will be able to signpost you to relevant agencies.

Planning for birth

If you prefer to give birth in a different maternity unit to the service where you have received antenatal care, you will need to contact your preferred organisation prior to your birth and arrange a transfer booking, this is so that your 'new' provider can check they have information about you in advance of your admission to ensure the safest care provision.

At Lancashire Teaching Hospitals you have 4 options for place of birth.

- at home (Home birth)
- in a freestanding midwifery unit (Chorley Birth Centre)
- in an alongside midwifery unit (Preston Birth Centre)
- in a hospital obstetric-led unit (Delivery Suite)

Your midwife and obstetricians will discuss the choices with you including the advantages and disadvantages of each option so that you can make an informed decision about where you plan to give birth. You'll have the chance to ask questions and find out more about what happens during labour and birth.

A birth plan is a record of your preferences during your labour, birth, and after the birth. You don't have to create a birth plan, but if you would like to, there is a birth plan section in your app where you can consider different aspects regarding labour and birth and can document your thoughts and plans which can be accessed by your health care professionals when you are in labour. The birth plan can be used to prompt you to think about or discuss different aspects of care in labour such as coping strategies when in labour and your preference for monitoring your baby's heartbeat, you may then choose to discuss some choices more fully with your partner, friends and relatives. You can then use this to inform your birth planning consultation with your midwife or obstetrician who will update your actual birth plan to reflect any alternatives to the recommended plan for care that you would prefer.

You are encouraged to consider your preferences for labour and birth. Understanding the different choices available to you may be helpful in the event of any changes during your labour and birth. If a recommendation for care changes during your labour this would be discussed with you at the time. However, labour is not always a time when information can be processed easily, therefore it is good to

understand if there is anything you have strong feelings about beforehand.

Please remember that you can change your mind about your wishes for labour and birth at any time.

Your postnatal care

Postnatal care is the care you receive after the birth of your baby to confirm that you and your baby are as well as possible and to support your transition to parenthood, initially this may be whilst you are in hospital, this continues in the community once you are discharged to home.

You may receive postnatal care in a community setting, such as a children's centre or community or family hub, In a designated postnatal clinic in the hospital, occasionally at home or via a scheduled telephone consultation

The midwife, obstetrician or maternity support worker providing your postnatal care will:

- Monitor the health and wellbeing of you and your baby at regular points
- Give you useful information to help support your transition to parenthood
- Be able to direct you to supportive information or additional information if required

During your postnatal period you will be given information and the opportunity to discuss the recommendations surrounding care of yourself and your newborn baby. These can include:

- Topics which impact on your daily life
- Physical and emotional recovery from birth

- Feeding your baby
- Fatigue, sleep deprivation and safe sleeping
- Newborn screening for rare but serious health conditions
- Family planning

You will also be asked about any other support you may have or need, such as smoking cessation services, support from mental health services, social workers or physiotherapy, amongst others.

During your pregnancy or the postnatal period, you may wish to make a note in the postnatal conversations section of your App any thoughts or questions you may have, you will have opportunity to discuss these at each consultation with your health care professionals.

The recommended postnatal care plan in your app offers the evidence-based care schedule and advised treatments based on the family, personal and social history you have given, however, you may choose an alternative plan. In this case the actual postnatal management plan will be amended to reflect your choices.

Contact details

Should you wish to discuss this information further or would like advice please speak to a member of your maternity team.

Sources of further information

www.lancsteachinghospitals.nhs.uk

www.nhs.uk

www.accessable.co.uk

www.patient.co.uk

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All our patient information leaflets are available on our website for patients to access and download:

www.lancsteachinghospitals.nhs.uk/patient-information-leaflets

Lancashire Teaching Hospitals is a smoke-free site. Smoking is not permitted anywhere on any of our premises, either inside or outside the buildings. Our staff will ask you about your smoking status when you come to hospital and will offer you support and advice about stopping smoking this will include Nicotine Replacement Therapy to help manage your symptoms of withdrawal and the opportunity to speak to a nurse or advisor from the specialist Tobacco and Alcohol Care Team.

If you want to stop smoking, you can also contact Smokefree Lancashire on Freephone **08081962638**

Please ask a member of staff if you would like help in understanding this information.

This information can be made available in large print, audio, Braille and in other languages.

Department: Maternity

Division: Women and Children

Production date: November 2024

Review date: November 2027

JR 1240 v1