

# **Post natal clinic**

**Barkerend Midwives, Bradford Teaching  
Hospitals, UK**

**Presented by Julie Walker, Midwifery  
Matron**

# Background

- Busy Inner city Hospital
- 5300 deliveries per year
- 48% to Minority ethnic women
- Many originate from South Asia, Pakistan, Bangladesh
- Issues: Culture
  - Language
  - Access to appropriate services



# Needs Assessment

- Many women would not attend formal parent education (AN/PN)
- Post natally women want:
  - Support
  - Information
  - Social contact with other women
- Government agenda – to extend role of midwife post natally to improve public health
- Why Mothers Die Confidential Enquiry into Maternal Deaths
  - Appropriate support for vulnerable women, minority ethnic groups, women who do not have English as 1<sup>st</sup> language

# Postnatal Clinic



- Inspired by Barkerend Midwifery Team
- Aims:
  - Education
  - Support
  - Clinical Advice
- Referral:
  - Drop in / Self
  - Appointment by Midwife
  - Others – GP, HV

# Setting up the clinic



Premises

1 afternoon per week  
women's only centre

Language support

Refreshments

TV / Video

Toys

Management Support

# Main Issues



- Infant Feeding
- Contraception
- Mental Health Issues & postnatal depression
- Family Problems
- Infant Issues –  
weight, jaundice, cord,  
rash, unsettled baby,  
feeding problems
- Isolation & need for peer support

# Evaluation

- 17 Women

Appropriate time / duration

Enjoyable Clinic

Helpful & sensitive staff

Fulfilled need for information

Cultural & religious beliefs  
respected

- Changes Suggested

Move clinic to central  
location

Extend Clinic – more  
days & women able to  
attend after 28 days

Need bigger premises

# Evaluation

- 8 Staff

Positive, but less positive than women

Partly met needs of women for information

Raised health literacy re infant feeding / where to go with problems

Cost effective re less home visits, less driving, more contact time with woman

- Changes Suggested

Move clinic to central location

All midwives in the team to refer women

Open clinics daily

# Extension of Service

- Clinic open daily
- Premises moved to bigger, central location
- Guest Health Professionals – dietician, physio, benefits agency, family planning nurse
- Extended to other parts of the city eg. Baby Cafe



# **Mother & Child Health**

Towards being a Migrant Friendly  
Organisation

- **Needs Assessment Vital: identify needs of women & family, involve women**
- **Work with community representatives**
- **Become knowledgeable about the community you work with**
- **Gain management support**
- **Ongoing evaluation & be prepared to make changes**

- **Explore resources / finance needed**
- **Get staff on board – Network**
- **Plan well**
- **Expect the process to take longer than anticipated**



- **Be eternally optimistic & don't give up!!!!**