

Revisiting the Postnatal Visit

A New Bundle of Care

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Background

There are currently no specific guidelines on the maternal 6-8 week postnatal check, therefore approaches tend to vary. NCT published advice on what they feel women should expect at this check, which needs to offer more than a general enquiry into mood & physical recovery.

By utilising a new 'Postnatal Bundle of Care' patients should experience a more comprehensive assessment, and doctors will benefit from a template to act as aide memoire; with written patient information readily available, helping us to improve and standardise the service offered.

Aim

80% of all women attending their postnatal visit will have this new postnatal bundle completed, within the next six months

Improvement Methodology

QI methodology was applied to this project, with 2 PDSA cycles completed



PDSA Cycle 1

Plan: Diagnose extent of problem, education & devise a template for implementation

Do: Audit current practice, survey doctors' opinion, patient satisfaction survey, feedback to doctors (Nov '18)

Study: Second data collection (April '19)

Act: EMIS template with PIL's, appropriate codes, depression score & added complications

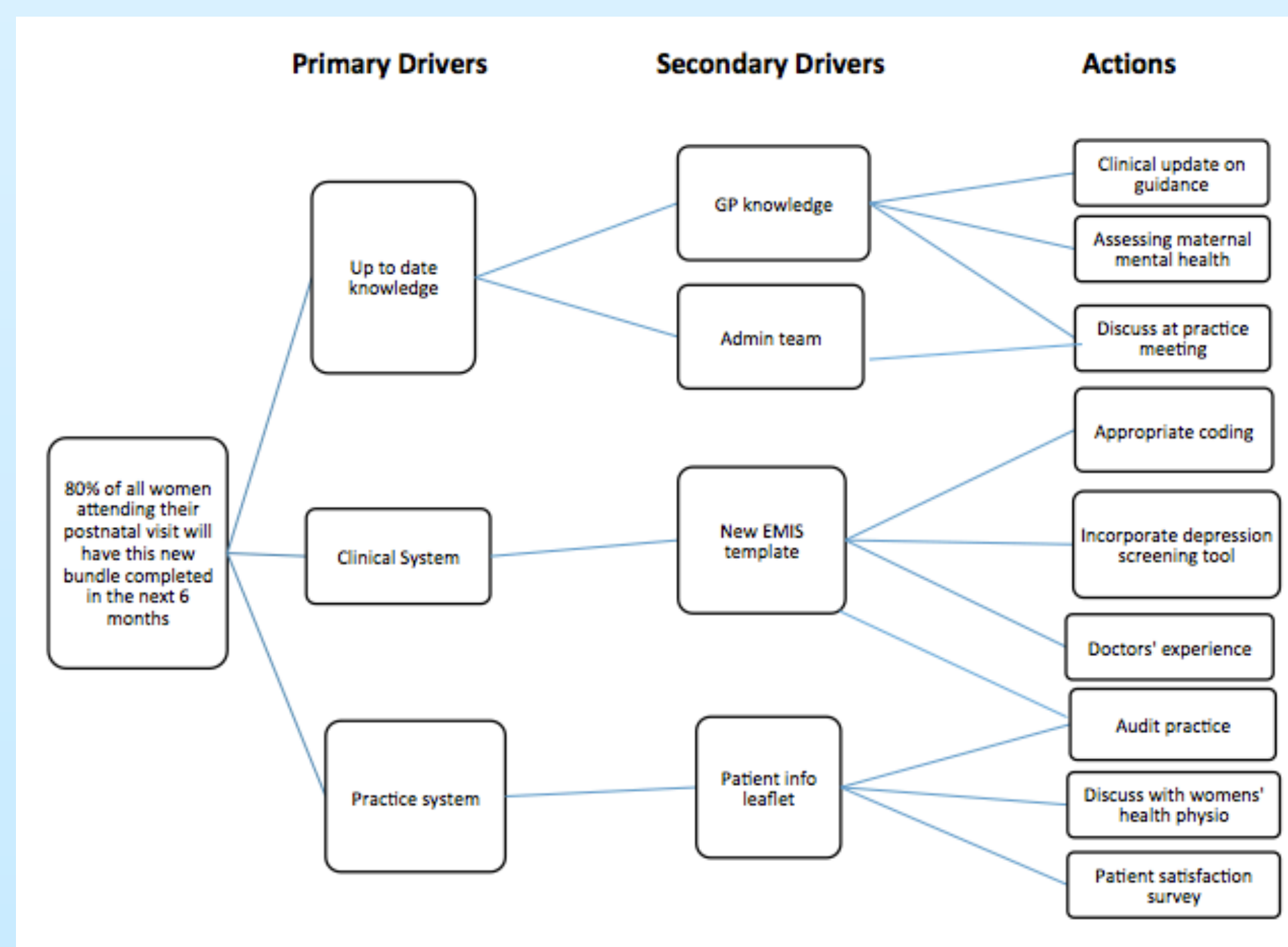
PDSA Cycle 2

Plan: Finalise template based on further information & feedback

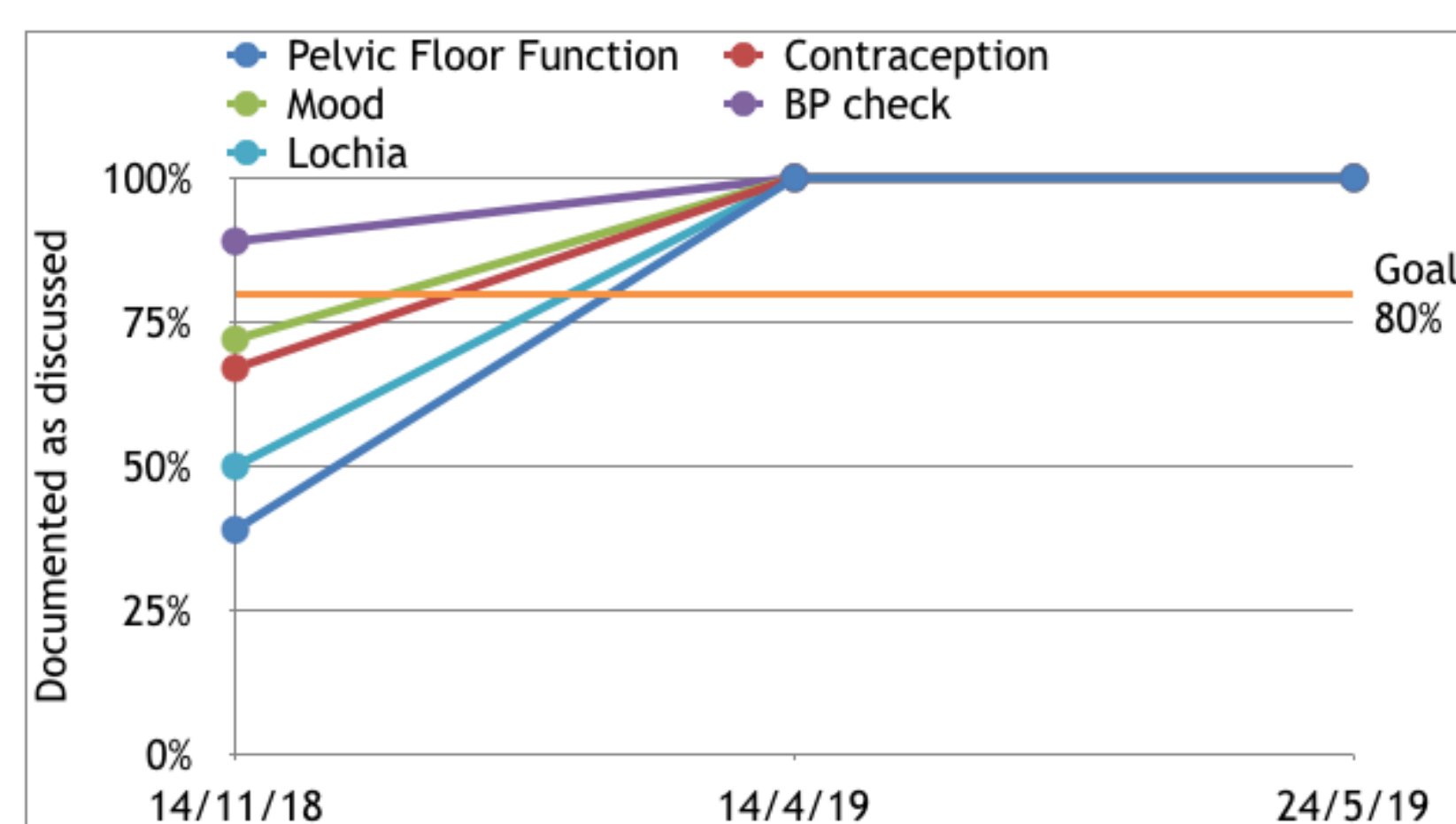
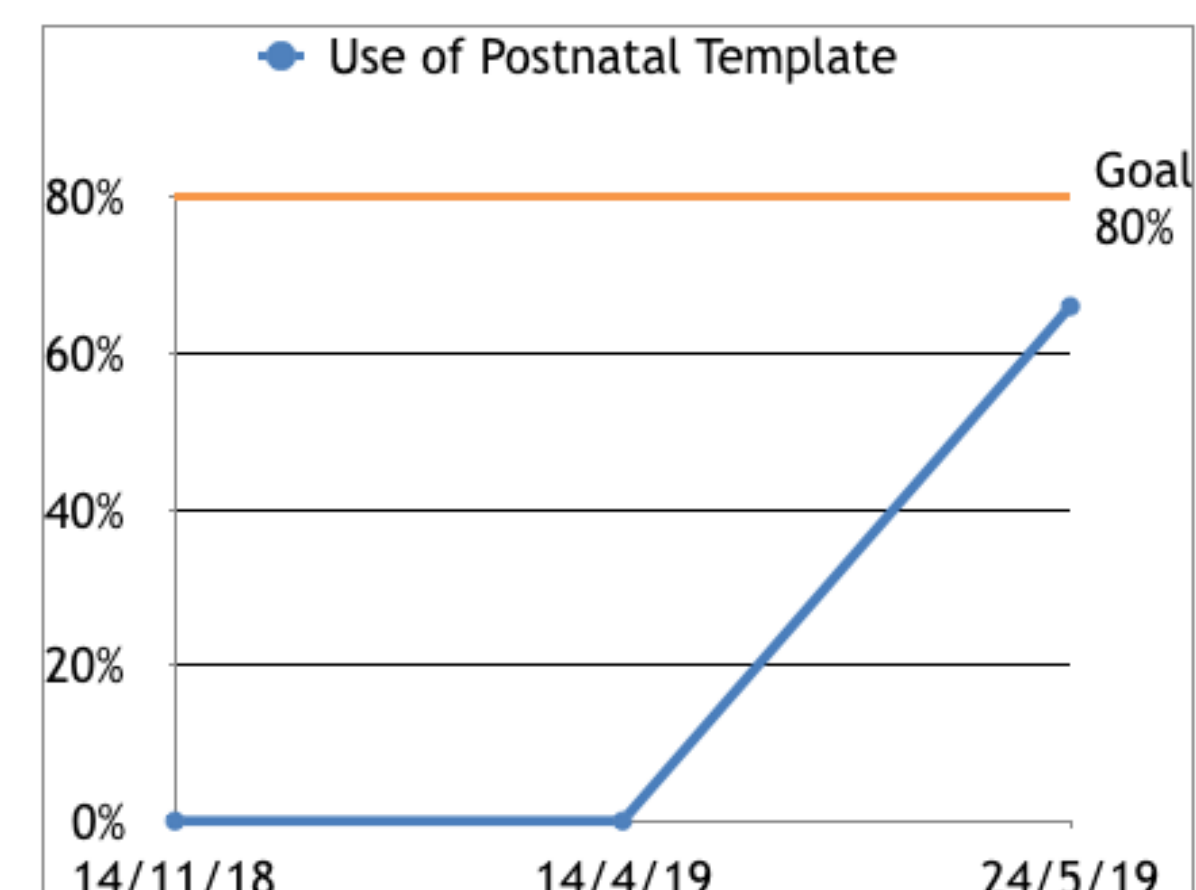
Do: Template implemented, further practice meeting & reminders

Study: Third data collection (May '19)

Act: Further feedback sought to aid ongoing improvement



Results



Outcome Measures

Outcome measures: Number of patients attending for postnatal check who are compliant with new practice postnatal bundle

Process measures: Number of patients attending for postnatal check who have a documented:

Discussion re: Wellbeing /mood, Discussion re: Contraception, Enquiry into Pelvic floor function, Enquiry re: Lochia / cycle & Blood pressure recording

Outcome

66% of women attending their postnatal visit had the new template completed, which is encouraging but not yet at target

Process measures all increased to 100%, indicating that the changes made have led to a more structured, standardised approach to the maternal postnatal visit

Next Steps

- Repeat patient satisfaction survey & doctors experience Likert scale
- Remind staff to use bundle & continue to feedback any suggestions, IT issues etc.
- Look at ways to ensure patients are reminded to book this appointment & to facilitate timely booking
- Continued measurement of new bundle use – further data collection planned for July '19