

POSTNATAL CARE PLT

13th August 2019

Dr Ishi Bains
GP
East one health

INTRODUCTION

- Gain knowledge of care needs of postnatal patients
- Support and advice on managing patients
- Services available to new mums – how to access and refer

Agenda

- 1-1:30pm lunch and networking
- 1:30pm - Dr Bains (GP) introduction to postnatal care in primary care and case study
- 1:50pm - Ms Charlotte Chaliha (gynaecology consultant rlh)
- 2:30pm - Edyta Gangata (Women's health Physiotherapist)
- 2:45pm - Alison Herron (Associate Director of Midwifery and Gynaecology)
- 3:00pm - Sam Rickwood and Natasha Sutton (Clinical Nurse Specialist/AMHPTower Hamlets Perinatal Mental Health Team)
- 3:15pm - coffee break
- 3:30pm -Greta Gurjar (Health Visitor Perinatal Mental Health and MEC SH Champion Tower Hamlets GP Care Group)
- 3:45 - Abi Ward-Tucker (Breast feeding service TH) and Adefunmilola Joshua (tongue-tie service midwife)
- 4:00 Dr Bains - outcome of case study, closing Q&As
- 4:30 – Close

HELLO!

TOWERHAMLETS

GP & MUM

Disclosing problems to GP

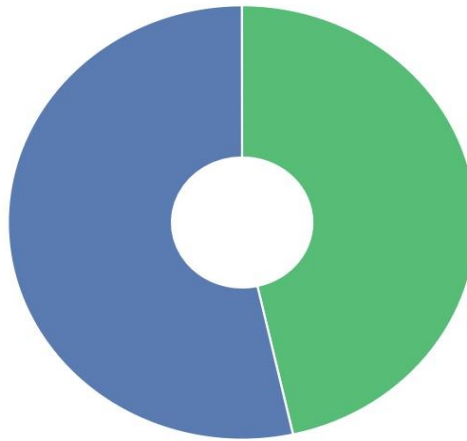
- “normal post delivery”
- “will have to live with these issues”
- “will take time”
- “not much can be done”

Survey

Showing: 43 of 43 responses

PAGE 1

1. Did you feel you had a traumatic delivery or labour?



Answered: 43

Skipped: 0

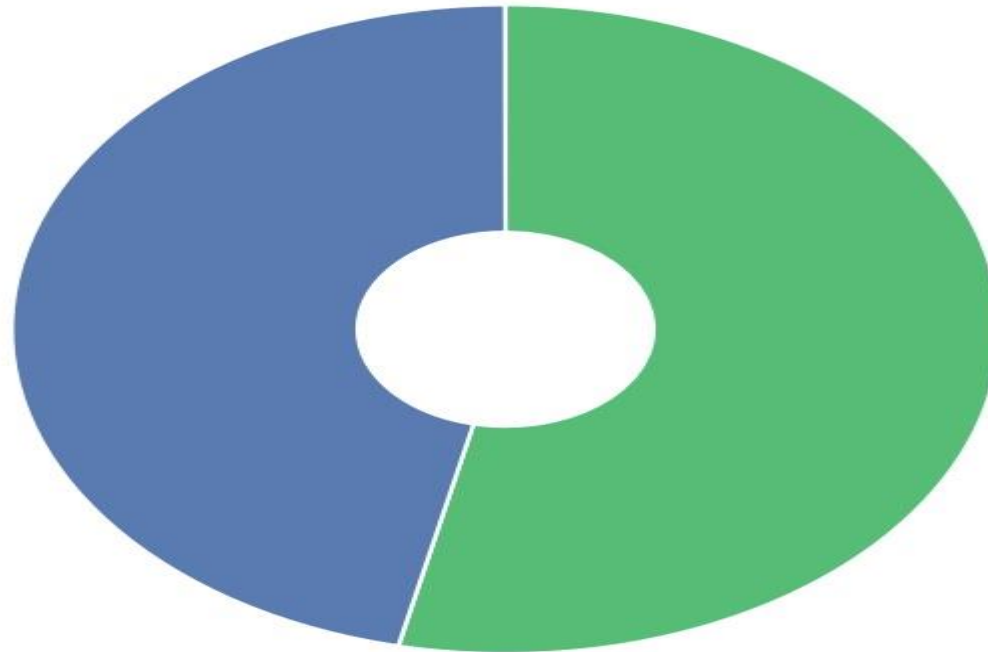
Yes

46.51%

No

53.49%

2. Did you feel you were adequately cared for in your postnatal period?



Answered: 43

Skipped: 0

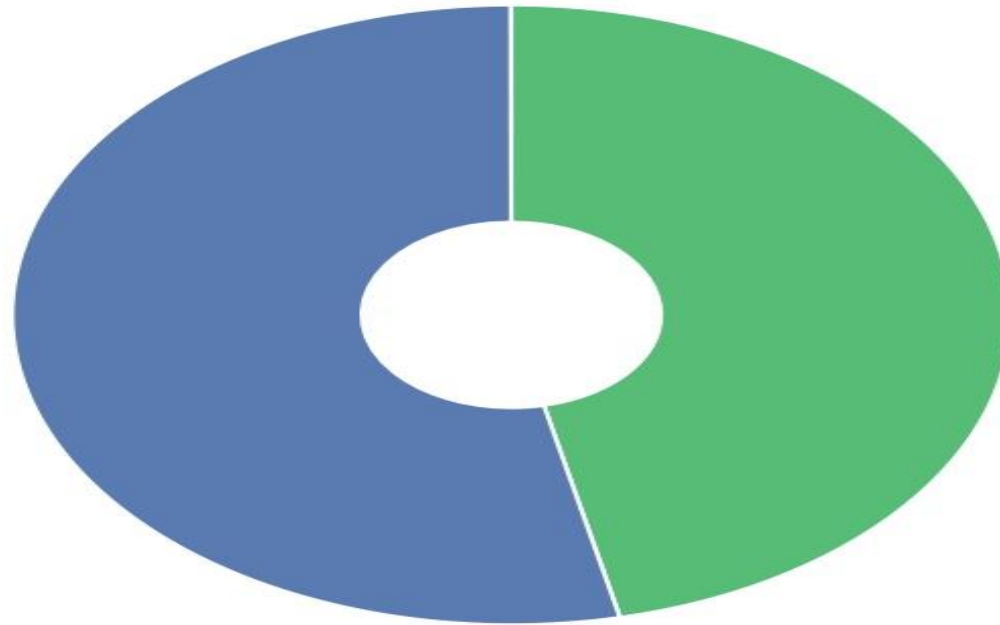
Yes

53.49%

No

46.51%

3. After you gave birth, did your GP provide you with the care you required or help you access the appropriate specialist/service you felt you needed?



Answered: 43

Skipped: 0

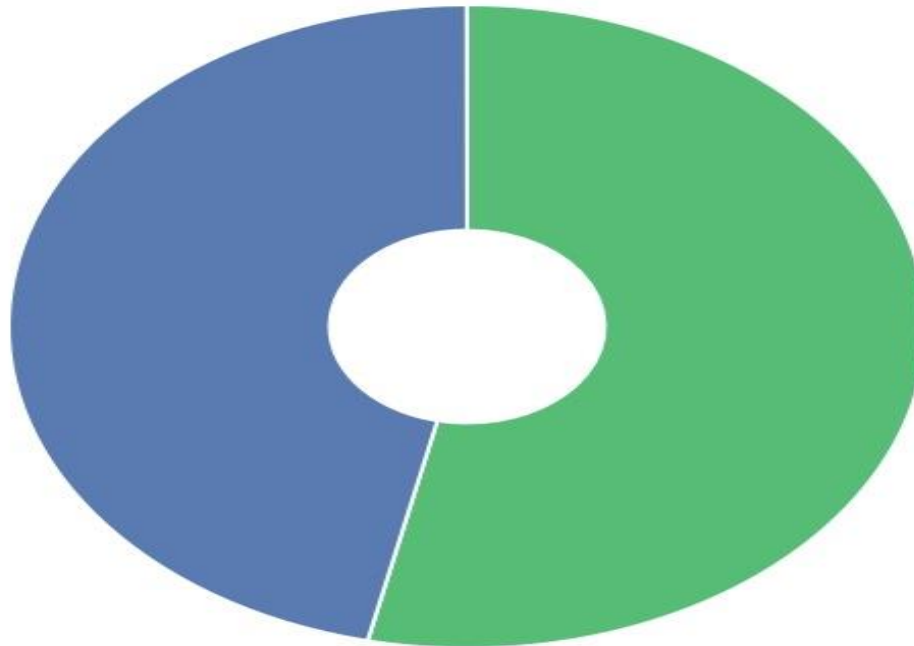
Yes

46.51%

No

53.49%

4. Do you feel your labour or delivery had a negative impact on your physical health?



Answered: 43

Skipped: 0

Yes

53.49%

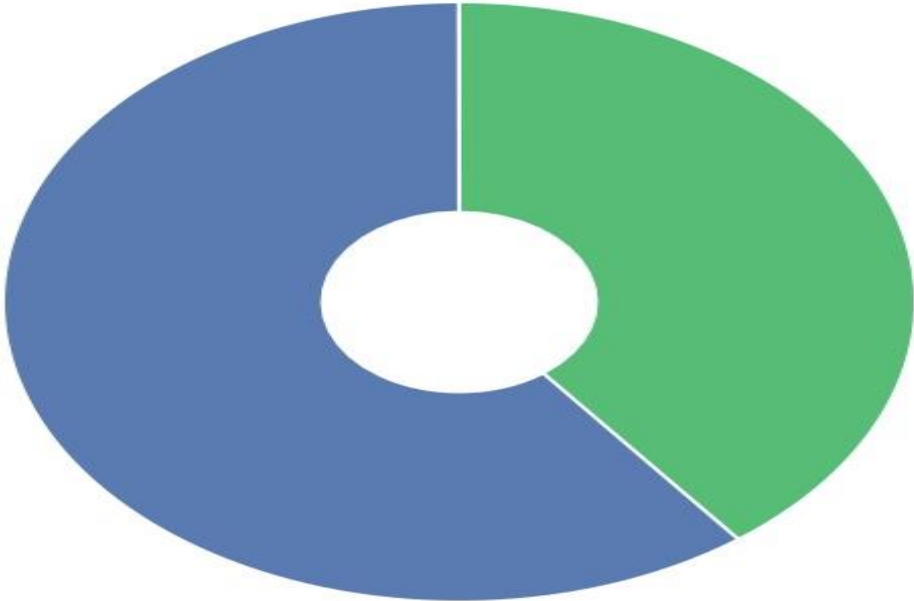
23

No

46.51%

20

5. Do you feel your labour or delivery has made you feel low in mood, stressed or anxious?

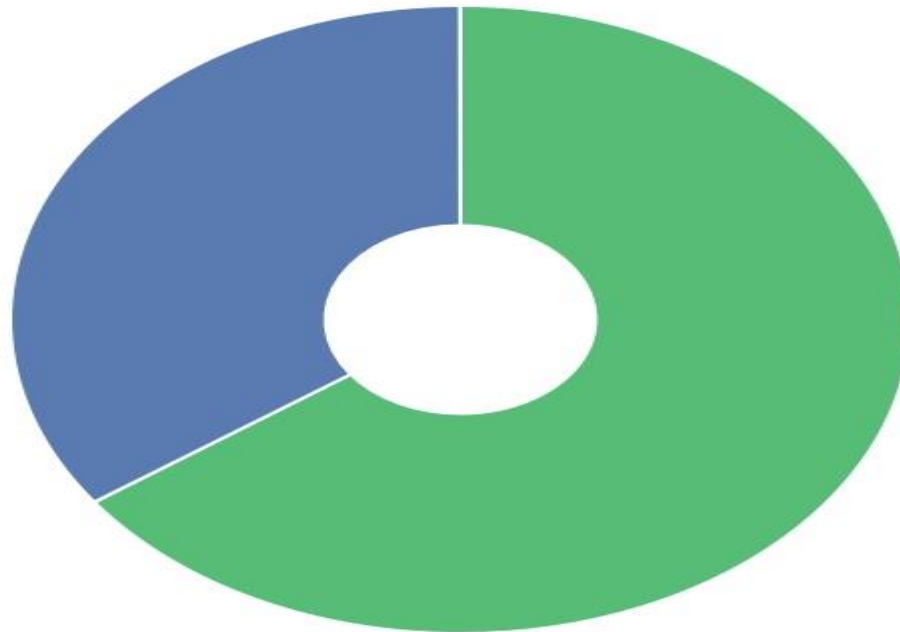


Answered: 43

Skipped: 0

Yes	39.53%	17
No	60.47%	26

6. Were you made aware of the local services available to you after you gave birth?

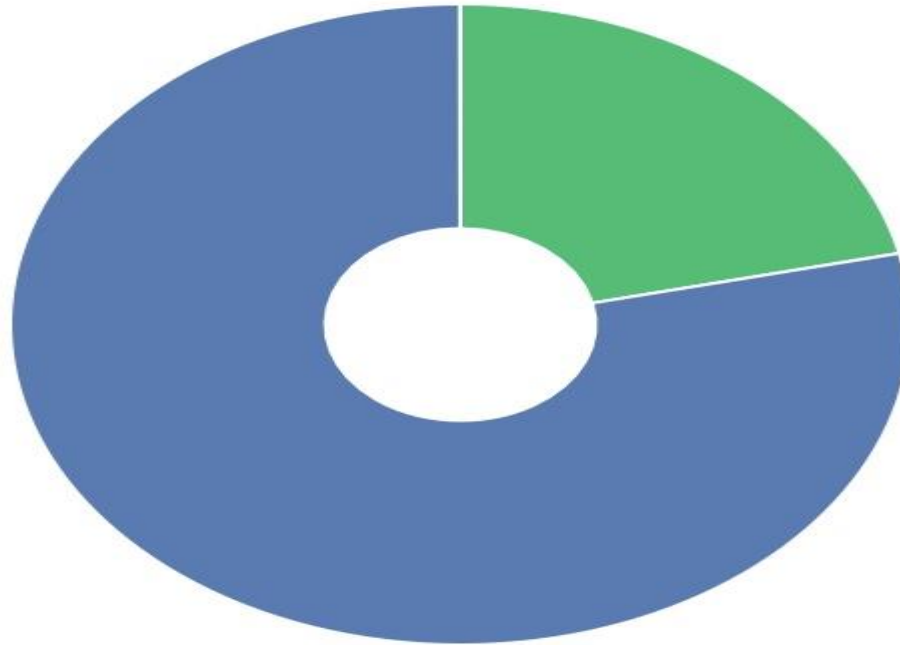


Answered: 43

Skipped: 0

Yes	65.12%	28
No	34.88%	15

7. Were you prepared for how you may feel physically after you gave birth?

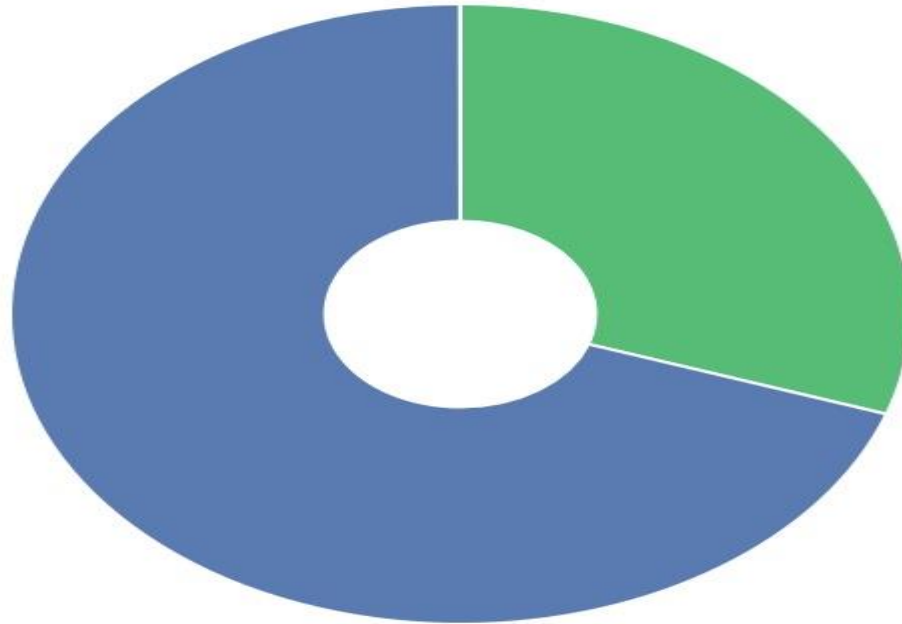


Answered: 42

Skipped: 1

Yes	21.43%	9
No	78.57%	33

8. Were you prepared for how you felt emotionally after you gave birth?



Answered: 43

Skipped: 0

Yes	30.23%	13
No	69.77%	30

9. What was the most physically challenging time for you?

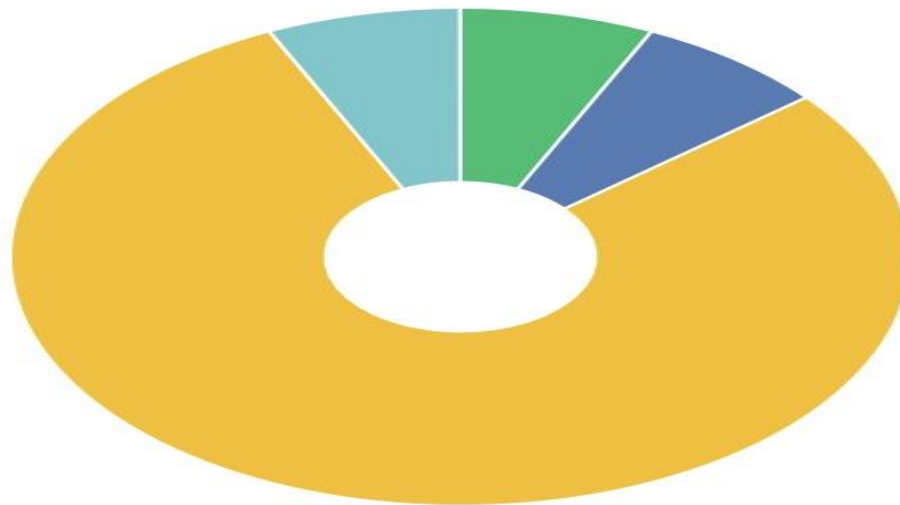


Answered: 43

Skipped: 0





Being pregnant (antenatal period)	18.6%	8
The labour	20.93%	9
After giving birth (Postnatal period)	60.47%	26

10. When did you feel most stressed, anxious or sad?



Answered: 43

Skipped: 0

	The Pregnancy (antenatal period)	6.98%	3
	The labour	6.98%	3
	After giving birth (postnatal period)	79.07%	34
	None of the above	6.98%	3

Why is there a lack in access of postnatal care:

- Much baby based
- Mum is too busy to care for themselves
- Embarrassed
- Unsure if their symptoms are normal
- Just bad luck
- Just get on with it, like the generations before

- Improving standard of care
- Increasing patient satisfaction
- We want to be approachable, knowledgeable to be able to sign post or refer appropriately
- Ideally at 6 week checks and during the antenatal checks.

Traumatic Delivery

- Individual to patient
- Psychological/ physical / both
- **IMPACT ON THE PERSON**

CASE STUDY

35 YEAR OLD LADY

OBSTETRIC HISTORY

- GRAVIDA 2 PARA 2
- 1ST CHILD JAN 2017

LABOUR/DELIVERY:

- PROM, INDUCED
- LABOUR 36 HOURS
- EPIDURAL AT 12 HOURS
- FULLY DIALATED FOR 8 HOURS BEFORE DELIVER
- FORCEPS DELIVERY WITH EPISIOTOMY
- 2ND DEGREE TEAR & 1ST DEGREE TEAR
- 1 L BLOOD LOSS

POSTNATALLY:

- POOR HEALING OF SECONDARY TEAR , STITCHES OPENED PREMATURELY
- PROLONGED DISCHARGE
- ONGOING PERINEAL PAIN
- HAEMORRHOIDS & FISSURE
- INTERNAL SCAR TISSUE
- RECTOCELE & CYSTOCELE
- URINARY INCONTINENCE
- FAECAL URGENCY

BABY:

- Male
- BABY WAS WELL THROUGHOUT LABOUR
- BORN AT 4.36 KG
- WELL
- DEVELOPED JAUNDICE FOR 4 WEEKS
- SEEN IN JAUNDICE CLINIC ALL WAS WELL BILIRUBIN LEVELS DROPPING
- BREAST FED BUT MUM FOUND TO BE PAINFUL, LONG FEEDS , POOR LATCH

BETWEEN PREGNANCIES

- SOME INCONTINENCE URINARY
- FAECAL URGENCY
- SOME INTERNAL DISCOMFORT POSSIBLY DUE TO THE PROLAPSE
- ONGOING INTERMITTENT PAIN AND BLEEDING ON OPENING BOWELS

2ND CHILD MARCH 2019

- SEMI EMERGENCY C SECTION- SMALL FOR DATES
- AS SEEN ON THE REGULAR FORTNIGHTLY SCANS
- SUSPECTED PLACENTA COMPROMISE
- C SECTION NO COMPLICATIONS

BABY

- FEMALE
- BORN AT 36+4
- 2kg
- WELL
- BREAST FEEDING WITH TOP UPS
- BABY SMALL UNDER .04 CENTILE BUT FOLLOING CENTILE AND STEADY INCREASE IN WEIGHT OF AROUND 300G FORTNIGHTLY
- DEVELOPING WELL

Key speakers

CASE STUDY OUTCOME

- Number of services and healthcare professionals involved
- Multiple problems
- Multifactorial

Services mum met with after 1st pregnancy:

- 1) **Gynaecologist** –silver nitrate treatment
- 2) **Colorectal Surgeon** – anometric studies and endoanal u/s
- ?? Mode of delivery for next pregnancy??

- 3) **Physiotherapist**

- assess pelvic floor, dysfunction and diastasis recti, internal scar issue, prolapses

- No high impact exercises

- pelvic floor exercises

- Gluts strengthening

- Scar tissue mobilisation exercise

- Online resources and private physio

https://www.nhs.uk/planners/pregnancyareplanner/Documents/BandBF_pelvic_floor_women.pdf

- 4) **Health visitor**

ongoing advise and support

- 5) **Breast feeding team and tongue tie midwife**

Baby breast fed until 7 months

Services mum met with after 2nd pregnancy – post c-section:

- 1) **Physiotherapist:**

- Weakened pelvic floor – retaught

- Weak gluts – lunges and squats

- C-section massage to prevent adhesions

- <https://www.burrelleducation.com/c-section-recovery-an-holistic-viewpoint/>

- 2) Gynaecologist review

- 3) Health visitor

- 4) Breast feeding team

- Happier healthier better prepared mum 2nd time round!

Conclusion

- Tips to help the healing process postpartum to feel stronger and supported
- **PREPARATION is key !**
- Mentally , physically and emotionally
- Reduce expectations
- During the antenatal period

Physical health

- Diet
- Stay active
- Pelvic floor exercises – biofeedback devices
- Massage perineum – evidence based method of preventing tears- <https://www.kch.nhs.uk/Doc/pl%20-%20522.3%20-%20care%20of%20your%20perineum.pdf>

Mental preparation

- Sleep
- Eat well
- Expectations
- Prepare you partner
- **MAKE A PLAN**

Advise Postnatally:

1) Pelvic floor exercises

2) Pelvic tilts <https://vimeo.com/190563964>

3) Abdominal strengthening exercises – nhs website

4) Postnatal exercise videos

<https://www.nhs.uk/conditions/nhs-fitness-studio/prenatal-and-postnatal-exercise/>

<https://www.nhs.uk/video/pages/postnatal-yoga.aspx>

5) Hydration

6) Wash and soaks

7) Bowels

8) Lubricants

9) When to refer?

Managing the postpartum mind:

- Talk
- Not alone
- Use reliable resources : [nhs.co.uk](https://www.nhs.co.uk)
- Be aware of symptoms of depression
- Prepare those around you

Thank you

- Questions??

