

# Lothian Birth Centre

Maternity Voices Partnership visit on 11 September 2023



The Lothian Birth Centre is a midwifery-led maternity unit which opened in October 2011.

This bespoke facility has 6 birthing rooms, all equipped with a birthing pool, various birthing aids and all the rooms are en-suite.

Fiona kindly took us round the Birth Centre and explained how her team provide one-to-one care focused on each person's preferences for birth.

# Entrance

The Birth Centre has a dedicated entrance with direct access from the drop-off car park. We liked the 'affirmations' posters on the entrance doors. They convey a powerful message from the onset. There are more posters with birth affirmations around the whole birth centre.



A personal welcome by all the staff with attention to diversity and inclusion.



# LOTHIAN BIRTH CENTRE WELCOMES YOU

>CHARGE MIDWIFE

>DEPUTY CHARGE MIDWIFE

>MIDWIFE IN CHARGE

>MIDWIVES

>MATERNITY CARE ASSISTANTS (MCA)

>CLINICAL SUPPORT WORKER (CSW)

>CLERKES

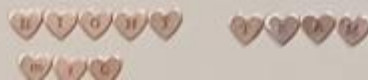
>DOMESTIC HYGIENE

>STUDENT MIDWIVES

>STUDENTS

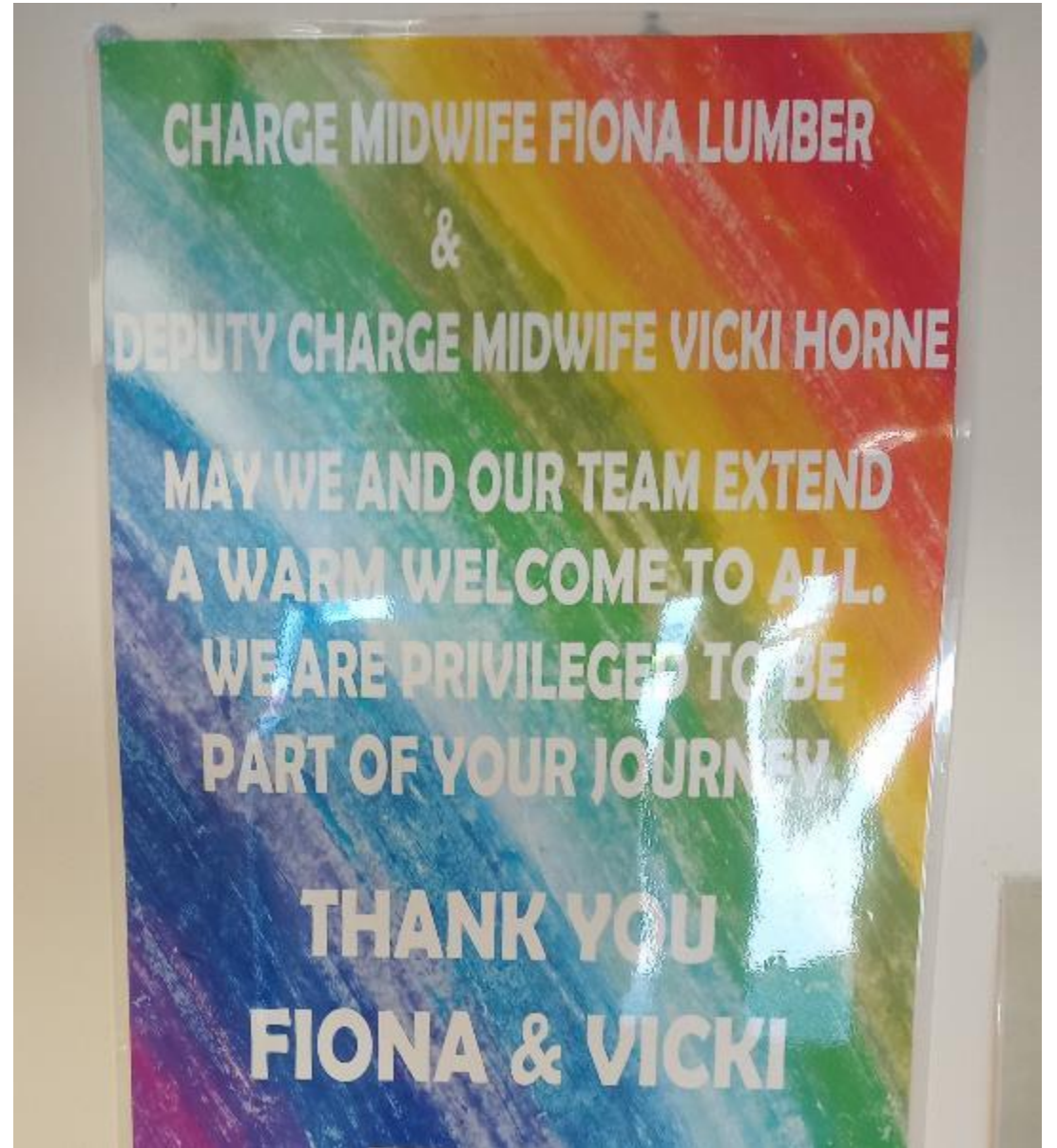
ON THE JOURNEY BESIDE YOU

LOVE YOUR LBC TEAM



# The Staff

- Fiona and Vicki lead a team of midwives committed to providing care focused on each individual and their preferences for birth.
- Fiona is a wonderfully warm and caring person who was made to be a midwife.
- We could feel her natural empathy and ability to genuinely listen in all her answers to our questions and in the examples she provided.



The Birth Centre was carefully designed to convey a sense of space, calm and peacefulness.

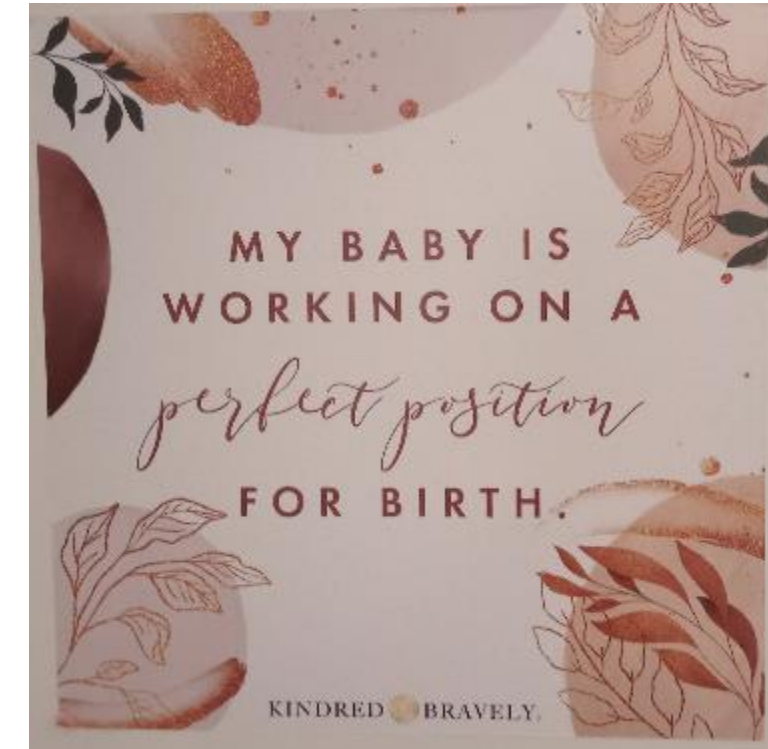


# Empowering Affirmations

Displayed in the corridor and in each birthing room.

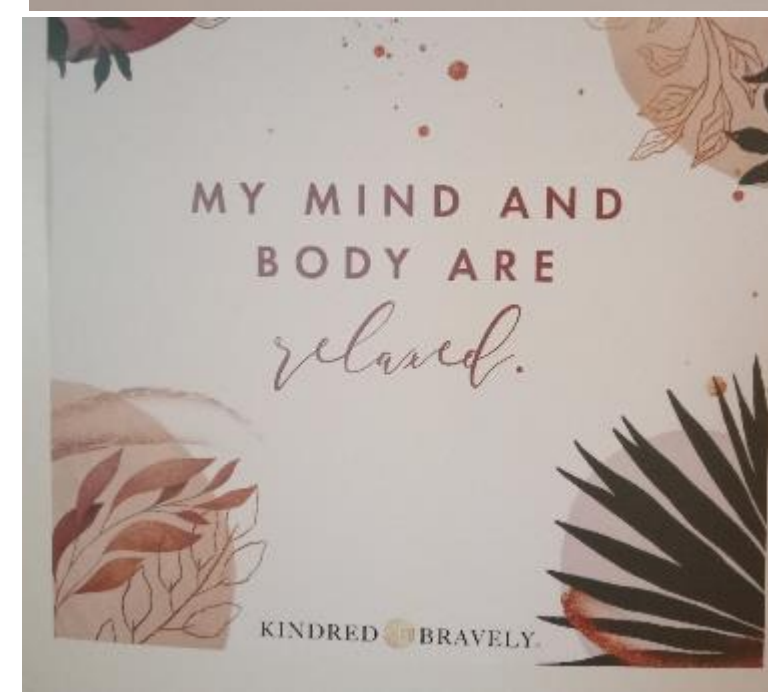







MY BABY IS  
WORKING ON A  
*perfect position*  
FOR BIRTH.

KINDRED BRAVELY.



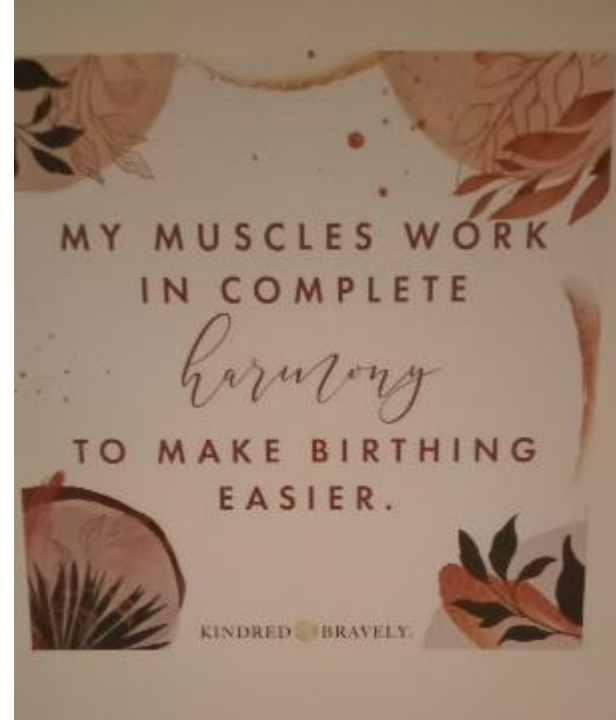
MY MIND AND  
BODY ARE  
*relaxed.*

KINDRED BRAVELY.



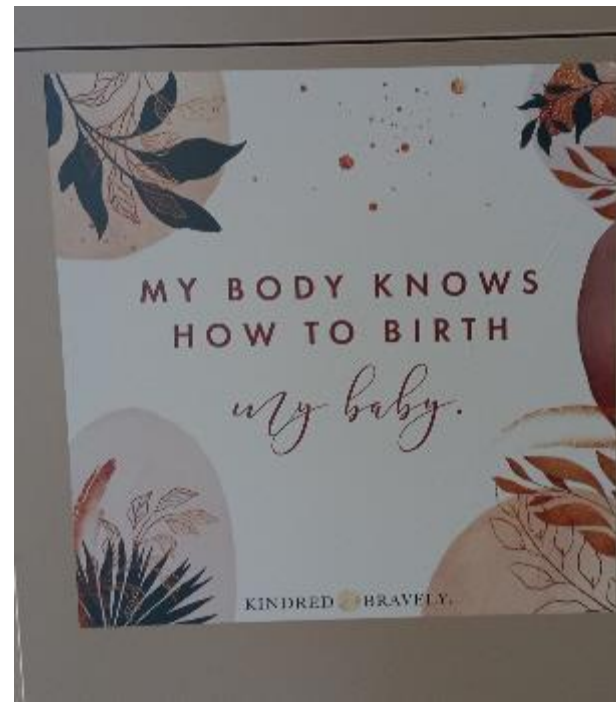
I am so  
powerful

[www.cincybirthtoones.com](http://www.cincybirthtoones.com)



MY MUSCLES WORK  
IN COMPLETE  
*harmony*  
TO MAKE BIRTHING  
EASIER.

KINDRED BRAVELY.



MY BODY KNOWS  
HOW TO BIRTH  
*my baby.*

KINDRED BRAVELY.

Labour Room: adaptable bed, birthing pool and birthing aids.  
Medical equipment hidden from view.



Labour Room: pool and sofa bed.



Labour Room: birthing pool, floor mats and bean bag.

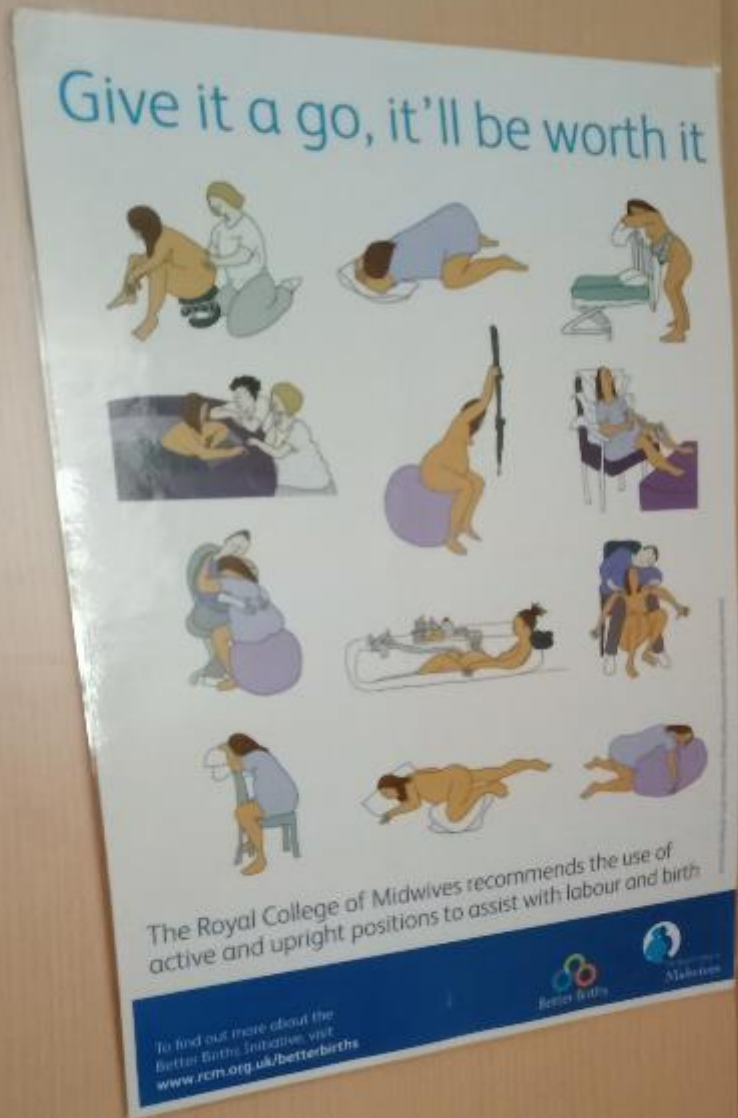


Ballet bar, birth ball  
and peanut ball.



# Active and Upright Positions for Labour and Birth

Fiona leads a team of midwives committed to supporting labouring women and birthing persons in a holistic way.



# Aromatherapy and mood candles



# En-Suite Bathroom





# Birth Kits and Medicine Cabinet



# Kitchen

Staff can prepare drinks and toast or light snacks and a choice of ready-meals. There is no direct access to families for health and safety reasons.



# Postnatal 4-Bedded Bay

Women and birthing persons usually stay in their room after the birth until they are ready to go home.

The postnatal area is a flexible space that can be used for observations and support when mother and baby need a bit more time.



# Activity

The number of births taking place at the Birth Centre is currently 650 per year, down from 970 per year in 2019 -20.

Although the overall birth rate is declining in NHSL, this 30% decrease is due to staffing issues. To keep birth safe, midwives from the BC are moved to the Labour ward and the BC has to close to new admissions. This has happened on a regular basis in the past 2 years.

There was a new intake of midwives in September/ October 2023 which may address some of the issues.

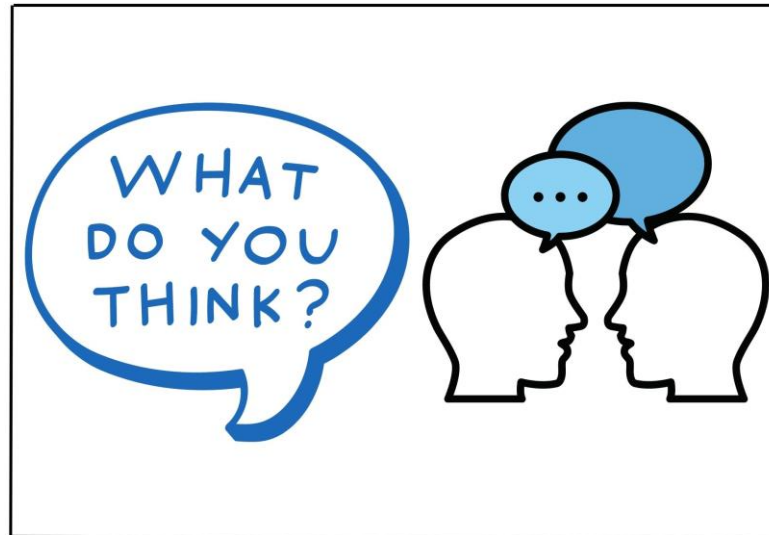
Making better use of the Birth Centre as a space for future parents and families is also being considered.



# Comments Welcome

We were not sure about displaying this poster which advertises Care-Opinion. At present, feedback for maternity services is usually directed to the Patient Experience Team (PET). The website directs to the PET.

The MVP has designed a couple of posters to encourage feedback that could perhaps be used instead? The MVP posters have the QR code to the PET.



If you want to give a compliment, raise a concern or make a complaint, please contact NHS Lothian Patient Experience Team  
Telephone: 0131 536 3370 (9am – 2pm)  
Email: [feedback@nhslothian.scot.nhs.uk](mailto:feedback@nhslothian.scot.nhs.uk)

<https://www.nhslothian.scot/yourrights/compliments-concerns-complaints/>



# Comfortable Sitting Area



# Thank you cards display



