

# St John's Hospital Labour Ward

- Maternity Voices Partnership visit on 24 May 2023



# General Impressions

- The MVP group was warmly welcomed by Kirsty Jackson, Charge Midwife.
- *“We found all the staff we met really welcoming and friendly which helped us feel more relaxed in this new environment.”* Sheena & Kyle (parents-to-be)
- Kirsty took us round the ward, showing us two birth rooms (one with a birthing pool) and the baby resuscitation room.
- It was a busy day: 2 couples arrived while we were there, an elective section birth was under way and at least two other birthing rooms were occupied.
- And yet, the ward felt calm and peaceful; the staff were busy but did not look stressed; everybody was very welcoming and took time to greet us.

# Visit

- After the visit we sent a preliminary report with our observations and made a number of recommendations.
- We received a detailed response from Kirsty Jackson, Senior Charge Midwife. She appreciated *“having some fresh eyes in an area where we work every day, and everything becomes commonplace.”*
- Her response to our observations and her plans to make changes as per our recommendations are included in this final report.
- Some of these changes will be made with the input and support of the MVP.

- The ‘Delivering Kindness’ wall

## The Staff

We were impressed with the very visibly supportive atmosphere amongst the staff. It is obvious they work well together.

The Theatre Team mingled with the ward staff after the Elective Section had been performed.

Midwives and obstetricians share a common staff room and the Obstetrics team has a base on the Labour Ward.

A wall is dedicated to celebrating and supporting each other.

*“We were surprised at how quiet and calm it was even though they were really busy!”*  
Sheena & Kyle



- The new decorative wall art

## The Entrance

There is not separate triage area at St John's.

When people arrive they buzz and are let into a small waiting area before being taken to a birthing room where they can be examined.

There are 9 birthing rooms, 3 with pool.

We loved the art on the wall around the entrance and inside the waiting area. The colours and flowing patterns give a soothing and welcoming feel to what used to be an impersonal and stark entrance to the ward.





# Welcome Panels

## Meet the staff

We are here to help you



# Waiting area





# Labour Rooms

**Picture 1**



**Picture 2**





# Labour Room with pool

**Picture 1**



**Picture 2**



# The Labour Rooms

- *“The rooms were very spacious though the room without a pool did feel slightly more clinical.”* Sheena & Kyle
- All the rooms are en-suite. The bathrooms have a walk-in shower with a temporary plastic seat (new seats designed for shower rooms have been ordered).
- There is a choice of birthing aids (ballet bar, multi-position bed, birthing balls, peanut balls, etc...). New floor mats are being ordered.
- The windows do not open. However, the ventilation is adequate and room fans are available.
- *“I did find the room a bit warm and stuffy and I do wonder how I will cope during birth! I will definitely bring a fan now!”* Sheena

# Labour Rooms – Information on walls

- There are 2 very useful laminated A4 sheets with information for people in labour: birthing positions and presentation of baby's head. These can be removed from the wall and used as needed, then cleaned and put back on the wall.
- We discussed the information for parents displayed in the rooms. Kirsty agreed to review this and said that the posters will be updated and many replaced to ensure every room contains the same information.
- We asked about the information on display which is intended for staff. Kirsty explained that it is there for safety/education purposes and is essential for them but that they can certainly try and display some inside the computer cupboard to make it less clinical. Often this information can be shared with women/birthing people /partners and they find it of interest too when staff are explaining procedures or findings.



# Information panels in all labour rooms



## Information on pain relief

Your options in NHS Lothian

Birthing pool  
Aromatherapy  
TCNS  
Sterile water injections

Gas and air  
Morphine injection  
Remifentanyl  
Epidural



Ask your midwife about aromatherapy

## Information in your language



Select your language

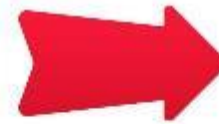


## NHS Lothian Maternity Services website

Practical information  
Your baby's first few hours  
Going home  
Looking after your baby and yourself  
Feeding your baby  
and much more...



Select your language for the website



# BRAIN

We would really want each birthing room to have the large BRAIN poster on display.

The BRAIN tool is a powerful aid for many situations during labour where options have to be discussed and decisions are made.

Kirsty has sourced the posters and will display them in all the rooms and in the corridor.

You are welcome to ask questions about your care at any time during your pregnancy, labour and after the birth of your baby.

Think '**BRAiN**'

**B**

What are the **benefits?**

**R**

Are there any **risks?**

**A**

Do we have an **alternative?**

**i** is for **ME**  
& my **baby**



**what matters to me**

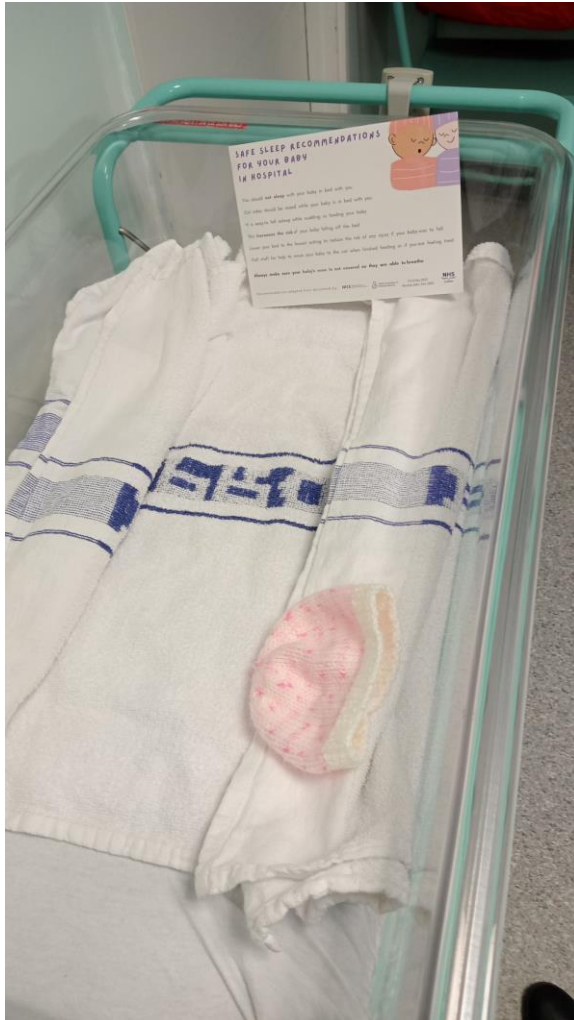
**N**

What happens if we do **nothing?**

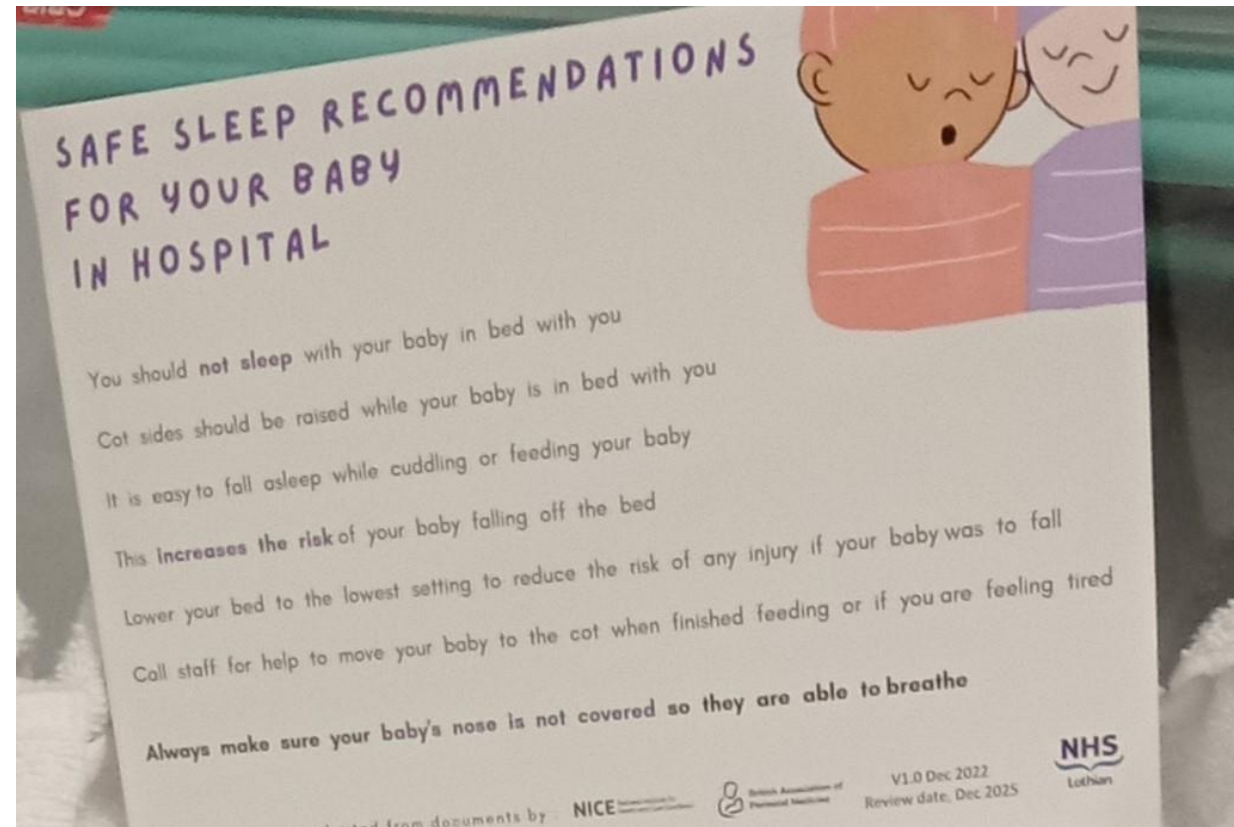
**NHS**  
Lothian

# Babies

Each cot is neatly laid out with a little hat and a card about safe sleeping whilst in hospital.



The cards were designed by a paediatrician and are used across NHS Lothian.





# Special Theatre Gowns for Skin-to-skin

- Staff designed gowns specially adapted to make skin-to-skin easier for birth partners when the birth takes place in the operating theatre.
- They have a fleece flap which opens at the front to place baby in skin-to-skin and keep them warm.
- The gowns were developed and tested over 9 months and will start being introduced in November 2023.
- We are impressed with the efforts that have gone into this and wonder if the same could be done at the Royal Infirmary.