

Minutes of the Maternity Services Liaison Committee held on 29 August 2019 at 10am in the Almond Room, Education Centre, St. John's Hospital, Howden West Road, Livingston.

In Attendance:

Mathilde Peace	(Chair) Lay Representative
Tracy McGillivray	Team Leader, Health Promotion
Carolyn Worlock	Team Leader, Health Visiting
Sean Donaldson	Child & Maternal Health, Assistant Programme Manager
Susan Polland	Senior Charge Nurse, Day Bed Unit SJH
Andie Hewitt	Parent Education Coordinator, NHSL
Nick Reynolds	Principal Befriender SANDS Lothian
Mo Brownlee	RM/ IBLLC Lay Member
Kirstin Worsley	Breastfeeding Network
Sue Shade	Clinical Midwifery Manager
Lynn Rose	Clinical Midwifery Manager
Anna Hartley	Community Midwife
Fiona McDowall	Community Midwife

Apologies:

Moyra Burns, Liz Foster, Karla Napier, Sarah Denniston, Helen Macgregor, Catriona Grainger, Fiona Thomson, Ros Burns, Jenni Bonnar, Sau Mei Fong, Nicola Welsh, Chris Kissack, Karen Bryson, Gail Norris, Ros Burns.

Welcome and Introductions

The Chair welcomed the Committee to the August meeting of the MSLC. Members introduced themselves for the benefit of the new members present.

1. Minutes of the previous meeting

1.1 The minutes of meeting held on 6 June 2019 were accepted as an accurate record.

2. Matters Arising Running Action Note

2.1 Lead Infant Feeding Advisor

Jacqueline Imrie will be the Lead IFA until Melissa Kallat's return from her secondment post.

- 2.2 Thrush Guidelines - Tracy McGillivray stated that the Thrush Guidelines would very shortly sit under the maternity section of RefHelp to be more easily accessible. She confirmed that RefHelp was available on the internet to the public and voluntary sectors.

<https://apps.nhsllothian.scot/refhelp>

- 2.3 Triage - The Chair anticipated that she will meet with Annette Barwick during the Autumn.
- 2.4 Postnatal Ward RIE – The Chair will meet with Catriona Grainger in the Autumn.
- 2.5 Survey Monkey - Sean Donaldson announced that the Communications team had identified an alternative provider, Online Surveys, and were in the process of setting things up.
- 2.6 Sterile Water injections – There has been positive feedback about this new pain relief option at the Birth Centre. Once this option has been reviewed, the service will consider its expansion and the required programme of training.
- 2.7 Breastfeeding specialist service – An update will be provided during the meeting.
- 2.9 Any other matters arising – there were no other matters arising from the previous minutes.

3. Under MSLC Watch

- 3.1 Triage – Meeting with Annette Barwick to be agreed.
- 3.2 Caesarean Section – Member noted that there was no update on caesarean sections at this time
- 3.3 Induction of Labour – Members noted that there was nothing to report
- 3.4 Better Birth – Members noted that next meeting will be held in September - date to be confirmed. The Chair noted that all MSLC members were welcome to attend the meeting.

4. Breastfeeding Support Services

- 4.1 Update on Test of Survey – The Chair advised the Committee that the survey on early support for women wanting to breastfeed was currently being tested in four areas (Edinburgh, East and Midlothian and Linlithgow). Health Visitors are handing out paper copies of the questionnaire to women at the 6-8 week post natal check-up appointment. The Chair would like to reach around 100 responses. If the feedback gathered proves useful the survey could be rolled out online to all women across Lothian.

- 4.2 Specialist Service activity – Tracy McGillivray provided detailed data on the St John’s clinic, which is held on a Wednesday.

For the first 6 months of 2019:

There were 94 attendees and 20 follow-ups by telephone. There were 6 people who did not attend. 45 people returned to clinic for more than one appointment. The number of appointments for each person was between 1 and 3. The age range for the babies was 7 days to 13 weeks. The average was 4 weeks. The main reasons for attendance were positioning and attachment (sore nipples) difficulty attaching (flat nipples), slow weight gain, tongue tie, reduced milk supply and fussing at the breast.

The committee requested similar data for the Tuesday RIE clinic to be provided at the October meeting.

TMG

- 4.3 Tracy McGillivray advised that the NHS Lothian drop-in breastfeeding groups leaflet, which is given to every woman at discharge, is being redesigned. She indicated that these groups are open to any breastfeeding mother and therefore the word “support” had been taken out.
- 4.4 The number of groups has gone from 28 in February to 36 in August. They are listed by day and new groups have been encouraged to cover the end of the week and one on Saturday. NHS Lothian are standardising the data gathered from the groups (partial postcode, baby’s age, reason for attending, how often mothers come) and will collect feedback from the attendees twice a year.
- 4.5 Peer supporters were in place and supporting women at St John’s Hospital.
- 4.6 Tracy McGillivray advised that the SG maternal and health directorate via Programme for Government money had funded posts to encourage antenatal expressing with diabetic women and proactive support for breastfeeding mothers in West Lothian. These projects have started, will run for 18 months and regular updates and feedback on progress was expected.
- 4.7 In Edinburgh, joint visits by health visitors and IFAs in the mother’s home are being trialled and being well received.
- 4.8 Kirstin Worsley, National Supervisor for BFN (Breastfeeding Network) gave an overview of her current work supporting volunteers in Midlothian (Midlothian Breastfeeding Alliance and Midlothian Volunteers Action Group). Women are offered a one-to-one meeting with a volunteer (in a café for example) before going to their first group meeting.
- 4.9 Kirstin Worsley talked about the National Breastfeeding Helpline who offer support from 9.30 to 21.30 every day and now also offer web-chats and a

messenger service. She said that they received around 500 phone calls per month for the whole of the UK.

5. MSLC Mothers' Voices at the PPC

5.1 The Chair gave a verbal report on this successful first event of this kind in Lothian which was organised in partnership with the Pregnancy and Parents Centre.

She recorded her thanks to all the NHS Lothian staff, MSLC and PPC members who supported the event and/or helped facilitate on the day.

5.2 Around 35 mothers came. They said that what mattered to them was –

- To be treated with kindness and respect.
- To be given clear and honest information at the right time.
- To have continuity of carer and consistency of care.
- To be involved in their care and supported in their choices.

They gave feedback on their personal experience and made practical suggestions.

5.3 The full report including NHS Lothian response to the feedback will be ready for the next MSLC meeting in October.

5.4 Andie Hewitt suggested noting the baby's age and if it was a first baby on the feedback notes for future events.

6. NHS Lothian Maternity Services Website

6.1 Sean Donaldson announced that the social media campaign to promote the website section for non-English speakers (including essential local information translated into 12 languages) was up and running. The Facebook and Twitter posts signposting the new resources were translated into the 12 languages. The striking and clever visual was thanks to Paula Cameron of the Communications Department.

https://www.facebook.com/pg/lothian.nhs/posts/?ref=page_internal

https://twitter.com/NHS_Lothian/status/1166304898042011649

7. Focus on West Lothian and St John's Hospital (SJH)

7.1 Susan Polland gave a brief presentation on the successful antenatal vaccination scheme at SJH. Women can access the service in the Day Bed area (Ward 10) any time from 16 weeks of pregnancy up to delivery. Women are invited to drop in on the day of their anomaly scan and many appreciate

being able to do so instead of having to get an appointment at their GP surgery. This will be in operation for the flu vaccine from October to March.

- 7.2 Sue Shade talked about the drug-free method of induction (Cooks balloon) which is now available for most women (including twins and previous sections). This method is now the first line approach at SJH. SJH have had 100% success (i.e. rupture of membrane possible within 12 hours for 100% women) since June.

Data is being collected until September (women satisfaction, mode of delivery, pain relief, length of labour, cost).

- 7.3 Fiona McDowall attended the meeting to talk about the Best Start continuity of carer second midwifery team in Lothian who had gone live on 7 may 2019. The Aspen Team are doing well and are well supported. One of the midwives is running a blog on the staff Facebook group to share her experience.

- 7.4 Andie Hewitt mentioned that the Active Birth group had reconvened and was working on labour ward improvements (decoration, motivation board for labouring women, re-naming of rooms, etc...). Birth balls and peanut balls were available in all the labour suites.

- 7.5 As part of the Excellence in Care Programme two midwives had trialled having names on caps for theatre staff (for example: "XXX, Midwife"). This was successful and was being implemented. It was useful both for women / their partners and for staff and was shown to improve communication and safety.

8. MSLC Working Group on Consent

- 8.1 The Chair presented samples of the new decision-making tool – stickers based on the BRAINS acronym. The stickers were currently being tested by midwives in four areas: Leith, Tollcross, East Lothian and the PrePare Team. The MSLC consent subgroup will reconvene on 10th October when some evaluation data should become available.

9. AOCB

- 9.1 Edinburgh Napier University have agreed with Andie Hewitt, Parent Education Coordinator, to include NHS-led Parent Education awareness sessions in the midwifery student programme. There will be four sessions over the three academic years facilitated by AH at St John's Hospital. The aim is for newly qualified midwives to be ready to take Parent Education classes as soon as they are in post (with support).

10. Date of the Next Meeting and Proposed Dates for 2020

10.1 The next meeting of the Maternity Services Liaison Committee was scheduled for **10 October 2019** at 10 am in room 3 of the Chancellor's Building, Royal Infirmary of Edinburgh.

10.2 The last meeting for 2019 will be on 19 December at Royal Infirmary of Edinburgh.

11. Proposed dates for 2020

6 February at RIE, 2 April at RIE, 4 June at PPC (tbc), 27 August at RIE,

29 October at St John's, 17 December at RIE

Running Action Note

ACTION NO.	DESCRIPTION	LEAD
2.3	MP to meet with AB for update on Triage at RIE	MP
2.4	MP to meet with CG for update on PN ward RIE	MP
4.2	Specialist Service activity (breastfeeding). RIE clinic data to be presented.	MB TMG
5	Full report on Mothers' Voices	MP NT