

Checklist for transfer of care to community midwife

To be completed by midwife prior to mother leaving hospital after the birth or following a home birth

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| Professionals informed | Community midwife <input type="checkbox"/> | Health visitor <input type="checkbox"/> | GP <input type="checkbox"/> | Other <input type="checkbox"/> |
| Discharge address checked | Yes <input type="checkbox"/> No <input type="checkbox"/> | Prescription given if necessary | Yes <input type="checkbox"/> No <input type="checkbox"/> | |
| Contact numbers given | <input type="checkbox"/> <input type="checkbox"/> | Urinary/faecal incontinence referral | <input type="checkbox"/> <input type="checkbox"/> | |
| Pattern of home visits explained | <input type="checkbox"/> <input type="checkbox"/> | Breast self-awareness explained | <input type="checkbox"/> <input type="checkbox"/> | |
| Support at home discussed | <input type="checkbox"/> <input type="checkbox"/> | Cervical smear explained | <input type="checkbox"/> <input type="checkbox"/> | |
| Out-patient appointment (if necessary) | <input type="checkbox"/> <input type="checkbox"/> | Serology results checked | <input type="checkbox"/> <input type="checkbox"/> | |
| Postnatal exam appointment explained | <input type="checkbox"/> <input type="checkbox"/> | Anti D given | <input type="checkbox"/> <input type="checkbox"/> | |
| Relevant details | | | | |
| Date | <input style="width: 50px;" type="text"/> | Time | <input style="width: 50px;" type="text"/> | Signature* <input style="width: 150px;" type="text"/> |

Appointments

| Date | Day of week | Time | Where | With | Reason |
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Signatures

Anyone writing in these notes should record their name and signature here
 Abbreviations: CMW = Community Midwife; MW = Midwife; StM = Student Midwife; HV = Health Visitor; HCA = Health Care Asst; Ph = Phlebotomist
 GP = General Practitioner; Con = Consultant; SpR = Specialist Registrar; Reg = Registrar; SHO = Senior House Officer; US = Ultrasonographer

| Name (print clearly) | Post | Signature* |
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Support Groups

See also www.preg.info/post/groups

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| Bladder and Bowel Foundation Helpline | 0845 345 0165 | |
| Childline | 0800 1111 | |
| Citizens Advice Bureau (CAB) | 0207 833 2181 | |
| Contact a Family (Disability) | 0808 808 3555 | |
| Drinkline | 0800 917 8282 | |
| Family Planning Association | 0845 122 8690 | |
| Frank About Drugs | 0800 776 600 | |
| Gingerbread | 0800 018 4318 | |
| La Leche League (breastfeeding) | 0845 120 2918 | |
| National Breastfeeding Helpline | 0844 209 0920 | |

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| National Childbirth Trust - Postnatal | 0300 330 0770 | |
| National Domestic Violence Helpline | 0808 2000 247 | |
| NHS Direct | 0845 46 47 | |
| NHS Pregnancy Smoking Helpline | 0800 169 9169 | |
| Parentline Plus | 0808 800 2222 | |
| Sexual Health Information Helpline | 0800 567 123 | |
| Tax Credit Information | 0845 300 3900 | |
| Working Families (rights and benefits) | 0800 013 0313 | |
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Help and support at home. You will probably need a lot of help at first, not just with cooking and housework, but also to give you emotional support. The more you can share your baby's care, the more you will enjoy your baby. You are bound to feel up and down and get tired easily in the early days. Your partner can help with bathing, changing and dressing as well as cuddling and playing. If you are on your own, or your partner is unable to be with you, perhaps your mother or a friend can be there. You may find it helpful to discuss any problems or worries you may have with your midwife or GP.

Adjusting to a new baby can leave parents drained, especially in the first few months. Loss of sleep and all the new challenges in understanding how to meet your baby's needs can add to the pressure. There is often little or no time for you and your partner to spend time together and attempting to be super parents may leave you both exhausted. Keep meals simple, try to space visitors out and if you need extra help – ask. You may also want to talk to mothers in a similar situation. Your health visitor has information about child health clinics or mother and baby groups in your area. Other contact numbers and support groups are available (see page 18).

Baby blues. Up to 80% of new mothers go through the 'baby blues'. This is the tearfulness which can occur in the first three or four days. It is rather like coming down to earth with a bump after giving birth. It may be caused by hormone changes, tiredness, and discomfort from sore stitches or sore breasts. It usually passes after a few days, but rest as often as you can during the day.

Other types of emotional changes that can occur after childbirth

10 to 15% of new mothers have some experience of postnatal depression. Many more – perhaps half – go through spells of feeling very low, lacking in confidence, loneliness, isolation and exhaustion – these are normal feelings if you have just given birth, but usually they are mild.

If you are experiencing any of the following symptoms, contact your carers for advice.

- feelings of anxiety
- loss of confidence
- sleeping and eating difficulties
- difficulty coping with day to day tasks
- dissatisfaction with the quality of relationships
- varying degrees of tearfulness and irritability
- feelings of hopelessness or despondency
- loss of interest in yourself or your baby
- feeling better in company and worse alone
- feelings of loneliness and isolation

What can be done if you develop postnatal depression? It is a real illness and the most important part of treatment involves telling someone how you feel. Simple things like looking at your social support maybe all that is required. Your midwife, health visitor or GP can help you and can arrange for further support. Your GP may prescribe anti-depressants, which are not considered to be addictive, and have been found to be extremely helpful in treating the symptoms.

General information

Screening. If you did not have screening for your Hb, blood group, antibodies, rubella, hepatitis B, syphilis, HIV, sickle cell and Thalassaemia in the antenatal period, then it can be done postnatally. Ask your midwife for more details.

Healthy eating and drinking. With a new baby it is important to eat a healthy balanced diet containing bread, breakfast cereals, potatoes, pasta, and rice to give you energy, as well as fruit and vegetables. Lean meat, chicken, fish, eggs and pulses are good sources of protein. Dairy foods, such as milk, cheese and yoghurt contain calcium as well as protein. It is also important that you are a healthy weight for your height before you become pregnant again. If you have concerns about your weight, contact your GP.

General postnatal exercise. Postnatal exercises are very important and should be tailored to your individual needs dependent on the type of birth you have had. They include abdominal, leg and breathing exercises as well as relaxation techniques. Please ask your carers for more information. For pelvic floor exercises see page 13.

Domestic abuse. 1 in 4 women experience domestic abuse at some point in their lives and many cases start or worsen during pregnancy or after the birth. It may take the form of physical, sexual, financial control, mental or emotional abuse. Domestic abuse risks both your health and that of your baby. You can speak in confidence to your healthcare team who can offer help and support, or you may prefer to contact a support agency such as the National Domestic Violence Helpline (see page 18).

Prescriptions and NHS dental treatment. These are free for 12 months after you have given birth. Your child is also entitled to free prescriptions until the age of 16. To claim after your baby is born (if you did not claim whilst you were pregnant), ask your midwife or GP for the appropriate form and you will be sent an exemption certificate. If you have private dental care, you will need to discuss this with your dentist.

Work and benefits. The 'Parents Guide to Money pack' is a pack developed to give you information on all financial aspects of the arrival of a new baby including budgeting, benefits and work options. Your midwife will be able to advise you on where to get this pack. Your employer should provide information about your options regarding returning to work and maternity leave entitlements. Child benefit is also available for each child from birth until at least age 16 and can be claimed by the mother or the person responsible for the care of the child. You should receive a claim pack for this after the birth.