

# 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

Professionals informed	Community midwife <input type="checkbox"/>	Health visitor <input type="checkbox"/>	GP <input type="checkbox"/>	Other <input type="checkbox"/>
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<table style="width:100%;"> <tr> <td style="width:30%;"></td> <td style="width:10%; text-align: center;">Yes</td> <td style="width:10%; text-align: center;">No</td> <td style="width:50%;"></td> </tr> <tr> <td>Discharge address checked</td> <td style="text-align: center;"><input type="checkbox"/></td> <td style="text-align: center;"><input type="checkbox"/></td> <td>Vitamin K prescription given</td> </tr> <tr> <td>Contact numbers given</td> <td style="text-align: center;"><input type="checkbox"/></td> <td style="text-align: center;"><input type="checkbox"/></td> <td>Travel safety explained</td> </tr> <tr> <td>Pattern of home visits explained</td> <td style="text-align: center;"><input type="checkbox"/></td> <td style="text-align: center;"><input type="checkbox"/></td> <td>Cot death leaflet given</td> </tr> <tr> <td>Support at home discussed</td> <td style="text-align: center;"><input type="checkbox"/></td> <td style="text-align: center;"><input type="checkbox"/></td> <td>Registering the birth - leaflet given</td> </tr> <tr> <td>Out-patient appointment (if necessary)</td> <td style="text-align: center;"><input type="checkbox"/></td> <td style="text-align: center;"><input type="checkbox"/></td> <td>Registering the birth with GP explained</td> </tr> <tr> <td>Postnatal exam appointment explained</td> <td style="text-align: center;"><input type="checkbox"/></td> <td style="text-align: center;"><input type="checkbox"/></td> <td>Newborn hearing screen completed or arranged</td> </tr> <tr> <td>Prescription given if necessary</td> <td style="text-align: center;"><input type="checkbox"/></td> <td style="text-align: center;"><input type="checkbox"/></td> <td>Physical examination of the newborn completed or arranged</td> </tr> <tr> <td>Urinary/faecal incontinence referral</td> <td style="text-align: center;"><input type="checkbox"/></td> <td style="text-align: center;"><input type="checkbox"/></td> <td>Role of Health Visitor explained</td> </tr> <tr> <td>Breast self-awareness explained</td> <td style="text-align: center;"><input type="checkbox"/></td> <td style="text-align: center;"><input type="checkbox"/></td> <td rowspan="3" style="vertical-align: top;"> <div style="border: 1px solid black; padding: 5px; min-height: 40px;">                     Relevant details                 </div> </td> </tr> <tr> <td>Cervical smear explained</td> <td style="text-align: center;"><input type="checkbox"/></td> <td style="text-align: center;"><input type="checkbox"/></td> </tr> <tr> <td>Anti D given</td> <td style="text-align: center;"><input type="checkbox"/></td> <td style="text-align: center;"><input type="checkbox"/></td> </tr> </table>		Yes	No		Discharge address checked	<input type="checkbox"/>	<input type="checkbox"/>	Vitamin K prescription given	Contact numbers given	<input type="checkbox"/>	<input type="checkbox"/>	Travel safety explained	Pattern of home visits explained	<input type="checkbox"/>	<input type="checkbox"/>	Cot death leaflet given	Support at home discussed	<input type="checkbox"/>	<input type="checkbox"/>	Registering the birth - leaflet given	Out-patient appointment (if necessary)	<input type="checkbox"/>	<input type="checkbox"/>	Registering the birth with GP explained	Postnatal exam appointment explained	<input type="checkbox"/>	<input type="checkbox"/>	Newborn hearing screen completed or arranged	Prescription given if necessary	<input type="checkbox"/>	<input type="checkbox"/>	Physical examination of the newborn completed or arranged	Urinary/faecal incontinence referral	<input type="checkbox"/>	<input type="checkbox"/>	Role of Health Visitor explained	Breast self-awareness explained	<input type="checkbox"/>	<input type="checkbox"/>	<div style="border: 1px solid black; padding: 5px; min-height: 40px;">                     Relevant details                 </div>	Cervical smear explained	<input type="checkbox"/>	<input type="checkbox"/>	Anti D given	<input type="checkbox"/>	<input type="checkbox"/>	
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Date  /  /  Time  Signature\*

## Appointments

Date	Day of week	Time	Where	With	Reason
/ /					
/ /					
/ /					
/ /					
/ /					
/ /					

## 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*

Name (print clearly)	Post	Signature*

## Support Groups See also [www.preg.info/post/groups](http://www.preg.info/post/groups)

Childline	0800 1111
Citizens Advice Bureaux (CAB)	0207 833 2181
Contact a Family (Disability)	0808 808 3555
Continence Foundation Helpline	0845 345 0165
Drinkline	0800 917 8282
Family Planning Association	0845 310 1334
Frank About Drugs	0800 776 600
Gingerbread	0800 018 4318
La Leche League (breastfeeding)	0845 120 2918
National Childbirth Trust (NCT)	0870 444 8707

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



## Important symptoms

The following information can be used as a guide to help you decide when to contact your midwife, GP or health visitor. See page 3 for the assessment of your risk.

**Abnormal vaginal bleeding.** Varying amounts of blood loss during and after the delivery affect women in different ways. If you begin to develop symptoms including palpitations, dizziness, a rapid pulse, weakness, sweating, restlessness and pallor, following or during a heavy blood loss, you should contact your midwife immediately.

**Infection:** Signs of infection to look out for following childbirth are: fever and chills; lower abdominal pain and tenderness; offensive, foul-smelling vaginal discharge; and a tender uterus. If you develop any of these, tell your midwife.

**Headache with neck stiffness, fever and visual disturbances.** Many women may suffer from tension headaches and/or migraines after the birth. These usually resolve with mild pain relief (eg paracetamol) and rest. Relaxation exercises may also help to get rid of tension. If however you have a sudden onset severe headache with neck stiffness and a high temperature you should contact your midwife or GP straight away. If the severe headache occurs within 3 days of the birth and is accompanied with heartburn-type pain, blurred vision and 'flashing lights', nausea or vomiting, you should also contact your carers as this may indicate a sudden rise in blood pressure, which may require treatment. If you had an epidural and then develop a headache which worsens when you are upright and is relieved when you lie down accompanied by nausea and vomiting and ringing in the ears, this could be symptomatic of epidural complications and should be reported to your midwife.

**Red, painful area on the breast.** This is most common in women who are breast feeding and falls into 2 categories – infective and non-infective mastitis. Symptoms are similar for both - a high temperature and flu-like symptoms. Non-infective mastitis is usually caused by blocked milk ducts and is managed by wearing a well fitting bra and ensuring the baby is correctly positioned at the breast. Infective mastitis is a bacterial infection, usually caused by a cracked nipple and will require referral to your GP as treatment is often by antibiotics. Neither is a reason to give up breastfeeding and your midwife will show you how to ease the symptoms by massaging the breast, taking paracetamol, increasing fluids and resting.

**Persistent fatigue, faintness, dizziness, tingling fingers and toes.** These are all symptoms of anaemia, which is caused by too little haemoglobin (Hb) in the red blood cells. Diagnosis is by a simple blood test and can be treated with iron supplements and dietary advice. A further feature of anaemia is fatigue, over and above that which would be expected following childbirth. If you are concerned, discuss this with your carers.

**Backache.** Backache is common after childbirth and is likely to improve with mild pain relief and normal activity. Your midwife will advise you on the correct posture when handling, lifting and feeding your baby. If you experience pain radiating down one or both legs, this could be nerve root pain (sciatica) and you should consult your GP.

**Painful intercourse (dyspareunia).** After childbirth it is not unusual for intercourse to be uncomfortable initially and may be one of the reasons why many couples find enthusiasm for sex reduced for a time. Lubricant gel may ease the soreness and effective contraception may relieve the added concern of another pregnancy. However, if the pain persists see your GP, who can assess whether you may need to be referred to a specialist.

For signs and symptoms of **thrombosis**, see page 6.

## 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 8.

**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, emotional or psychological 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 Women's Aid (see page 22).

**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.** Booklets on the government's latest provision on maternity rights and benefits and how to get financial help for low income families can be obtained from your local social security office or your midwife. 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.

