**Hampshire Hospitals Foundation Trust March 2014**

**Background**

NCT practitioners are working in partnership with HHFT to provide antenatal education (Parent Education) for expectant parents. Three course formats are offered: Preparation for Birth and Beyond (“PBB”), Early Pregnancy (“EP”) and Refresher (“REF”). The contract under review has been running from the beginning of October 2012.

Quarterly monitoring and evaluation reports are provided on:

* Capacity on courses and numbers attending
* Profile of parents attending
* Parents’ overall rating of their course and levels of knowledge and confidence

Parent education sessions are held at various locations within the Hampshire Hospitals NHS Foundation Trust boundary namely Winchester Hospital (RHCH), Basingstoke Hospital (BNHH) and Andover Maternity Centre (HHMC).

## Capacity and attendance

Over the review period, 822 places were booked on 42 courses and attendance was good:

81% of booked clients attended the first session (down from 84% during the previous quarter).

64% of booked clients attended the final session (up from 62% during the previous quarter).

A diverse range of parents participated, in terms of their age, gender, educational level, ethnicity, marital status and disability. A large majority of women attended the course with their partner.

## Evaluation results

## Results of overall course ratings were positive:

* 96% of respondents of Preparation for Birth and Beyond (PBB)d courses rated their course highly (51% “Excellent” and 45% “Good”) with only 5% finding it “Fair”
* 90% of respondents of Early Pregnancy (EP) courses rated their course highly (40% “Excellent” and 50% “Good”) with 10% finding it “Fair”
* 100% of respondents of Refresher (REF) courses rated their course highly (80% “Excellent” and 20% “Good”)

**Preparation for Birth and Beyond (PBB) Courses**

PBB courses are run either as all-day single sessions (typically weekends 10am-4pm) or as multiple sessions (typically 3 x weekly evenings 19:30-21:30). Courses are run at venues in Basingstoke, Andover and Winchester for a maximum of 22 participants (20 in Basingstoke).

The first two sessions of the PBB courses typically cover different stages of labour, natural birth, pain relief options, caesarean section and more complicated birth. The third session typically deals with breastfeeding and early days after birth. Other themes, including the developing baby and changes for women and men as they become parents, are woven throughout the sessions. A key approach is to signpost parents to reliable sources of further information and to give parents practical skills and decision-making strategies to use around the time of birth, adjusting to new motherhood or fatherhood, and when caring for their baby.

Some PBB sessions are run during the daytime and bookings for these courses have been comparable with weekend and evening courses. Prospective parents are generally allocated a course according to their expected due date (EDD). They are not able to choose to attend a weekend course over a weekday course, for example. However, if they state that they would find it difficult to attend the course they have been allocated, they can ask the Bookings Team to change their booking.

When PBB courses in one venue are full, the Bookings Team will try to find the enquirer a suitable course in one of the neighbouring areas. For example, when Basingstoke courses are full, subsequent enquirers are offered Andover courses if they live to the north west of Basingstoke, and Winchester courses if they live to the south of Basingstoke.

Courses are allocated to prospective participants according to the EDD. Pregnant women and their partners (or a birth companion) usually attend between 28 and 36 weeks of pregnancy.

**Fig 1 overall PBB course rating**

**Fig 2 knowledge levels pre-course**

**Fig 3 knowledge levels post course**

**Fig 4 confidence levels pre course**

**Fig 5 confidence levels post course**

**Early Pregnancy (EP) Courses**

EP courses are run as a two-hour single session (typically weekday evenings 19:00-21:00, or weekend daytime 10:00-12:00). They are run in Basingstoke and Winchester for a maximum of 22 participants (20 in Basingstoke). These courses are designed for couples expecting a baby and for pregnant women to attend with birth companion or alone. They cater for expectant parents who are looking for support and information early in the pregnancy.

The course covers themes including baby’s development, physical and mental changes in pregnancy for the parents, assessing who will be involved in the early stage of baby’s life (role of midwife and health visitor), local options for delivery and looking ahead to feeding choices.

Courses are allocated to prospective participants according to the EDD. Pregnant women and their partners (or a birth companion) usually attend between 13 and 18 weeks of pregnancy.

**Fig 6 overall course rating (EP)**

**Fig 7 knowledge levels pre course**

**Fig 8 knowledge levels post course**

**Fig 9 confidence levels pre course**

**Fig 10 confidence levels post course**

**Refresher (REF) Courses**

REF courses are run as a two-hour single session (typically weekday evenings 19:00-21:00, or weekend daytime 10:00-12:00). They are run in Basingstoke and Winchester for a maximum of 22 participants (20 in Basingstoke). These courses are for parents expecting a second or subsequent child. They are available to both parents or to a mother and birth companion. Unfortunately there is no crèche provision available and there is no provision for pregnant women to bring their toddler or older children with them.

The course allows participants to reflect on their previous births, looking for the positives and discussing methods that helped. The stages of labour are recapped and techniques for relaxation and breathing are revisited.

 **Fig 11 overall course rating (Ref)**

**Fig 12 confidence levels pre course**

**Fig 13 confidence levels post course**

**Summary**

**The Preparation for Birth and Beyond course** had an impact on parents’ confidence about preparing for labour and birth, becoming a mother or father, feeding their baby and providing practical care for their baby. The reporting has focused in particular on those who begin with little or no knowledge and little or no confidence as these parents have the greatest need. Results indicate that the courses were beneficial for these groups of parents, meeting their needs. In addition, there was also positive feedback from parents who had started out with greater levels of knowledge and confidence.

**The Early Pregnancy course** had an impact on parents’ confidence about the common problems in pregnancy, managing stress and the role hormones play in pregnancy and in their choices locally for birth place/type. The reporting has focused in particular on those who begin with little or no knowledge and little or no confidence as these parents have the greatest need. Results indicate that the courses were beneficial for these groups of parents, meeting their needs. In addition, there was also positive feedback from parents who had started out with greater levels of knowledge and confidence.

**The Refresher course** had an impact on parents’ confidence about knowing what happens in labour and the choices that can be made for it. Confidence levels were also seen to have increased relating to looking after the parent physically and emotionally during the pregnancy. Results indicate that the courses were beneficial for those attending the course; meeting their needs. In addition, there was also positive feedback from parents who had started out with greater levels of knowledge and confidence.

**End**