

Your Personalised Care & Support Plan

Care centred around your unique needs



BUCKINGHAMSHIRE, OXFORDSHIRE AND ROYAL BERKSHIRE

Maternity & Neonatal Voices

Working in partnership to improve maternity & neonatal services

BOB

Buckinghamshire, Oxfordshire and Berkshire West
Integrated Care System



bit.ly/feedback17wks

17 week feedback



bit.ly/feedback35wks

35 week feedback



bit.ly/feedbackafterbirth

After birth feedback

Welcome to your personalised care & support plan

This plan is for you. It will guide you through the decisions you will make during your pregnancy. Have a read through - you may already have ideas you want to note down. Your maternity team will take you through the yellow sections at your booking appointment and the other sections at future appointments. You'll find handy hints to help you think about each section written in faint writing so you can write your thoughts over the top.

Please remember this plan is for you and remains with you throughout your pregnancy. It won't be seen by anyone unless you choose to show them. However, some points will be recorded by your care team on your medical notes.

We'd like to know how you are using your personalised care & support plan so we continue to improve it and make it the best it can be. Please follow the QR codes (or the web address underneath) after your key appointments. These allow you to feed back anonymously during your journey.



Your Personalised Care & Support Plan

This document can be updated throughout your journey. It belongs to you and is a safe space to share what you want, and to note down any questions you want to ask. You don't need to fill out every section and you can give as much, or as little, information as you want.

My name is Would you like to tell us your pronouns?

I speak

I understand

My ethnicity is Would you like to tell us your religion?

Important things to know about me: medically, my physical health, my mental health and this pregnancy

Other important things I'd like you to know about me

This could be about your family, neurodivergence, social skills, learning difficulties, physical disabilities - whatever is important to you.

Gestational diabetes?

Baby loss?

Anxiety?

IVF?

Unseen disabilities?

Multiples?

A bit about me and how I am feeling about being pregnant and giving birth



For example: Is this your first pregnancy? Do you have other children? Are you excited, nervous or shocked? Do you feel confident making decisions? Are you happy telling people what you would like? What do you do day-to-day at the moment?

- Giving birth
- Anxiety
- Emotions
- Previous pregnancies
- Tests
- Morning sickness
- Preparing for a baby
- Bonding with baby
- Anything else?

What I'm excited about and what my hopes are

What I'm worried about and what my concerns are

- Care givers
- Mental wellbeing
- Staying active
- Stopping smoking
- Pelvic floor exercises
- Birth choices
- Screening and tests
- Pre-existing conditions
- Anything else?

I understand that my choices about me and my pregnancy are mine and that everything should be fully explained to me. I am the key decision maker in this process.

Check out the BRAIN tool on page 2!

No one expects you to know all the answers right away and you can change your mind at any time. This personalised care & support plan should help you and your care team to discuss options and find out what information you need to help you make informed decisions during your journey.

My family/household is

I feel supported by

I live in

I will come to appointments with

I will travel to my appointments by

If possible, do you want to find out the sex of your baby/babies?



Have you thought about screening tests?

Find out more:



<https://www.nhs.uk/pregnancy/your-pregnancy-care/screening-tests/>



Birthing options



Not in hospital



In hospital

Stand-alone birthing centre

Delivery suites

Midwife-led unit

Homebirth

Planned caesarean in theatre

What makes me feel safe

This could be about the environment or who you have with you: it could be as simple as being listened to.

What makes me uncomfortable

This could be about the environment, previous experiences or who you have with you. It could be about your medical care and whether you are comfortable with internal examinations, for example.

Making decisions in pregnancy and beyond

Every decision you make about your pregnancy and birth is yours. Use this space to explore the Benefits, Risks, Alternatives, Intuition and what the impact of doing Nothing could be.

TIME How much time do I have or need? Is it an emergency?

OPTIONS What are my options? Remember you have the RIGHT of choice



Benefits

What are the benefits of the suggested course of action? Consider benefits to both you and your baby.



Risks

What are the risks associated with this decision? Any side effects? Remember that different people will have different opinions on the seriousness of risks.



Alternatives

What other options are available?



Intuition

How do I feel about the suggested course of action? Often our subconscious quietly analyses the information in a way that our conscious brain can't.



Nothing

What if I do nothing? What if we wait for an hour, a day or a week?

Physical health and wellbeing

What's been happening

So far



At 12 weeks

Mental health and wellbeing

At 16 weeks



My thoughts and feelings

At 20 weeks



Birth is a very personal experience and how you choose to birth will be discussed with your maternity team based on your wishes, your health, how your baby is doing and what type of monitoring is advised. It's good to think about your ideal birth and it's also good to think about your care plan if you decide to change that plan based on your pregnancy.

I would like to give birth at I would like to create an atmosphere that is

You may want to record your wishes about lighting, or the number of people in the room. It might be about monitoring or how mobile you would like to be.

My birthing partner, or people I'd like present are

This should include who your main birthing partner is and could also include your support team, including doulas, family, friends, etc.

To help during my labour I would like to try

Nothing

Different positions

Staying active

Being in water

Hypnobirthing

Aromatherapy

Homeopathy

Reflexology

Acupuncture

TENS machine

Oral tablets

Entonox (gas and air)

Injections

Remifentanyl

Epidural

*Some of these may not be available depending on how and where you give birth



I'd like to have these

Think about when and what methods you'd like to use to be comfortable.

What's important to my birthing partner

For example: how involved they want to be - cutting cords, catching babies, holding your hand, etc.

During my birth I would like

This might be about what position you'd like to birth in (check out our birthing positions stickers) or where you'd like your birthing partner to be in the room.

When my baby/babies are born I would like

For example do you would like your partner to remain by your side?
Would you like the baby/babies placed directly on your chest?

Delayed cord clamping

Vitamin K

Skin-to-skin

Feeding baby

What's important to me in the first few hours after the birth

Have you heard of the golden hour, sometimes called the fourth stage? Would you like to be left alone or would you prefer to have someone with you? How soon do you want to return to home? Or, after a homebirth, what would be important to you?

Induction of labour and/or caesarean birth may be part of your ideal birth plan, and this page helps to talk about your options. Even if they aren't what you are planning you can still prepare for anything that **might** happen, using this part of your personalised care & support plan. Your maternity team will also provide you with information about your choices following advice from NICE (National Institute for Health and Care Excellence).

If I have an induction (preparing your cervix for labour)

How does the idea of induction make you feel? Do you know what an induction does?
How would an induction work for you?

Circle anything you'd like to talk about

Sweeps

Non-hormonal method

Oxytocin infusion

Prostaglandin pessary

Artificial rupture of membranes (ARM)

I would like to

Go home? Remain in hospital?

My thoughts and feelings on method/s of induction

Circle anything you'd like to talk about

Spinal block

Epidural anaesthetic

Assisted birth

Seeing my baby/babies being born

Recovery

If I have a caesarean birth

You may choose a caesarean birth or it might be suggested due to your health or the babies'.
How does the idea of a caesarean birth make you feel? How would a caesarean birth affect you and your support team?

I would like to

My thoughts and feelings on what I can see during the birth

The most important thing for me is

In case of emergency I would like

Should your birthing partner remain with you or the baby/babies?
Is there someone you'd like to stay with you?

Getting ready

What's on your hospital bag packing list? Have you been told about the benefits of expressing colostrum? Are your home and family ready?



What's been happening

At 28 weeks

At 32 weeks

At 36 weeks

At 40 weeks

Questions to ask



My thoughts and feelings



After you have given birth you will need time and support to recover. Using your personalised care & support plan you can prepare and understand what you will need immediately and in the time following your birth. It's important for you and your support team to care for your baby/babies and for yourself.

After I give birth I would like to



- Return home
- Recover in hospital
- Have help with feeding
- Talk about my feelings
- Get up and moving
- Have visitors at home and/or in hospital
- I don't know

To be comfortable I would like

Have you thought about extra pillows or any type of pain management after birth?

How I feel about blood loss

Are you prepared with maternity towels?

Contraception

My pelvic health plan

While coping with the physical changes in pregnancy, birth and beyond, your emotional and mental health is important too.

These phrases are a good way to start a conversation about how you are feeling.

My partner is worried about me

I'm feeling anxious

I'm feeling down

Can I talk to you about something?

I think there's something wrong with me

I don't feel like myself

Find out more at '5 Steps to mental wellbeing'

<https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-wellbeing>



How I would like to feed my baby/babies

Have you thought about feeding; do you have any questions? We're here to support you however you choose to feed.



How confident do you feel about feeding?



- Latch and positioning
- Milk storage
- How my body produces milk
- Responsive feeding
- Hand expressing and pumping
- Nappy output
- How to make up a bottle
- Paced feeding

First midwife visit at home

Is there anything you'd like them to know, or a particular way to behave on your home?

Health visitor visit around day ten

How confident do you feel about going to a community centre or similar?

Birth reflections

How do you feel about your birth experience? What went well and what could have been better?

Questions to ask



My thoughts and feelings

Two great resources for all parents

<https://iconcops.org/advice-for/parents/>

<https://www.nhs.uk/conditions/baby/support-and-services/tips-for-new-parents/>



ICON parents' advice



Caring for your new baby

Things I'd like to talk about before going home?

Circle anything you'd like to talk about

Home life

Newborn behaviour

Mental health

Knowing they are feeding well

My 6-week check

Baby/babies' 6-week check

Stitches or wound care

Vaccinations

Bleeding

Newborn jaundice

Pelvic floor

Hearing test

Safe sleeping

Blood spot screening

Car seat safety

Nappy output

Registering the birth

Signs of an unwell baby

My local Children's Centre

My local feeding support

Who I call if I need help

My appointments

My pregnancy reading

You can use this space to record any leaflets you've been given to read.



Important numbers

Write down the number for your hospital and how to contact your midwife.



BUCKINGHAMSHIRE, OXFORDSHIRE AND ROYAL BERKSHIRE

Maternity & Neonatal Voices

Working in partnership to improve maternity & neonatal services

BOB



Buckinghamshire, Oxfordshire and Berkshire West
Integrated Care System