# Your Personalised Care & Support Plan

# Care centred around your unique needs







Buckinghamshire, Oxfordshire and Berkshire West Integrated Care System



BUCKINGHAMSHIRE, OXFORDSHIRE AND ROYAL BERKSHIRE Maternity & Neonatal Voices Working in partnership to Improve maternity & neonatal services



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## 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.

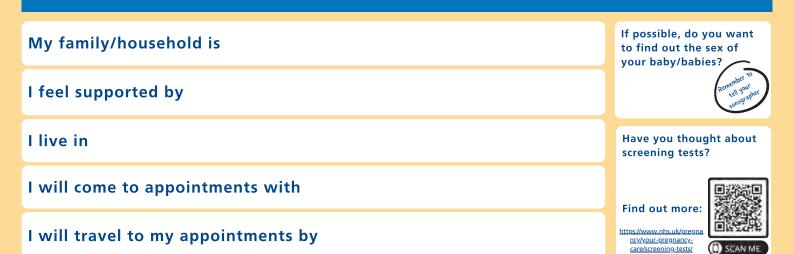
We'd like to know how you are using your personalised care & support plan so we continue to improve it and make it the best it can be. Please follow the QR codes (or the web address underneath) after your key appointments. These allow you to feed back anonymously during your journey.

### 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?		Other important things I'd like you to know about me				
l speak	l understand								
My ethnicity is			Would you like to tell us your religion?		This could be about your family. neurodivergence. social skills.				
Important things to know a physical health, my mental				whatever is					
Gestational diabetes? Baby loss?	Anxiety?	IVF	)	Uns disat	een oilities?	Multiples?			
A bit about me and how I am feeling about being pregnant and giving birth									
	e e e e e e e e e e e e e e e e e e e	l/or sicky	shocked	4nsute	tired	Puestions ind blog			
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 Emot	ions Previous pregnancies			reparing r a baby	Bonding with baby	Anything else?			
What I'm excited about and what my hopes areWhat I'm worried about and what my concerns are									
care Mental Staying yn d Mero givers Mental active					e-existing	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.									

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.



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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.

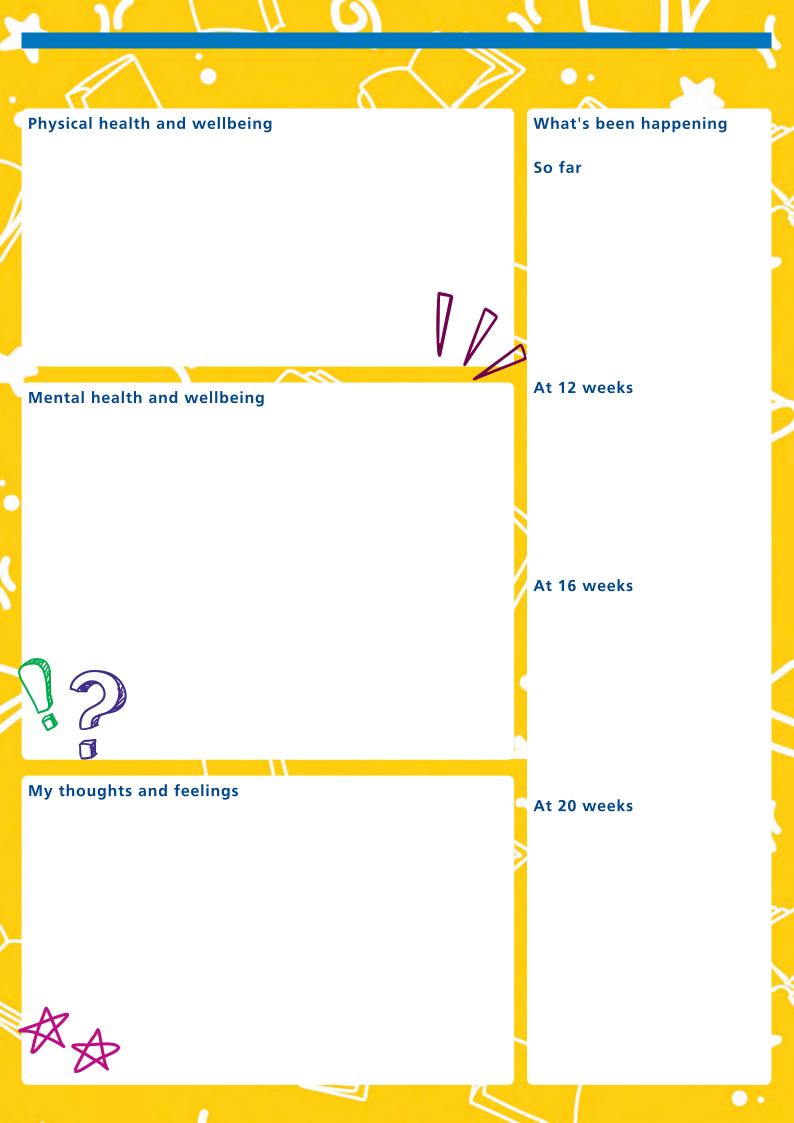
#### What makes me uncomfortable

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.





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.



#### 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?

Crede snything Great and the to you all down talk about	Non-hormonal method	Oxytocin infusion Pros	taglandin pessary Artificial ruptu	re of membranes (ARM)
I would like to	My thoughts ar	nd feelings on met	hod/s of induction	
Go home? Remain in hospital?				
Grede southing you'd the to talk shout Spinal block	Epidural anaest	netic 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

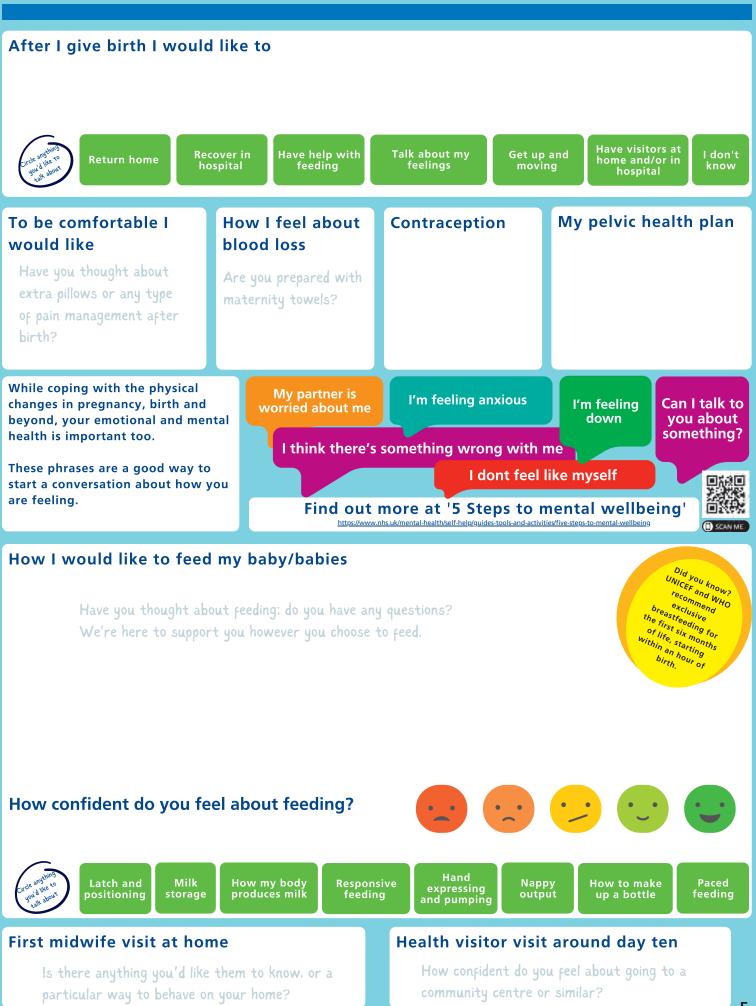
The most important thing for me is

#### 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?



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.



#### **Birth reflections**

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

#### Two great resources for all parents

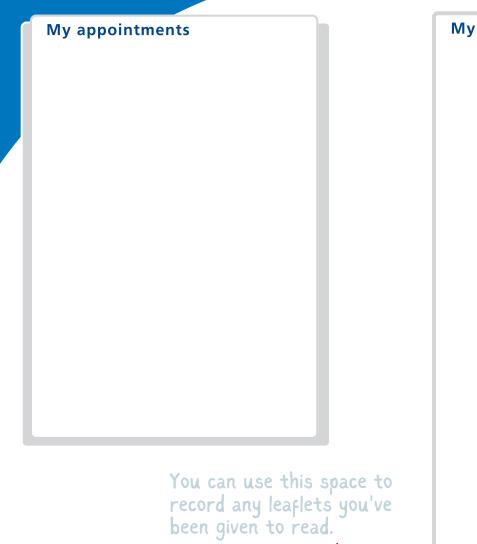


**Questions to ask** 

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#### My thoughts and feelings

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







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