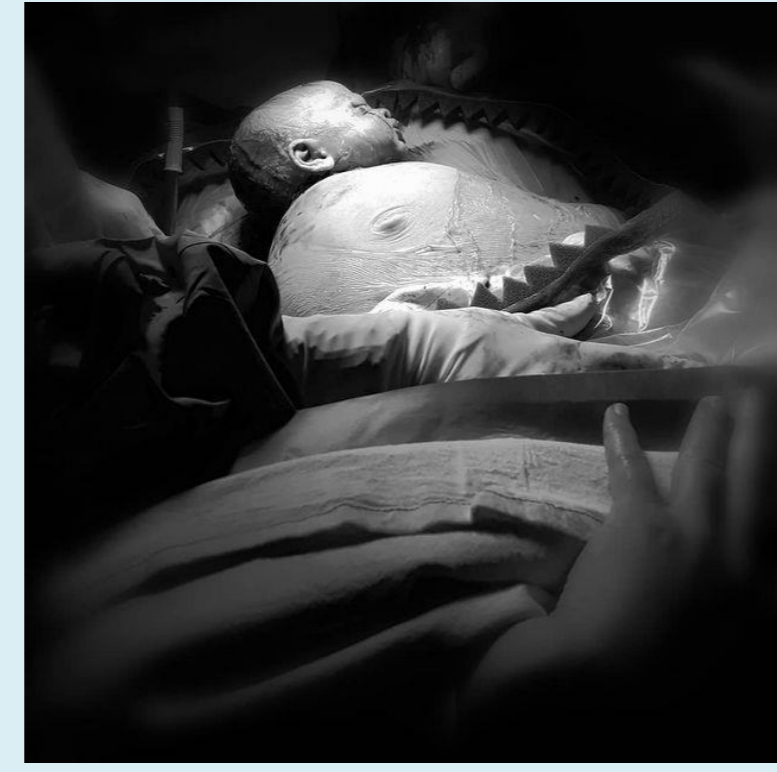


#mycaesarean

Charlotte Harford, Georgia Smith, Maggie Arlidge

Problem Statement:

It was identified that 80% patients who underwent elective caesarean sections were not given any choice regarding the experience of their birth



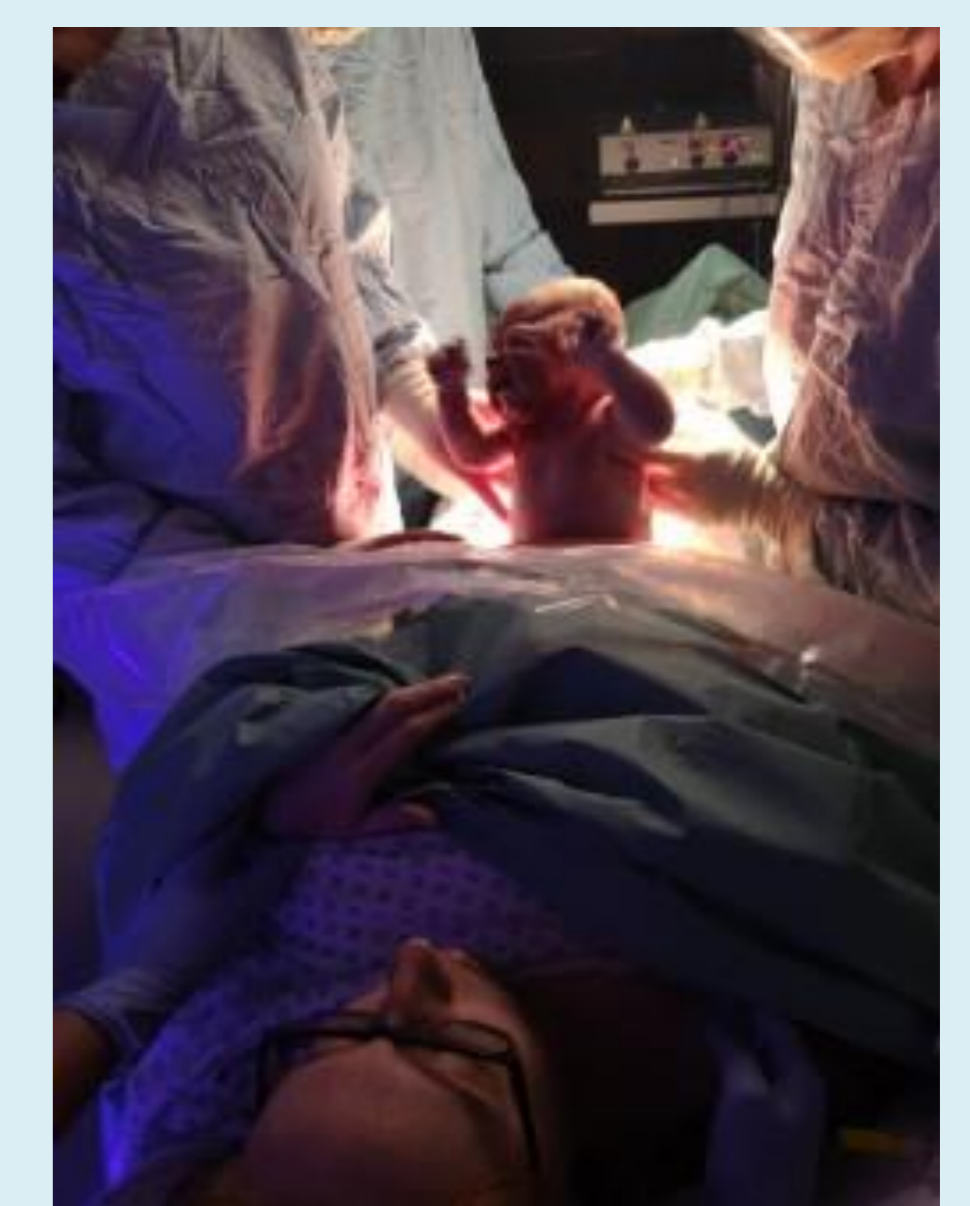
Method:

We carried out a preliminary survey of patients' wishes to provide further credibility to the vision. We then performed an evaluation of the current practice in place and found that no women were made aware of an available choice regarding their birth. We implemented #mycaesarean in December 2020 which is a bespoke service designed to provide women who are already booked for an elective caesarean section the option to shape their experience. Patients are given a leaflet and checklist to allow women to choose certain aspects to be included in their birth, these include: low lighting, LED candles, their own playlists, aromatherapy, lowering of the surgical drapes, time allowed for baby to be born, optimal clamping of the cord and immediate skin-to-skin.

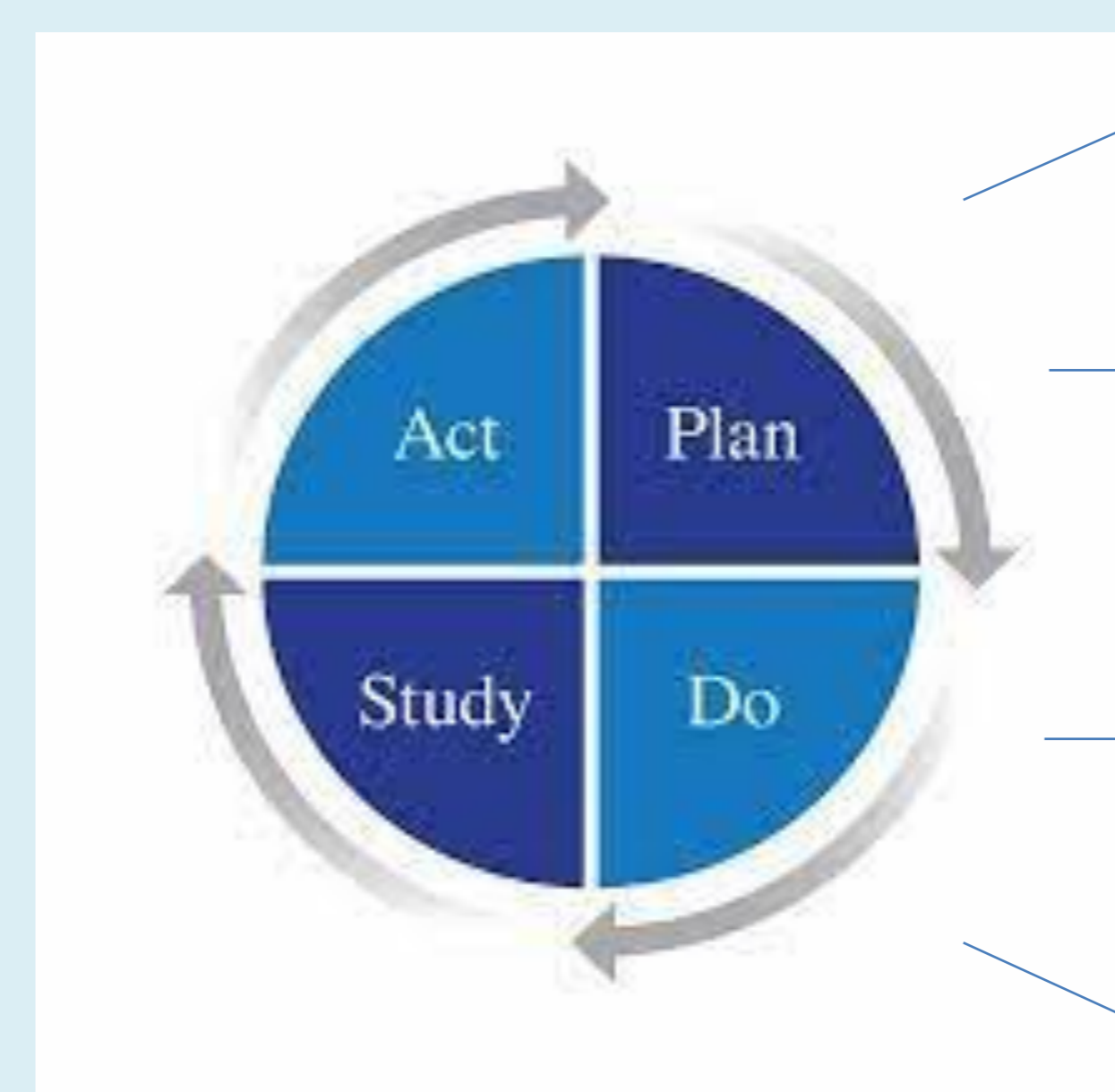
Aim:

The aim is to ensure that 100% of patients having an elective caesarean section are given the choice of what they want for their birth.

Aim	Primary Drivers	Secondary Drivers	Change Ideas
The aim is that 100% of patients having an elective caesarean section are given a choice of what they want for their birth within 3 months of the start of the project	Environment	Lighting	Mood Lighting Ambient lighting
		Music	Creating Music playlist Bluetooth docking station
		Safe space	Quiet and calmness in theatre
	Communication	Staff	Understanding why the change is needed Limit 'conversations' in theatre
		Patients	Communicate the patient's choice during the morning WHO.
	Patient Experience	Choice	Understanding of choices available
		Documentation	Create pre-op birth plan checklist
		Risk	Discussion with patient's consultant re: risks/benefits
	Knowledge and Understanding	Training	Creating action card for elective caesarean sections Staff training sessions for 'natural' caesarean sections
		Patients	Ensure patients are given accurate information



PDSA Cycle



Baseline audit of patient experience completed
Identified need for patients to be given more choice

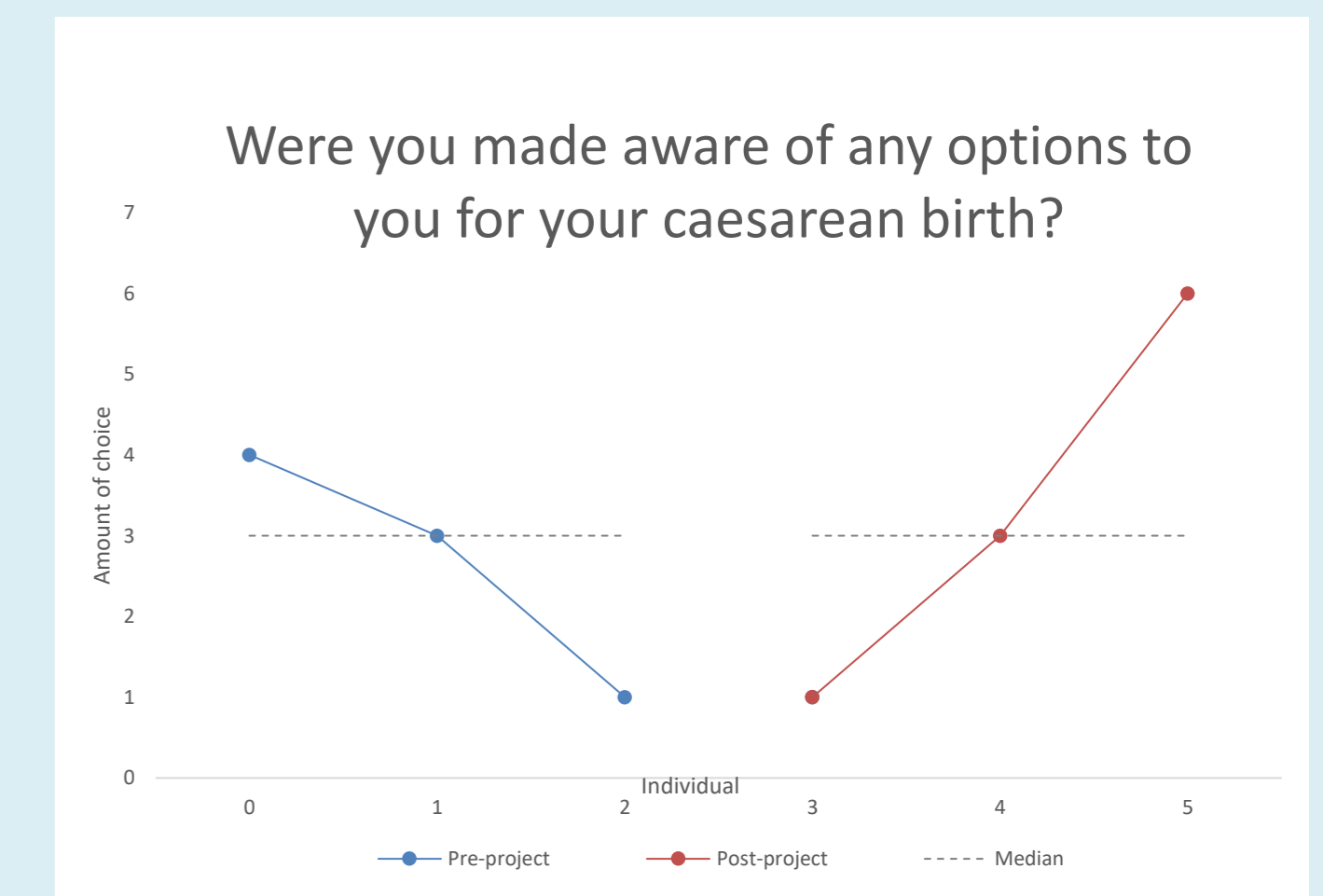
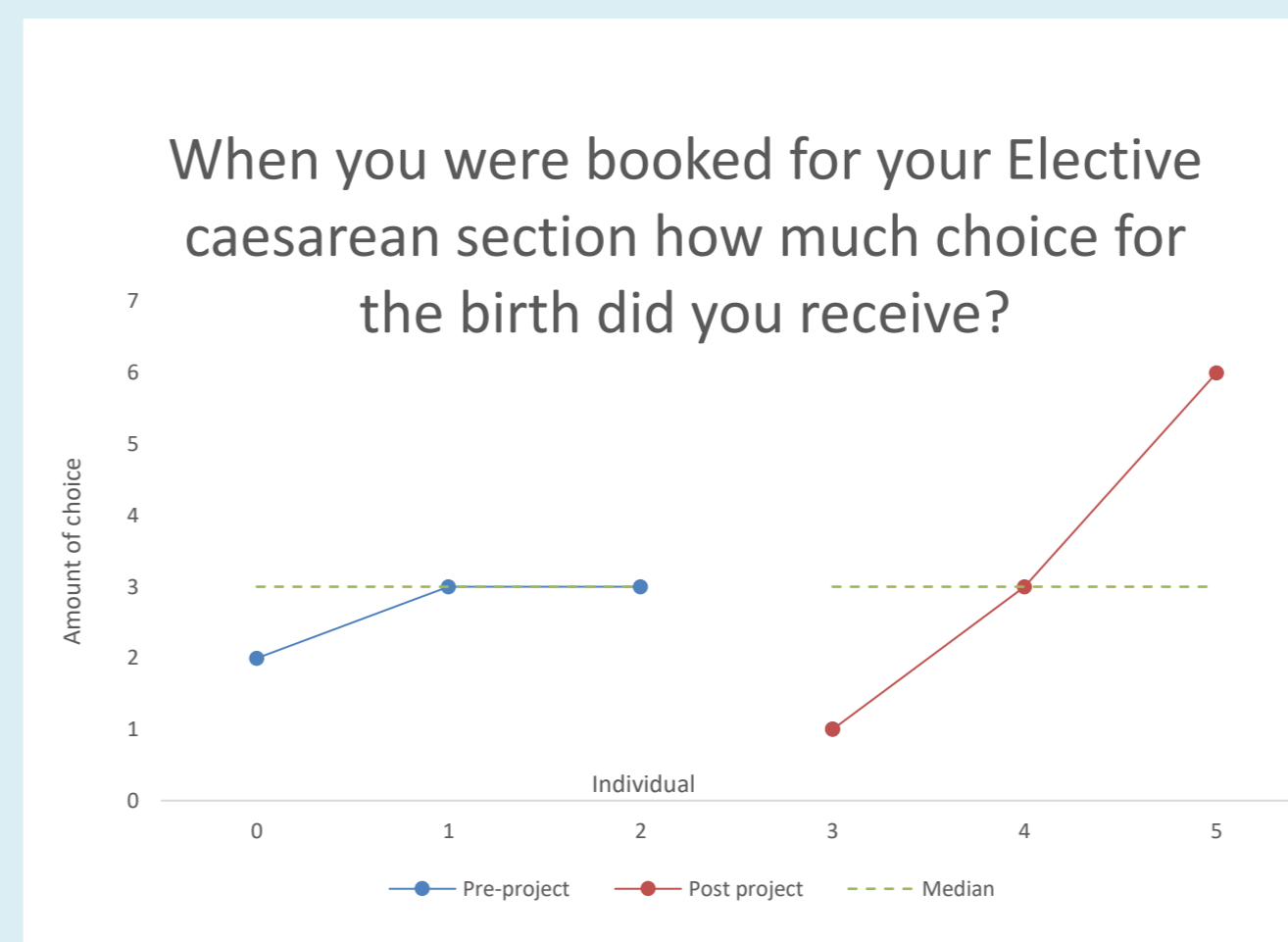
Implemented #mycaesarean

100% of patients felt they were offered choice in their birth

#mycaesarean is implemented within the unit as standard practice for all elective caesarean sections.

Results

100% of patients surveyed felt that they were given birth choice for their elective caesarean section and 100% felt they were offered excellent choice in their birth. Now in 2023 patients continue to feedback that they have choice, feel listened to and have positive experiences when having an elective caesarean section.



Lessons Learnt

Continual training for staff about the project is vital as there is a high change over of teams, and as this is not standard practice in other units, it's pivotal to the project that we continue to train the staff. We would love to do a national survey and implement the project nationally.

What's happened since....

#mycaesarean article has been published in the AIMS journal: Smith,G et al 2021 AIMS Journal, 2021, Vol 33, No 3 #mycaesarean was implemented in December 2020 and has become the 'new normal' at GRH