

Personal care plans

For mums and families



This information booklet is for women who are pregnant in North West London.

This booklet accompanies the information provided in the North West London **mum & baby app** or North West London maternity booklets:

Your pregnancy, Labour and birth and **After your baby's birth**
(available at: www.bit.ly/NWLMaternityinformation)

What is a personal care plan?

Personal care plans help you to explore, understand and record your individual choices for pregnancy, birth and early parenthood. Every woman and family is different, with individual needs, which have an influence on care and preferences. Decisions regarding care should be made in partnership with your maternity team and those close to you (such as family and friends). Plans can adapt as your pregnancy progresses if needed. Personal care plans are for everyone, whether it is your first baby or your fifth!

In this booklet you will find personal care plans for:

• Health and wellbeing in pregnancy	5-10
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Complete at the beginning of (or anytime during) your pregnancy

• Personalised birth preferences	11-18
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Complete from 32-34 weeks of pregnancy

• After your baby is born	19-25
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Complete from 34 weeks of pregnancy

• Birth reflections	26-29
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Complete after your baby's birth

Your midwife and/or doctor can help you to complete or adapt your personal care plans at any point, and you are encouraged to share your plans and preferences with them throughout pregnancy.

It is important to remember that a plan is just that – and that things may need to be reviewed and changed around your needs and the needs of your baby, to ensure care is always high quality and safe.

How to use this booklet

During pregnancy we encourage every woman to complete their own personal care plans, in partnership with their midwives and/or doctors. These personal care plans can be hand written in this booklet or completed on the North West London **mum & baby app** (then printed if you wish).



In the app you will find a wide selection of useful and important information about pregnancy, birth and what happens after your baby is born. You can download the free app to your smartphone or tablet via the App Store or Google Play.

You can also access the information contained within the app in booklet format from your local maternity unit or online. There are booklets available on **Your Pregnancy, Labour and birth** and **After your baby's birth**. Ask your midwife about getting this information if you're not sure.

You can visit:

www.bit.ly/NWLmaternityinformation
for your electronic copies of these booklets

In this booklet you will find four different personalised care plans. Keep this booklet with your handheld maternity notes, so you can discuss them with your maternity team at your appointments.

Completing these personal care plans will support you in your preferences for pregnancy, birth and parenthood.

Choosing place of birth

In North West London, each maternity unit offers three choices for where you can give birth to your baby (home, in a midwifery-led unit/birth centre or in an obstetric-led unit/labour ward). This personal care plans booklet can support you in making this choice in partnership with your maternity team.

About me

My due date is...

My maternity unit is...

My intended place of birth
(home, midwife-led unit or obstetric-led unit) is...

My team's name is...

My named midwife is...

My midwife/team contact details are...

My named obstetric/midwife consultant is...

My known medical conditions/allergies are...



Health and wellbeing in pregnancy



All of these questions relate to information found within the **Your pregnancy booklet** or **Your pregnancy** section in the North West London **mum & baby app**.



Please read the content and explore the links prior to completing. Work your way through the questions at your own pace. You can show this plan to your midwife at any time during your pregnancy.

Physical health and wellbeing

1. I have a long term health condition that may affect my pregnancy...

- | | |
|--|---|
| <input type="checkbox"/> Diabetes | <input type="checkbox"/> epilepsy |
| <input type="checkbox"/> psychological issue/s | <input type="checkbox"/> high blood pressure |
| <input type="checkbox"/> asthma | <input type="checkbox"/> hypo/hyperthyroidism |
| <input type="checkbox"/> other _____ | |
| <input type="checkbox"/> none _____ | |

There are many conditions that may or may not have an impact on your pregnancy. Ask your GP, doctor or midwife about any conditions you have, or may have had in the past.

Notes:

2. It is recommended that you discuss pre-existing medical conditions and/or special requirements with your GP, midwife or doctor prior to becoming pregnant or in early pregnancy...

☐

I have discussed my pre-existing medical condition(s) with my maternity team

☐

I require further support with my medical condition(s) or special needs

☐

I am not sure/I would like to find out more

Notes:

3. I am taking the following medication and/or supplements...

☐

I am aware of the recommendations and I have discussed this with my GP, doctor or midwife

☐

I am not sure/I would like to find out more

It is recommended that all pregnant women take folic acid supplements before conception and up until 12 weeks of pregnancy. It is also recommended that pregnant women take Vitamin D supplements throughout pregnancy. Any other medications should be discussed and reviewed with your team.

My thoughts, feelings and questions:

4. I have additional requirements...

☐

I will need help at appointments to translate into my language

☐

I have allergies and/or special dietary requirements

☐

I have religious beliefs and customs that I would like to be observed

☐

I/my partner have additional needs

If you have any special requirements, please tell your maternity team as early as possible. Use of interpreting services vary depending on local policy and availability, please discuss with your midwife.

My thoughts, feelings and questions:

Lifestyle and wellbeing

- 5. It is recommended that you avoid some foods whilst pregnant, as they can cause harm to you and your unborn baby...**

- ☐ I am aware of what foods to avoid in pregnancy
☐ I am not sure/I would like to find out more

Advice changes about which foods to avoid, please use the links provided in the app to get the latest information.

Notes:

- 6. It is recommended that you try to maintain a healthy and balanced diet in pregnancy...**

- ☐ I am aware of my nutritional needs in pregnancy
☐ I have specific circumstances that affect my dietary requirements and I would like guidance from my maternity team
☐ I am not sure/I would like to find out more

My thoughts, feelings and questions:

- 7. For the majority of women, regular light to moderate exercise is recommended in pregnancy...**

- ☐ I am aware of the recommendations about exercise
☐ I have a condition that affects my ability to exercise and I would like guidance from my maternity team
☐ I am not sure/I would like to find out more

My thoughts, feelings and questions:

8. For the health and wellbeing of you and your baby, you are advised not to smoke, drink alcohol or use recreational drugs in pregnancy...

- ☐ I am aware of advice around the consumption of alcohol, tobacco/nicotine products and recreational/illegal drugs
- ☐ I am not sure/I would like to find out more

You can talk to your midwife or doctor for support with quitting smoking, drinking alcohol or taking recreational/illegal drugs.

My thoughts, feelings and questions:

Emotional health and wellbeing

Expecting a baby can be a joyful and exciting time, however it is also common for pregnant women to experience anxiety, depression or emotional distress.

9. I have a long term mental health condition that may affect my pregnancy...

- | | |
|---|---|
| <input type="checkbox"/> Anxiety | <input type="checkbox"/> schizoaffective disorder |
| <input type="checkbox"/> Depression | <input type="checkbox"/> schizophrenia or any other psychotic illness |
| <input type="checkbox"/> eating disorder | <input type="checkbox"/> postpartum psychosis |
| <input type="checkbox"/> post-traumatic stress disorder | <input type="checkbox"/> any other mental health condition for which you have seen a psychiatrist or other mental health professional |
| <input type="checkbox"/> personality disorder | |
| <input type="checkbox"/> bipolar affective disorder (also known as manic depression or mania) | |

If you have any of these conditions you should talk to your midwife or doctor as soon as possible as you may require specialist perinatal mental health support.

My thoughts, feelings and questions:

10. This is how I'm feeling at the moment...

Write down any concerns or worries you have, and talk to your friends, family, midwife, GP or doctor.

11. Getting to know your baby during pregnancy helps to build strong parental relationships and will also help with your emotional wellbeing. You can try...

- ☐ Talking, singing or playing music to your unborn baby
- ☐ gently massaging your bump
- ☐ pregnancy yoga and/or hypnobirthing
- ☐ using an app to track your baby's growth and development
- ☐ reading UNICEF's 'building a happy baby guide'

Doing these simple things regularly is known to release a hormone called oxytocin, a hormone which can help your baby's brain to develop and makes you feel good.

My thoughts, feelings and questions:

12. I am aware of things I can do to enhance my emotional wellbeing...

- Taking regular gentle exercise, such as pregnancy yoga, walking or swimming
- ensuring I eat well
- trying relaxation techniques, listening to music, meditation or breathing exercises
- taking time for myself, somewhere I can relax
- talking to someone I trust – friend, family, midwife, GP or doctor
- asking for practical help with household chores or other children

My thoughts, feelings and questions:

13. Specialist support for pregnant women with anxiety and depression or any other mental health condition is available...

☐ I am aware of how to access mental health support if I need it whilst pregnant

☐ I am not sure/I would like to find out more

If you feel that you need some emotional support, you can refer yourself to your local talking therapies service. This is free and pregnant women are prioritised. See: [www.nhs.uk/Service-Search/Psychological%20therapies%20\(IAPT\)/LocationSearch/10008](http://www.nhs.uk/Service-Search/Psychological%20therapies%20(IAPT)/LocationSearch/10008)

My thoughts, feelings and questions:

14. Emotions my partner, family and I should look out for include...

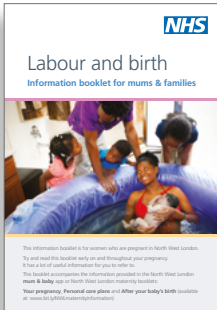
- Tearfulness
- feeling overwhelmed
- feeling irritable or arguing more often
- difficulty concentrating
- change in appetite
- problems sleeping or extreme energy
- racing thoughts
- feeling very anxious
- loss of interest in things I normally like
- being so afraid of birth that I don't want to go through with it
- having unpleasant thoughts that I can't control or keep coming back
- suicidal feelings or thoughts of self harm
- repeating actions or developing strict rituals
- lack of feeling towards my unborn baby

If you are worried by any of these feelings, talk to your midwife or doctor.

My thoughts, feelings and questions:



Personalised birth preferences



A birth plan supports you (and your birth partner/s) to make informed decisions about your care in labour. Sharing your preferences with your care providers enables them to personalise the care they give you. All of these questions relate to information found within the **Labour and birth booklet** or **Labour and birth** section in the North West London **mum & baby app**.



Please read the content and explore the links prior to completing. Work your way through the questions at your own pace. You can show this plan to your midwife from 34 weeks onwards.

1. I am aware of my three choices of birth setting (home, birth centre and labour ward) and have had a discussion with my midwife/doctor about which option is recommended for me. I would prefer to give birth...

- ☐ At home
- ☐ in a birth centre
- ☐ in a labour ward
- ☐ I prefer to wait and see
- ☐ I am not sure/I would like to find out more

Certain options might be recommended for you based on your personal health and pregnancy.

My thoughts, feelings and questions:

2. My birth partner(s) will be...

It is recommended that no more than two people act as your birth partner in labour at any one time.

3. Student midwives/doctors may be working with the team when I have my baby...

- ☐ I am happy for a student to be present during my labour/birth
- ☐ I prefer that no students are present during my labour/birth
- ☐ I prefer to wait and see
- ☐ I am not sure/I would like to find out more

Students work closely alongside their named midwife mentor and will provide you with care and support under supervision, with your consent.

My thoughts, feelings and questions:

4. I have additional requirements...

- ☐ I will need help to translate into my language
- ☐ I have allergies and/or special dietary requirements
- ☐ I have religious beliefs and customs that I would like to be observed
- ☐ I/my partner have additional needs

If you have any special requirements, please tell your maternity team as early as possible.

My thoughts, feelings and questions:

5. I have had a discussion with my midwife/doctor about how I would like to give birth, my thoughts and feelings are...

The majority of women will have a vaginal birth, however for some a caesarean birth may be recommended.

My thoughts, feelings and questions:

If you are having a planned caesarean birth please go to question 15 ➡

6. In some circumstances, your midwife or doctor may recommend starting your labour artificially, instead of waiting for it to start naturally (this is known as induction of labour)...

☐

I am aware of why an induction might be recommended

☐

I am not sure/I would like to find out more

If you go 10 or more days past your due date, you have certain medical conditions, or your doctor is concerned about the health of your baby you may be offered an induction of labour. This will be planned carefully with your midwife/doctor.

My thoughts, feelings and questions:

7. During labour and birth I would consider the following coping strategies/pain relief...

- ☐ I prefer to avoid all pain relief
- ☐ self-hypnosis/hypnobirthing
- ☐ aromatherapy/homeopathy/reflexology
- ☐ water (bath or birthing pool)
- ☐ TENS machine (transcutaneous electrical nerve stimulation)
- ☐ gas and air (entonox)
- ☐ pethidine/diamorphine/meptid (opioid injection)
- ☐ epidural
- ☐ I prefer to wait and see
- ☐ I am not sure/would like to find out more

Your options for pain relief will depend on where you plan to give birth. Discuss with your midwife and ask what options are available to you at your local maternity unit.

My thoughts, feelings and questions:

8. During labour and birth I would consider...

- | | |
|---|--|
| <input type="checkbox"/> Massage | <input type="checkbox"/> walking/standing |
| <input type="checkbox"/> different upright positions such as all fours/squatting/kneeling | <input type="checkbox"/> a birthing ball |
| <input type="checkbox"/> bean bags, birth stools and birth couches if available | <input type="checkbox"/> a birthing pool |
| <input type="checkbox"/> a bed, for rest – propped up with pillows or whilst lying on my side | <input type="checkbox"/> music to be played (which I will provide) |
| <input type="checkbox"/> the lights dimmed | <input type="checkbox"/> my birth partner taking photographs/filming |
| <input type="checkbox"/> I prefer to wait and see | <input type="checkbox"/> I am not sure/I would like to find out more |

Your circumstances in labour may influence what choices are available to you. Please discuss this with your midwife at 34-40 weeks.

My thoughts, feelings and questions:

9. During labour and birth, it is recommended that your baby's heartbeat is monitored...

- ☐ I prefer to have intermittent fetal heart rate monitoring with a handheld device
- ☐ I prefer to have continuous fetal heart rate monitoring using a CTG machine
- ☐ if I need continuous monitoring I would like to be mobile and use wireless monitoring if available
- ☐ I prefer to wait and see
- ☐ I am not sure/I would like to find out more

You can learn more about fetal monitoring by reading the content on labour and birth, either in the app or in your maternity booklet.

My thoughts, feelings and questions:

10. During labour, your midwife and/or doctor may recommend vaginal examinations to assess the progress of your labour...

- ☐ I am aware of why vaginal examinations are part of routine care
- ☐ I prefer to avoid vaginal examinations if possible
- ☐ I prefer to wait and see
- ☐ I am not sure/I would like to find out more

Vaginal examinations are a routine part of assessing labour progress and will not be undertaken without your consent.

My thoughts, feelings and questions:

11. In some circumstances, your midwife or doctor may recommend interventions to assist with your labour...

☐
☐

I am aware of why assistance/intervention might be recommended

I am not sure/I would like to find out more

Interventions may be recommended if your labour slows down, or if there are concerns with you or your baby's health.

My thoughts, feelings and questions:

12. In some circumstances, your maternity team may recommend an assisted or caesarean birth...

☐
☐

I understand why an assisted birth might be recommended

I am not sure/I would like to find out more

An assisted or caesarean birth may be recommended if it is thought to be the safest way for your baby to be born. Your doctor will discuss this with you and ask for your consent before any procedure is undertaken.

My thoughts, feelings and questions:

13. In some circumstances, your midwife or doctor may recommend a cut to the perineum to facilitate birth (episiotomy)...

☐
☐
☐

I understand why an episiotomy might be recommended

I prefer to avoid an episiotomy

I am not sure/I would like to find out more

An episiotomy may be recommended for an assisted birth or if your midwife/doctor is concerned that your baby needs to be born quickly. Your midwife/doctor will always ask for your consent.

My thoughts, feelings and questions:

14. After your baby is born, your placenta will be expelled (this is known as the third stage of labour). There are two ways this can happen...

- ☐ I would like to have a natural (physiological) third stage, the cord is left intact and I push the placenta out myself
- ☐ I would like to have an active third stage, where the cord is cut after a few minutes and I receive an injection of oxytocin, the midwife/doctor delivers my placenta
- ☐ I prefer to wait and see
- ☐ I am not sure/I would like to find out more
- ☐ I/my birth partner would like to cut the umbilical cord
- ☐ I prefer the midwife/doctor to cut the umbilical cord

Your midwife or doctor may recommend an active third stage due to your personal circumstance and will discuss this with you at the time of birth.

My thoughts, feelings and questions:

15. Skin-to-skin contact with your baby immediately after birth is recommended for all...

- ☐ I understand why skin-to-skin contact is recommended
- ☐ I would like immediate skin-to-skin contact
- ☐ I prefer to wait and see
- ☐ I am not sure/I would like to find out more

As long as you and your baby are both well, skin-to-skin can be done following any type of birth. Your partner can also have skin-to-skin contact with your baby.

My thoughts, feelings and questions:

16. I am aware that I will be provided with support to feed my baby, my thoughts around feeding are...

During pregnancy you will have a chance to discuss infant feeding, this will include information about the value of breastfeeding. A midwife will help you to get feeding off to a good start as soon as your baby shows cues that he/she is ready to feed.

17. After my baby is born, he or she will be offered Vitamin K...

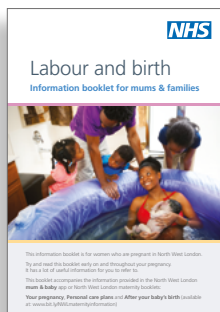
- ☐ I would like my baby to have Vitamin K by injection
- ☐ I would like my baby to have Vitamin K by oral drops
- ☐ I do not want my baby to have Vitamin K
- ☐ I am not sure/I would like to find out more

Vitamin K is a supplement that is recommended for all babies that prevents a rare condition known as Vitamin K Deficiency Bleeding (VKDB). It has no known side effects.

My thoughts, feelings and questions:



After your baby is born



All of these questions relate to information found within the **Labour and birth** and **After your baby's birth** booklets or the **Labour and birth** and **After your baby's birth** section in the North West London **mum & baby app**.

You can show this plan to your midwife from 34 weeks onwards.



We recommended that you revisit these pages after your baby is born, by sharing it with your postnatal maternity team.

Developing a relationship with your baby

1. Have you watched UNICEF's 'Meeting your baby for the first time' video?

- ☐ Yes
- ☐ no
- ☐ I am not sure/would like to know more

My thoughts, feelings and questions:

This video can be viewed at www.unicef.org.uk/babyfriendly/baby-friendly-resources/relationship-building-resources/meeting-baby-for-the-first-time-video/

2. Skin-to-skin contact with your baby after birth and beyond is recommended for all...

☐

I am aware of the benefits of skin-to-skin contact

☐

I am not sure/I would like to find out more

My thoughts, feelings and questions:

3. All women are given information about the value of breastfeeding, and how to get infant feeding off to a good start...

☐

I am aware of the value of breastfeeding

☐

I am aware of how to get feeding off to a good start

☐

I am not sure/I would like to find out more

My thoughts, feelings and questions:

4. Babies often show early signs that they might be ready to feed...

☐

I am aware of the signs to look out for that my baby might be ready to feed

☐

I am not sure/I would like to find out more

Early signs that your baby may be ready to feed are...

Preparing for the first few hours and days after birth

5. Visiting hours at your maternity unit can vary...

☐

I have checked visiting times and I am aware of who can visit me after birth

☐

I am not sure/I would like to find out more

It's useful to find out visiting times, particularly if you might have visitors travelling from a long distance.

My thoughts, feelings and questions:

6. In some North West London maternity units your birth partner can stay with you in all areas, 24 hours a day...

☐
☐

I am aware of my maternity unit's local policy on birth partners staying with me
I am not sure/I would like to find out more

Ask your midwife for information on your local maternity unit.

My thoughts, feelings and questions:

7. Thinking about having things ready at home...

Think about what things you could do now to make caring for yourself and your baby easier at home.

My thoughts, feelings and questions:

8. Thinking about who will be able to support you after giving birth when at home...

Your partner, friends, family or a neighbour, it's worth considering who will be able to help you at home.

My thoughts, feelings and questions:

Your physical and emotional wellbeing after birth

9. Being prepared for your physical recovery after giving birth can help to get you and your new family off to the best start, I am aware of...

- ☐ Physical changes to expect
- ☐ postnatal pain relief options
- ☐ the importance of hand hygiene
- ☐ signs of infection and what to do
- ☐ pelvic floor exercises
- ☐ physical recovery after a caesarean birth
- ☐ I am not sure/I would like to find out more

My thoughts, feelings and questions:

10. Giving birth and becoming a parent is known to be a time of great emotional change, being aware of how you might feel after birth can help you to prepare...

- ☐ I am aware of the emotional changes to be expected
- ☐ I have considered what my family/friends can do to support me
- ☐ I know how to access support with my emotional and mental health after giving birth
- ☐ I am not sure/I would like to find out more

My thoughts, feelings and questions:

11. Feelings I and my family should look out for include...

- Persistent sadness/low mood
- lack of energy/feeling overly tired
- feeling unable to look after my baby
- problems concentrating or making decisions
- changes in appetite
- feelings of guilt, hopelessness or self-blame
- difficulty bonding with my baby
- problems sleeping or extreme energy
- loss of interest in things I normally like
- having unpleasant thoughts that I can't control or keep coming back
- suicidal feelings or thoughts of self-harm
- repeating actions or developing strict rituals

If you are worried by any of these feelings, talk to someone you trust and/or your midwife, health visitor or GP.

My thoughts, feelings and questions:

Caring for your baby

12. Things to consider before going home include...

- ☐ BCG vaccination (if offered by your maternity unit)
- ☐ how to tell if your baby is feeding well
- ☐ signs of an unwell baby and what to do if you're worried
- ☐ changes to expect in your baby's nappy

The team in your maternity unit will be on hand to provide support.

My thoughts, feelings and questions:

13. Things to consider for when you are at home include...

- ☐ Safe sleeping practices (sudden infant death syndrome prevention)
- ☐ newborn jaundice – what's normal, and what might need review
- ☐ the newborn blood spot screening test
- ☐ umbilical cord care and skin care
- ☐ bathing your baby

My thoughts, feelings and questions:

Community care and next steps

14. Community postnatal care is delivered in a variety of settings and by a multidisciplinary team of healthcare professionals. I am aware of...

- ☐ Community postnatal care
- ☐ how to contact my local community midwives
- ☐ how to contact my health visitor
- ☐ how to access additional infant feeding support
- ☐ how to access services in my local Children's Centres
- ☐ I am not sure/I would like to know more

My thoughts, feelings and questions:

15. After the birth, I will need to ...

- ☐ Register my baby's birth within six weeks
- ☐ register my baby with my GP
- ☐ book a postnatal check with my GP at six to eight weeks after the birth for both me and my baby.
- ☐ arrange for further tests at my GP surgery (If recommended by my midwife or doctor)

My thoughts, feelings and questions:

16. If you have a pre-existing medical condition or if you were unwell around the time of your birth, you may have specific medical recommendations made by your doctor...

- ☐ I have a pre-existing medical condition and I have discussed my specific postnatal care requirements with my doctor and midwife
- ☐ I experienced complications/was unwell around the birth, I am aware of the implications this may have on my postnatal care
- ☐ I am not sure/I would like to know more

My thoughts, feelings and questions:



Birth reflections

Information about your pregnancy and birth to discuss with your midwife or doctor

Use the space below to write down any significant concerns (medical, emotional or other) about your experience of pregnancy, labour, birth and immediately after birth – particularly if you think it could have an effect on your long term physical or emotional health, or the health of your baby. Share your concerns with your midwife or doctor.

1. In pregnancy...

My thoughts, feelings and questions:

2. Around labour and birth...

My thoughts, feelings and questions:

3. After birth...

My thoughts, feelings and questions:

It can be helpful to review events around pregnancy and birth, all North West London maternity units have a birth reflection/listening service that can be accessed at any time after giving birth or when you return for subsequent pregnancies. Ask your midwife or health visitor how to access this service at your maternity unit.

You can keep this booklet after your baby is born, you may find it is a useful record of your choices and preferences, and it may help and support you in any future pregnancy.

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You can keep a record of which personal care plans you have completed, and when:

☐ **Health and wellbeing in pregnancy**

Date completed _____

☐ **Personalised birth preferences**

Date completed _____

☐ **After your baby is born**

Date completed _____

☐ **Birth reflections**

Date completed _____

This booklet was developed by the NHS in North West London as part of the maternity early adopters project.


Imperial College Healthcare
NHS Trust


**London North West
University Healthcare**
NHS Trust


The Hillingdon Hospitals
NHS Foundation Trust


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Westminster Hospital**
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