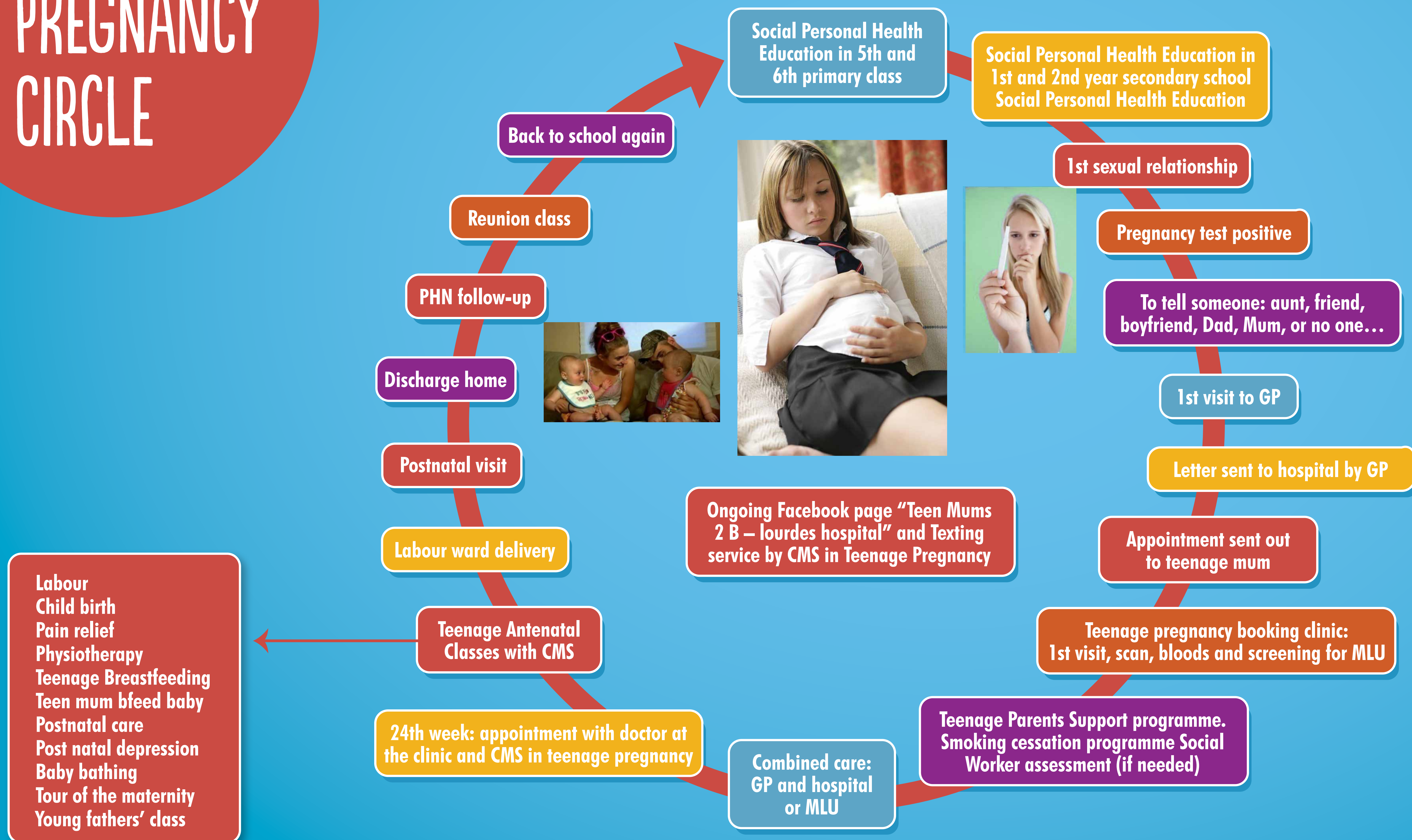


TEENAGE PREGNANCY CIRCLE

TEENAGE PREGNANCY

OUR LADY OF LOURDES MATERNITY UNIT

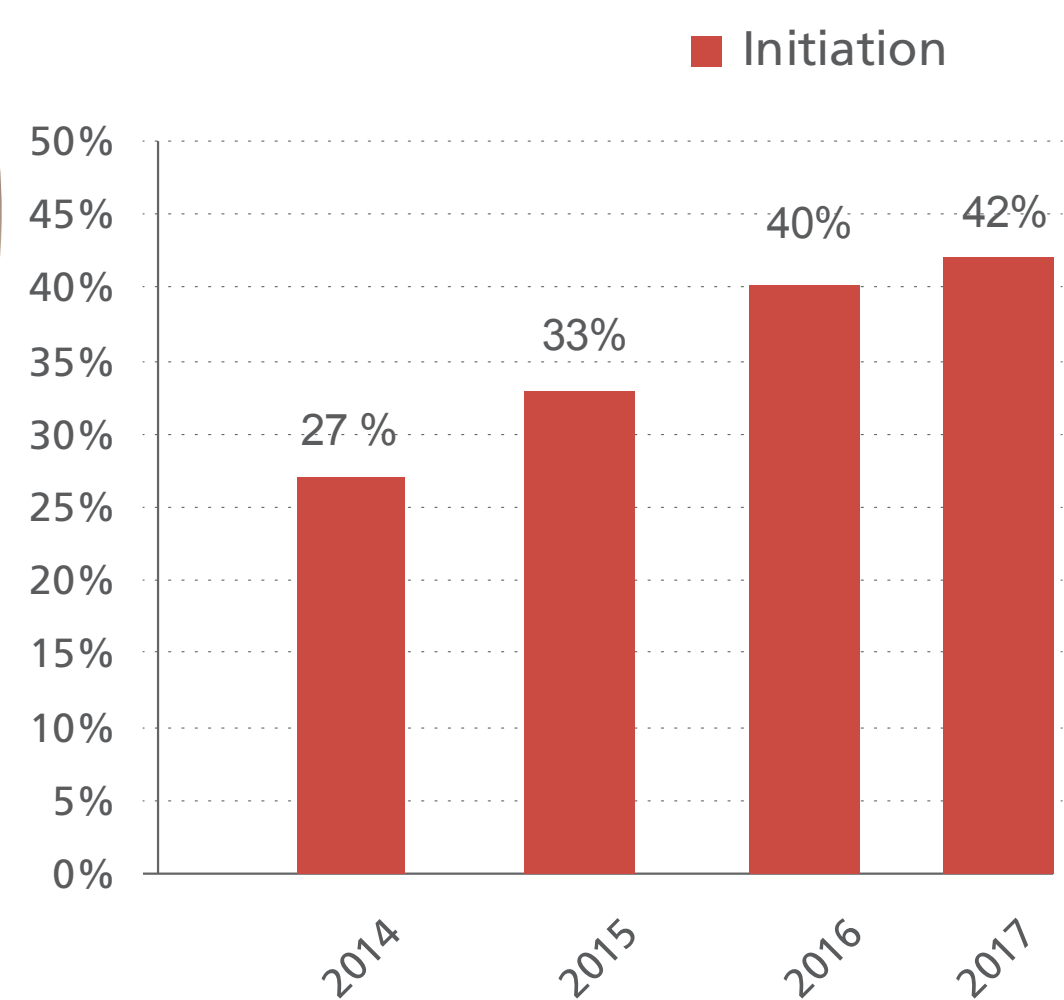
Una O'Brien, Clinical Midwife Specialist in Teenage Pregnancy, Parentcraft Department, Our Lady of Lourdes Hospital, Maternity Unit, Drogheda, Co. Louth
 e: una.obrien1@hse.ie
 t: 041 987 4713
 (direct line) Ext:4713
 hospital bleep: 398
 m: 087 912 7325 (texting for teen mums and young fathers)
 facebook: Teen mums 2 b - lourdes hospital



TEENAGE PREGNANCY GUIDELINES 2017: OUR LADY OF LOURDES MATERNITY HOSPITAL

- The most paramount potential benefit of the implementation and use of clinical practice Teenage Pregnancy Guidelines is the improvement of health outcomes for the teenage mothers.
- Development and implementation of evidence-based clinical practice guidelines is a tool for improving the quality of care.
- These are recommendations that are intended to optimise and standardise patient care for pregnant teenagers based on the best evidence available.
- They provide essential information for all staff dealing with the care of a pregnant teenage mother and young father and improve consistency of care.
- Provides information that would aid in making decisions thus improving the quality of decision making.
- All staff are familiar with local guidelines improving woman-centred care.
- CMS in Teenage Pregnancy is responsible for keeping Teenage Pregnancy guidelines up to date.
- These guidelines are an education resource for all medical students and midwifery students for learning in the teenage pregnancy clinic, and for education throughout a pregnant teenager's pregnancy.
- Teenage Pregnancy Guidelines include recommendations that intend to optimize patient care in the Teenage pregnancy antenatal clinic.
- The Teenage Pregnancy pathway is clear from the time the teenager books into the maternity unit from pregnancy, to labour, childbirth and beyond.
- Our Lady of Lourdes have Teenage Pregnancy Guidelines to improve our services and provide high quality care for all teenagers and also under child protection, our guidelines improves clinical practice in a seamless fashion.

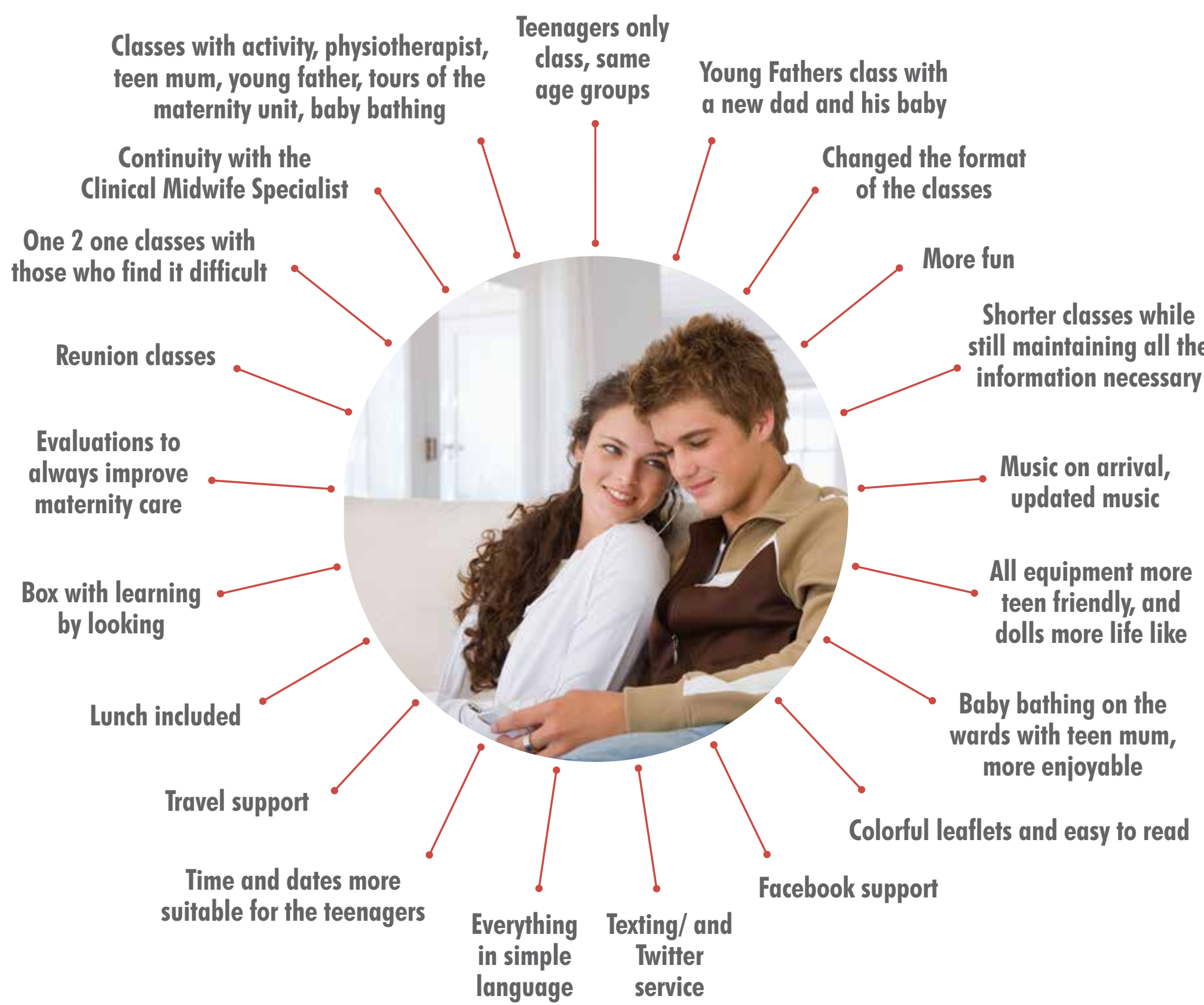
TEENAGE BREASTFEEDING



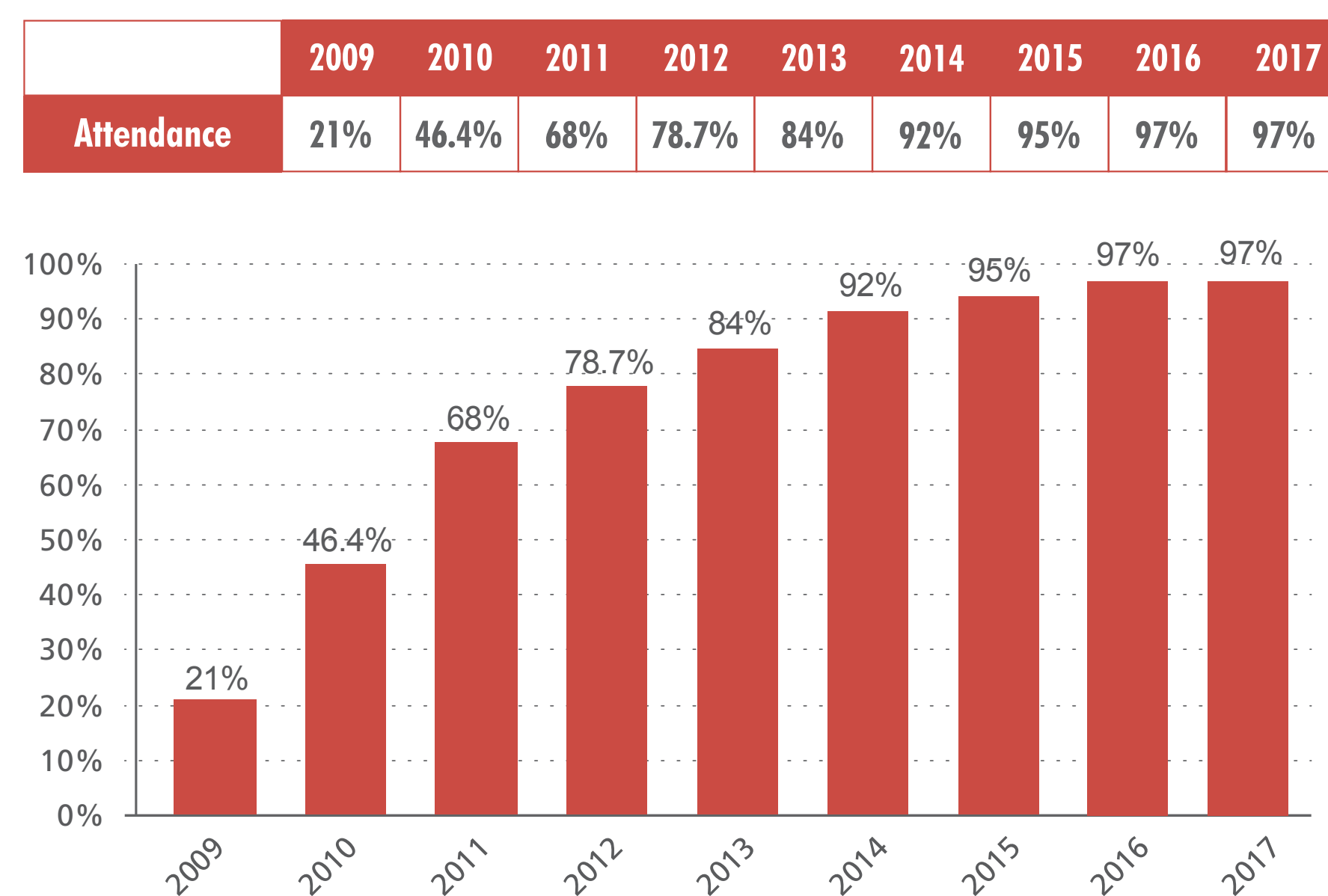
TEENAGE BREAST FEEDING GRAPH HOW WE IMPROVED ON INITIATION RATES

- Teenage pregnancy booking clinic.
- Teenage pregnancy classes.
- Teenage mum coming in to class breast feeding.
- Young Dads classes.
- One to one support from Clinical Midwife Specialist in Teenage Pregnancy.
- Drop in clinic for support in breast feeding to Parent craft department.
- Help line in hospital extension 2601 for breast feeding support, and follow up.
- Antenatal education sessions at ante natal clinic from lactation consultant.
- Clinical midwife specialist in teenage pregnancy continuity of care at each clinic.
- Support from midwives and staff in the maternity unit.
- Lactation consultant support.
- List of support services in community when discharged.
- Information leaflets in different languages.
- Face book support (Teen mums 2 b - Lourdes hospital).
- Texting service to each Teen mum and young father.
- Teenage breast feeding classes.
- Baby friendly hospital.
- Multi disciplinary team support.
- Reunion classes to come back after having baby.
- Daily visits from Lactation consultants.
- National breast feeding week meeting up with teen mums breast feeding.
- Labour ward support with routine skin to skin contact immediately after birth.
- One to one classes for younger teens, under child protection.

TEENAGE ANTENATAL CLASSES & YOUNG FATHERS

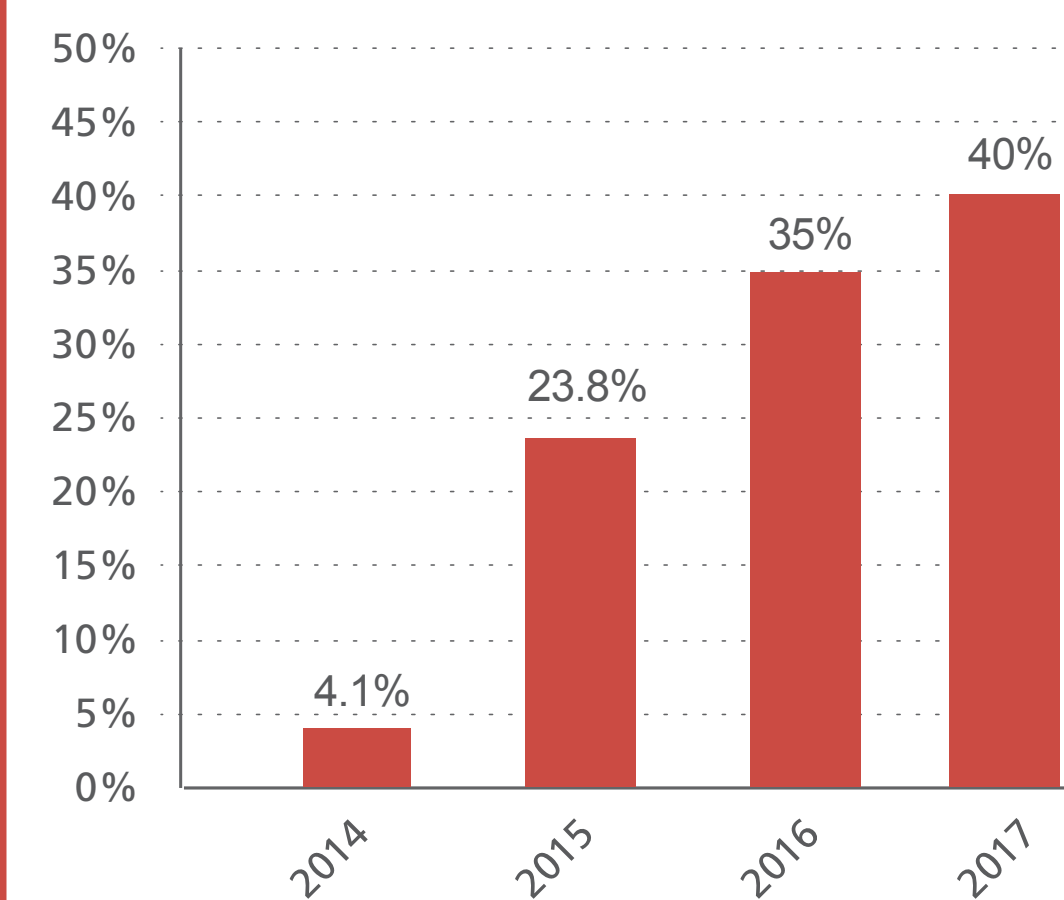


TEENAGE ANTENATAL CLASSES HOW WE INCREASED ATTENDANCES TO 97%



SMOKING

% OF QUITTERS



TEENAGE PREGNANCY SMOKERS HOW WE GOT PREGNANT TEENAGERS TO GIVE UP SMOKING IN PREGNANCY

- Teenage pregnancy booking clinic, smoking discussed in detail at first visit.
- Information pack given for them to read until next visit.
- Encourage to cut down before next visit at 24 weeks.
- Phone call in between to show support.
- Face book page to show contacts.
- Texting service for support.
- HSE helpline.
- Referral to smoking cessation if needed for support.
- CNS in smoking cessation attending antenatal classes.
- One to one support from Clinical midwife specialist in teenage pregnancy at each antenatal visit.
- Dad's antenatal classes to encourage quitting and support to teen mum.
- Quit smoking apps.
- Hse information on smoking.
- Face book page support you can quit.
- Posters to show growth of baby, and after scan to show the effects of smoking to baby.
- CNS in smoking doing Carbon Monoxide testing, to show how much oxygen going to baby.
- Certificate given on accomplishing, giving up smoking for their baby, empowering teenagers and feel good factor.