



**Health & Wellbeing
Resource for
Midwives**

Money

Key Message SHANARRI	Badger Net	Services and notes
<p>Money: If a woman is struggling financially she may find it more difficult to look after her health and attend appointments during her pregnancy.</p> <p>Pregnancy can be a time of added financial pressure. COVID-19 is impacting financially on a wide population. There are services which can support with money worries. Obtain consent and make a referral to Healthy Wealthy Children services via BadgerNet.</p> <p>If they meet the eligibility criteria women can apply for Best Start Grants. There are three payments which provide extra money to parents/carers during the early years of a child's life.</p> <p>https://www.mygov.scot/best-start-grant-best-start-foods/</p> <p>INCLUDED, RESPECTED & RESPONSIBLE, HEALTHY, SAFE</p> <ul style="list-style-type: none"> • Lack of money to engage with things in community/access services • Find it hard to look after own health & wellbeing • Financial hardship/poverty 	<p>Other issues section (at booking)</p> <ul style="list-style-type: none"> • At booking - Social Issues form • Other issues and Discussion - Topics Discussed. • On leaving section of Antenatal Assessment • Smartform 	<p>All NHSGGC Healthier Wealthier Children Money Advice services are listed on BadgerNet.</p> <p>Referral steps:</p> <ul style="list-style-type: none"> • Click the dropdown for Referral to income maximisation services. • Once booking is completed, search for referral • Select Financial inclusion then complete Tab 1 & 2 • On process page- click confirm and send • Choose FI service from dropdown list • Confirm referral in archive reports. <p>ALL Asylum seekers require to be issued with a MatB1 form in order to receive the £300 award from the Home Office. They will receive the money following the birth of their baby.</p> <p>Further information:</p> <p>https://www.gov.uk/asylum-support/what-youll-get</p> <p>The Red Cross provides food packages, and signposting to financial support via their Mum's project. Further information available: https://blogs.redcross.org.uk/2017/05/49439/</p>

Gender-Based Violence

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<p>Gender-Based Violence: Physical and emotional abuse against women can affect all women from all walks of life. About 1 in 5 women experience domestic abuse or violence from a partner or ex-partner at some point in their lives.</p> <p>There is strong evidence that Domestic Abuse increases during the measures that are being taken to protect ourselves and our NHS during this pandemic.</p> <p>Support service information is available at: https://www.nhsggc.org.uk/your-health/health-issues/covid-19-coronavirus/for-the-public-patients/local-support-services/protection-from-abuse/</p> <p>INCLUDED, RESPECTED & RESPONSIBLE, SAFE, NURTURED</p> <ol style="list-style-type: none">1. Loneliness2. Difficult relationships3. Conflict with home/family4. Danger of physical abuse or violence5. Domestic abuse	<ul style="list-style-type: none">• Domestic Abuse• Risk Assessment• Booking - Social issues - Routine Enquiry	<p>CONTACT WITH A HEALTH WORKER MAY BE THE ONE CHANCE FOR SOMEONE TO GET HELP AND PROTECTION AND EVEN SAVE THEIR LIFE</p> <p>Support the survivor to safety plan:</p> <ol style="list-style-type: none">1. Remind survivors to keep their mobile phone with them, charged and switched on. If the survivor needs a mobile phone for safety purposes contact your manager to find out how one can be obtained for her.2. Suggest survivor downloads the Bright Sky from the App store. It has been used in Police domestic abuse training in Scotland and includes information on specialist DA and GBV support organisations. It looks like a weather App3. If at immediate risk of harm phone 999, and if not safe to speak dial 55 and this will let police know you need help.4. Discuss formulating an escape plan, think about the quickest routes out of the house.

Other and Complex

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<p>Other and complex: There are many other things that can impact on your health and wellbeing such as caring for friend or family member, employment, or having access to interpreters in order to communicate.</p> <p>INCLUDED, RESPECTED & RESPONSIBLE, HEALTHY, ACHIEVING, SAFE</p> <ol style="list-style-type: none"> 1.Transport issues to access GP/shops 2.Housing, money 3.Doesn't attend appointments 4.Doesn't take medicines or follow advice 5.Unemployment of one or both parents 	<ul style="list-style-type: none"> • Booking - Discussion - Topics discussed 	<p>NHSGGC Interpreting services for Languages & BSL users: https://www.nhsggc.org.uk/your-health/equalities-in-health/info-resources/for-staff/interpreting-and-language-resources/interpreting-services/</p> <p>NHSGGC Support and Information Services can provide access to emergency food, fuel and money support with referral to community services for ongoing support.</p> <p>These services also accept Maternity Information Prescriptions for pregnant women and their partners which can be completed and handed to woman, or sent electronically for telephone follow up. www.nhsggc.org.uk/sis Telephone: 0141 452 238 Email: sis@ggc.scot.nhs.uk</p> <p>NHSGGC Health and Wellbeing Directory is a gateway to information about a wide range health improvement and wellbeing services provided by NHS Greater Glasgow and Clyde and our partner organisations http://infodir.nhsggc.org.uk/</p>

Alcohol

Key Message SHANARRI	Badger Net	Services and notes
<p>Alcohol: Neurodevelopment disorder related to prenatal alcohol exposure is one of the commonest preventable causes of impairment.</p> <p>Women should avoid drinking alcohol completely if pregnant or trying to conceive.</p> <p>NURTURED, RESPECTED & RESPONSIBLE, SAFE</p> <ol style="list-style-type: none"> 1. Drinking alcohol 2. Drug or Alcohol use at home 	<ul style="list-style-type: none"> • Topics discussed in Antenatal Assessment • Health History Alcohol • Addresses issues that may be caused by alcohol problems but no direct questions • Antenatal management plan 	<p>Note number of units of alcohol before pregnancy and now, during pregnancy.</p> <p>≥15 units in pregnancy requires SNIPS referral ≥1 unit pre-conception or in pregnancy then they require an ABI and this must be documented on BadgerNet.</p> <p>Once you have completed your number of units fields, you must tick yes to 'Is TWEAK/Brief Intervention needed?'</p> <p>NB: you don't need to complete TWEAK question set as not relevant to GGC women. Tick yes to 'Brief intervention: Trained Midwife' and yes to 'Brief intervention carried out' as this is your documentation for your ABI conversation.</p> <p>Only SNIPS can refer to Alcohol services. If you are not completing an external referral to the Alcohol services team then you must tick no to this question. If the patient requires a SNIPS referral then tick yes to 'Community/Specialist Midwife Referral' and send via BadgerNet.</p> <p>If not appropriate to refer to SNIPS then tick no. The bottom half of the form should be completed with any relevant information provided by the patient.</p> <p>NHS Greater Glasgow and Clyde have Special Needs in Pregnancy Teams (SNIPs) that provide additional support for range of needs. http://www.scottishdrugservices.com/Home/Details/125 Refer direct from BadgerNet</p>

Smoking and Physical Activity

Key Message SHANARRI	Badger Net	Services and notes
<p>Smoking: No safe level of smoking or exposure to secondhand smoke.</p> <p>NURTURED, RESPECTED & RESPONSIBLE, SAFE</p> <ol style="list-style-type: none"> 1. Smoking status 2. Other smokers in the home 	<ul style="list-style-type: none"> • Booking - Health History - Smoking • Topics discussed in Antenatal Assessment • Observations (CO level) • Current Smoker • Risk Assessment 	<p>QUIT YOUR WAY PREGNANCY SERVICE Refer direct from BadgerNet Telephone: 0141 201 2335</p> <p>Financial incentives (up to a maximum of £220) available for pregnant women who stop smoking and stay stopped. Contact service for more information and eligibility.</p>
<p>Physical Activity: Women should aim to do at least 150minutes of moderate physical activity per week. See infographic below for further information: https://cdn.prgloo.com/media/2283d4c127d-04f13bbaa2087588d23dd</p> <p>ACTIVE</p> <ol style="list-style-type: none"> 1. Hardly does any exercise 2. Hardly meets with family or friends / knows very few people 	<ul style="list-style-type: none"> • BMI at booking in observation • Topics discussed in Antenatal Assessment 	<p>For Live Active & Vitality: Telephone: 0141 232 1860 Email: LiveActive@ggc.scot.nhs.uk</p> <p>Online information: https://www.nhsggc.org.uk/about-us/professional-support-sites/physical-activity/</p>

Healthy Eating

Key Message SHANARRI	Badger Net	Services and notes
<p>Women should aim to eat a balanced diet, with at least 5 portions of fruit and vegetables every day and drink plenty of water to keep hydrated.</p> <p>Supplements</p> <p>Women: Folic acid is important during early pregnancy and Vitamin D is important throughout pregnancy and breastfeeding. Healthy Start vitamins are provided throughout pregnancy by the midwife and contain these vitamins.</p> <p>Pregnant women should not take supplements containing vitamin A.</p> <p>Baby: Breastfed babies from birth to one year should be given a supplement of 8.5 to 10µg/d vitamin D per day. Babies who are formula fed do not require vitamin D if they are having 500ml/day of infant formula.</p>	<ul style="list-style-type: none">• BMI at booking• Booking - Health history - Diet & medication• Best start foods - On leaving section of Booking and Antenatal Assessment	<p>General advice on healthy eating in pregnancy</p> <p>NHS Inform eating well in pregnancy https://www.nhsinform.scot/ready-steady-baby/pregnancy/looking-after-yourself-and-your-baby/eating-well-in-pregnancy</p> <p>BDA fact sheet https://www.bda.uk.com</p> <p>Vitamins</p> <p>All pregnant women are entitled to free Healthy Start vitamins containing folic acid and vitamin D and should be provided throughout pregnancy.</p> <p>Families in receipt of Best Start Foods can get free Healthy Start childrens vitamins from the community pharmacy. Families that do not qualify can purchase these vitamins from the community pharmacy at a low cost.</p>

Healthy Eating

Key Message SHANARRI	Badger Net	Services and notes
<p>Food/drinks to avoid</p> <p>There are some foods that should be avoided whilst pregnant:</p> <ul style="list-style-type: none"> • Alcohol (see page 5) • Some cheeses • Liver • pâté-all types of pâté, including vegetable versions, can contain listeria • raw or undercooked meat • some fish • uncooked sprouted seeds <p>Food/drinks to limit</p> <p>Caffeine: Limit tea, coffee, chocolate and some soft/energy drinks so you have no more than 200mg of caffeine a day. 1 mug instant coffee and 1 mug tea has 100mg and 75mg caffeine, respectively.</p> <p>Further information on food and drinks to avoid and limit is available from:https://www.nhsinform.scot/ready-steady-baby</p> <p>NUTURED</p> <ul style="list-style-type: none"> • Difficulty in choosing healthier options 	<ul style="list-style-type: none"> • BMI at booking 	<p>Money worries</p> <p>Pregnant women could be eligible for a Best Start Foods payment card to help buy food basics, such as milk, fruit and vegetables. https://www.mygov.scot/best-start-grant-best-start-foods/</p> <p>Help and support is available to access emergency food across NHSGGC: NHSGGC Money worries https://www.nhsggc.org.uk/your-health/health-issues/covid-19-coronavirus/for-nhsggc-staff/staff-support-and-wellbeing/money-worries/</p> <p>Food access during COVID-19 https://www.nhsggc.org.uk/your-health/health-issues/covid-19-coronavirus/for-the-public-patients/general-advice-and-guidance/eating-well-during-covid-19/</p>

Healthy Weight

Key Message SHANARRI	Badger Net	Services and notes
<p>Healthy Weight: Weight gain is part of being pregnant however gaining too much is not healthy for mother or baby. Weight loss is not advised during pregnancy.</p> <p>HEALTHY, RESPECTED & RESPONSIBLE</p> <ul style="list-style-type: none">• Physical health needs• Find it hard to look after own health & wellbeing or follow advice• Low self esteem	<ul style="list-style-type: none">• BMI at booking in observations• Ongoing observations at appointments• Antenatal management plan	<p>Focus on physical activity and healthy eating messaging.</p>

Infant Feeding

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<p>Infant feeding: Introduce feeding options and choice: “However you decide to feed, it’s important to know to feed responsively. This means feeding your baby as soon as they show signs they’re hungry and allowing them to feed for as long as they want. You never need to worry about ‘spoiling’ your baby”.</p> <p>Discuss breastfeeding and share resources: “Breastmilk adapts to the changing needs of your baby as they grow and develop. No special preparation is needed to breastfeed, but learning about breastfeeding will help to build confidence. Nearly all women are able to breastfeed, but it is not always an easy process, and patience and education may be necessary”</p> <p>Feeding with infant formula: “Responsive feeding is encouraged so respond to your baby’s hunger cues. Especially in the first few weeks as few people as possible should feed baby to help promote bonding. You’ll need to buy sterilising equipment for the bottles and teats.</p>	<p>Conversations in pregnancy</p> <ul style="list-style-type: none">• Feeding Assessment Plan and Update• Booking• Discussion• Antenatal• Conversations Checklist	<p>Parent club – feeding your baby https://www.parentclub.scot/topics/feeding/feeding-options?age=2</p> <p>BDA fact sheet Breast feeding https://www.bda.uk.com/resource/breastfeeding.html</p> <p>Ready Steady Baby - Breastfeeding https://www.nhsinform.scot/ready-steady-baby/labour-and-birth/meeting-your-new-baby/breastfeeding</p> <p>La Leche League – breast feeding support https://www.laleche.org.uk</p>

Gestational Diabetes Mellitus

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<p>Gestational Diabetes Mellitus: Any woman can develop gestational diabetes during pregnancy, but women are at an increased risk if:</p> <ul style="list-style-type: none"> • BMI is above 30 – use the https://www.nhs.uk/live-well/healthy-weight/bmi-calculator/ to work out BMI • Previously had a baby who weighed 4.5kg (10lb) or more at birth • History of gestational diabetes in a previous pregnancy • 1 parent or sibling has diabetes • Women of south Asian, Black, African-Caribbean or Middle Eastern origin (even if they were born in the UK) 	<p>Family Health</p> <p>Diabetes information checklist</p> <p>Diabetes</p> <p>Diabetes tests, results, actions</p> <ul style="list-style-type: none"> • Booking - Health history and Family Health history • Record investigations and results of specialist diabetes tests i.e. GTT • If confirmed GDM - Specialist Diabetic review and Diabetic information checklist for the Specialist Diabetic team 	<p>Women meeting risk factors should be offered screening for gestational diabetes during your pregnancy.</p> <p>BMI Calculator</p> <p>https://www.nhs.uk/live-well/healthy-weight/bmi-calculator/</p> <p>6 months after birth individuals who had gestational diabetes and a BMI >30 can self refer to Glasgow and Clyde Weight Management Services</p> <p>Telephone: 0141 211 3379</p>

Mental Wellbeing

Key Message SHANARRI	Badger Net	Services and notes
<p>Mental Wellbeing: Unexpected change in mood/mental health in pregnancy or soon after baby is born.</p> <p>INCLUDED, NURTURED HEALTHY, SAFE</p> <ul style="list-style-type: none">• Lack of support from friend/family• Difficult relationships• Physical, emotional and developmental needs neglected• Mental health needs, thoughts of self harm, low mood, overwhelming anxiety• History of abuse, or neglect of other children• Adverse Childhood Experiences• Unwanted pregnancy	<ul style="list-style-type: none">• Booking - Health History - Mental Health section	<p>Perinatal Mental Health Service & West of Scotland MBU</p> <p>Tel: 0141 211 6500</p> <p>https://www.nhsggc.org.uk/your-health/health-services/mental-health-services/other-services/west-of-scotland-mother-and-baby-unit/</p>

Female Genital Mutilation

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<p>Female Genital Mutilation: Female genital mutilation (FGM) can cause issues during pregnancy and childbirth.</p>	<ul style="list-style-type: none"> • Booking - Social - Confidential data - FGM form 	<p>All women to be routinely asked about FGM (in private) during booking, with appropriate communication and language support where required.</p> <p>Initial question; “Have you had any procedures carried out which may cause difficulties during pregnancy, labour or the birth of your baby?”</p> <p>Follow on question; “Have you been cut/closed?”</p> <p>IF YES: Refer to FGM support leaflet & briefly discuss the law & health impact of FGM; Record disclosure; Add to chronology; Refer to SNIPS using referral form</p> <p>IF NO, BUT SUSPECTED: Document & Refer to SNIPS</p> <p>IF NO: Record response; No further action at this time</p>

Human Trafficking

Key Message SHANARRI	Badger Net	Services and notes
<p>Human Trafficking exists in Scotland. Victims of trafficking are entitled to all health service treatment including GP services.</p> <p>Women held in servitude may become pregnant as a result of rape or sexual exploitation by their traffickers or the people they are forced to work for or have sex with. The risk of abuse and exploitation increases during pandemics and many women held in servitude face increased risk of sexual violence and rape.</p> <p>Indicators that someone may have been trafficked can include:</p> <ul style="list-style-type: none"> • Others speaking for the patient • The patient acts as if instructed by another • Expression of fear or anxiety • Not knowing address or where they work • Unexplained injuries • Young unaccompanied women who have little or no English. • Please see NHSGGC https://www.nhsggc.org.uk/media/258748/equalities_human_trafficking_guidance.pdf for more information 	<ul style="list-style-type: none"> • Booking - social section - Routine enquiry Risk Assessment 	<p>Contact with a health worker may be the one chance for a trafficked person to get help and protection.</p> <p>Support Services</p> <p>TARA- (Trafficking Awareness Raising Alliance)</p> <p>Provides support to women over 18 trafficked for sexual exploitation</p> <p>Telephone: 0141 276 7724</p> <p>Migrant Help-support to all other adults</p> <p>Telephone: 0141 884 7900</p> <p>Follow Child Protection Procedures if the patient appears to be under 18</p> <p>Police Scotland - 101</p> <p>Modern Slavery Helpline 0800 121 700 www.modernslaveryhelpline.org</p>

**For further information please contact:
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