

How can Advanced Nurse Practitioners in Primary Care develop a Women's Service to improve health outcomes and reduce inequalities?

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Background

- Womens Health Plan developed to address womens health needs and reduce inequalities
- Women often do not present until crisis, or are often dismissed and not taken seriously
- First contact needs to improve
- Following childbirth should offer all women post-natal check
- Supporting health seeking behaviour increases the health of the family unit

"Its not good talking as people judge you as a mother and think you cannot cope"

Aims and Objectives

- To develop a comprehensive biopsychosocial assessment process to transform the historic 6/52 week post-natal check into an opportunity to address the full health needs of women at a key point in their lives
- To set up, test and evaluate the service
- To establish a framework/toolkit for other practices/clusters to be able to initiate the womens health service themselves in the future

Approach

- Offered all women who have given birth a post-natal check
- Focussed on hard to reach groups
- Co-produced clinic questionnaire with women
- Established multi-agency project group
- Sent questionnaire to all women prior to clinic
- Followed up after clinic as needed

"Thanks for listening and your help. I didn't know if I should just get on with it"

Outcomes

Establish and deliver a new service to all women attending with their baby a six week post-natal check aimed to meet the needs of the woman, their baby and the whole family

Women are looking for support with

Low mood	Historic physical and mental health	Loneliness
Anxiety	Guilt	Poverty
	Sexual health	Women's health

Impact

For Women

- **128** women attended the post-natal clinic
- Health visitors arranged appointments with **12** difficult to contact women
- The DNA rate was **0**
- **65** women were contacted as follow up by phone or text
- **42** women attended for face to face follow up appointment

"I have never mentioned this in 10 years but I feel I can talk to you"

For Nurses

- Increased role satisfaction
- Training and development

For the Service

- Streamline processes
- Awareness where to refer women

For the system

- Economic benefits
- Supporting women to reach full potential

Conclusions

- Increase in women attending with targeted approach
- Increase in engagement
- Identifying concerns earlier
- Reduction in duplication of unnecessary appointments
- Cost benefits – upskilling nurses
- Implementing evidence-based change is key

"What? You can help with contraception and everything else?"

Next steps

- Ensure all women in Wales are offered a post-natal check
- Establish links with Women's Health Hubs to deliver this model of care in other areas
- Showcase and share the project findings
- Develop and support training for other nurses