Structured organisation of postpartum care: benefits for families and midwives

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Rational

The necessity of outpatient postpartum care has increased due to shorter hospital stays after childbirth [1]. Arranging postpartum midwifery care however can be stressful for families, if systemic factors leave the responsibility to the parents and multiple telephone calls are needed to find a midwife [2]. This is especially challenging for social disadvantaged families [2,3].

➢ The aim of this presentation was to show the benefits of a midwifery network for families and midwives.

Method

We evaluated the services of the midwifery network Familystart Zurich in Switzerland using a mixed method study design. Descriptive statistics and qualitative content analysis were applied.

Results

Familystart users were more often of foreign nationalities compared to women organising their midwifery care themselves (68.4% vs. 41.3%, p<0.001).

Women appreciated the support and estimated the help being disburdening and time-saving:

Furthermore, the collaboration of midwives in the network enabled to improve their work organisation and to make better use of limited resources.

Conclusion

➢ Vulnerable families could be reached and their postpartum care could be arranged through the midwifery network.

➢ Both, families and midwives seem to benefit from the services of Familystart Zurich.

Implications of findings

➢ Families with their new-borns, which return at home shortly after birth, are in need of a low-threshold and guaranteed postpartum care.

➢ The services provided by a midwifery network can lead to a win-win situation for the families, especially social disadvantaged ones, and the midwives.

References