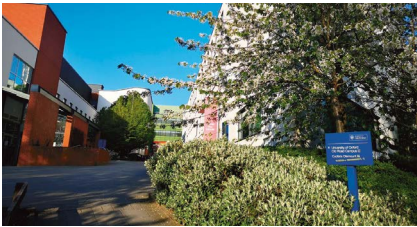


Late Spring Newsletter

While the seasons come and go as ever, Spring is well and truly here in all its beauty, and Summer on its way, the world around us has changed almost beyond recognition. We know that for so many of our reporters, the past couple of months have been a huge challenge, coping with staff shortages, redeployment, unit closures and far worse, including illness and the loss of loved ones. We are hugely appreciative of your work and commitment, looking after women and their families, but also supporting research during the pandemic.



For us, lockdown has meant a move from our offices to work remotely from home, and a change to our daily routines. Our office phones have all been redirected to our mobiles. Our campus, shown on the left, is blossoming, but empty!



In the midst of all these changes, we are still working hard to get the data that you have all collected and entered so carefully, turned into results and evidence that can have an impact on policy and practice. As you will know, in view of the Covid-19 outbreak and in line with NIHR guidance, we stopped active reporting for the current PPH Study. So the focus is now on catching up with any outstanding reporting or data entry. We hope that, in between all the other demands on your time, you will be able to help us do that.



In this newsletter we're updating you on priorities for reporting and data entry, while also offering some thoughts and guidance on how to keep well. But first, we have our regular feature on those who have gone above and beyond for UKMidSS in the past few months.

UKMidSS Stars

We are always looking to acknowledge the time and effort of the UKMidSS reporters who contribute to our studies. It was really difficult this time to choose only three stars, as many reporters have retrospectively completed outstanding reports and data entry. Our UKMidSS stars for this month are reporters who went an extra mile to respond promptly to our queries and complete the data entry. Lockdown means that we won't be sending treats straight away, but we won't forget and will send something as soon as we can, promise!



A big well done to **Grace Naylor** at the **Carmen Suite, St George's Hospital**, for catching up with the Previous PPH Study data entry. Thank you to **Vicky Black** at the **Juniper Birth Centre, Wexham Park Hospital**, for completing their outstanding reports and data entry, and thoroughly checking with us if women fit the criteria for our study. Last but not least, many thanks to **Abbey Beneduce** at the **Burnley Birth Centre** for retrospectively complete their outstanding reports and data entry.

Previous PPH Study

We have started working on the data analysis for the Previous PPH Study, however, there are still some centres with outstanding data. The more complete the dataset, the stronger and more convincing the evidence we can produce, so please get in touch with us about this ASAP! Let us know if your reporters have changed, you are experiencing issues retrieving notes or accessing OpenClinica, or have any other issues which mean you are struggling to catch up.

Units with outstanding reports or data

- Truro Birth Centre, Royal Cornwall Hospital
- Burnley Birth Centre, Burnley General Hospital
- Bradford Birth Centre, Bradford Royal Infirmary
- The Birth Centre, Whittington Hospital
- Rushey Birth Centre, Royal Berkshire Hospital

PPH Study

We took the opportunity to re-purpose the 1st April report request to ask about the impact of the Covid-19 outbreak on your service. We are feeding back this information to relevant stakeholders, including the Royal College of Midwives and the Royal College of Obstetricians and Gynaecologists. So, please, if you haven't done so already, we would appreciate if you could complete this last report.

Now that the burden of ongoing reporting and data entry has been lifted, this is also a good time to catch up with any outstanding monthly reports and data entry. The sooner we have a complete dataset, the sooner we can start analysing the data!

Units, we need your reports!

We have a very small number of units that have not submitted any reports yet for this study. It is not too late to catch up with these. Please get in touch if your reporters have changed or if you need any help.

The Birth Centre, Whittington Hospital, Highgate

The Midwife Led Birth Centre, The Royal Oldham Hospital

The Acorn Suite, Bedford Hospital

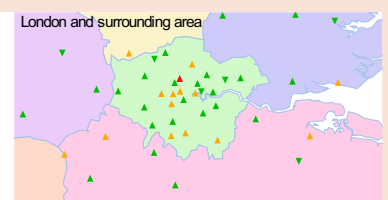
Chesterfield Birth Centre, Chesterfield Royal Hospital

Fylde Coast Birth Centre, Victoria Hospital, Blackpool

The Maternity Led Unit, Tameside General Hospital

Data source for unit location:
BirthChoiceUK database; used
with permission from Rod Gibson
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18/05/20



Keeping well during the outbreak

In these difficult times with increased workload and reduced social contact outside of work, it's more important than ever to remember to look after yourself. As healthcare professionals we are really good at looking after other people and sometimes we forget about ourselves. It is especially important to look after your mental health. Always remember that it is ok not to be ok! If you are feeling down or lonely, speak to your manager, your colleagues and your friends/family as much as you can. Don't keep everything to yourself!

We asked Senior Midwife Siobhan, from King's College Hospital, to share her tips for keeping well during the outbreak.



Hi! My name is Siobhan and I work as a senior midwife on the antenatal and postnatal wards at King's College Hospital.

COVID-19 has brought many changes to the way we practice midwifery and as such, as practitioners, we have had to adapt fairly rapidly whilst continuing to keep the families in our care well informed and giving them the best possible experience in not so ideal circumstances.

On our wards, we are always thinking of ways to maintain staff morale high in these uncertain times. Personally, I am utilising my baking skills and try to bake something for our daily huddle along with a good old cuppa.

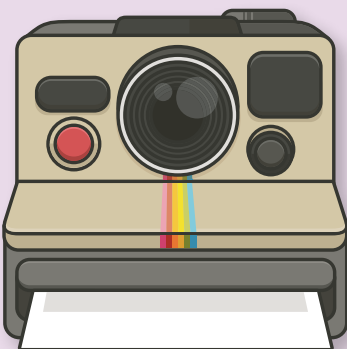
This outbreak has changed the way in which we live our day to day lives and what restrictions mean to them and we have had to adapt overnight to accommodate this. When I am not at work, finding things to do whilst in lockdown has been both rewarding and challenging in equal measures. I was already a keen crafter and baker prior to restrictions, but this has shifted up a gear (flour permitting of course!). My colleagues are getting to sample a lot of my baking now and I have been crocheting rainbows of hope and sending them to family and friends as a bit of happy post to brighten someone's day. The challenges I face are not being able to go exploring and only having one daily dose of exercise which I try to restrict to 1 hour per day. I usually only walk but I have just started the couch to 5km challenge.

Wish me luck!!



NHS England has launched a new helpline for frontline staff who needs mental health support during the outbreak. To contact the NHS helpline, phone 0300 131 7000, or text FRONTLINE to 85258.

Picture competition!

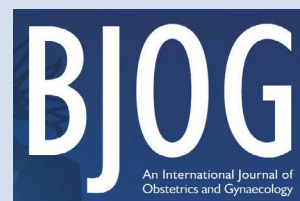


Here at UKMidSS we have been busy redesigning our website. We would really love some pictures of your units and you to add to our website! The team will choose the best to go on the website and there might even be a small prize available. So, please, get creative and send us your shots! Please make sure that you have permission to share them with us and for us to use them on our website or in our promotional material.

Publications

We have two UKMidSS papers, the results of the Neonatal Admission Study and our survey of midwifery unit admission criteria, currently under review with journals so we hope we will be sharing details of them with you very soon!

Be interested to read the results of the ESMiE confidential enquiry, which investigated the quality of care relating to deaths of babies when the birth was planned in a midwifery-led setting. The paper has been published in **BJOG** and contains several important recommendations for improving the safety of care in midwifery-led settings.



The Head of UKMidSS, Rachel Rowe, was a member of the ESMiE team and lead author on the paper. We asked her to put the ESMiE results in context for our readers. Rachel said: “The death of a baby is a tragedy for the parents and wider family, and has lasting impact on all involved. Fortunately, deaths such as those investigated by the ESMiE team are extremely uncommon.

There is good evidence about the safety and benefits of planned birth in midwifery-led settings for women who are healthy with straightforward pregnancies. The ESMiE findings do not challenge that evidence or national policy and guidance, but they should be used to identify areas where care for women planning birth in midwifery-led settings can be improved and made even safer.”

Any ideas?

We have been running our newsletter for a long time now, and we would really like to know if there is something you reporters would like to read in the next newsletter. Equally, if you have any news about you or your unit you would like to share with others, please get in touch! Just drop us an email at ukmidss@npeu.ox.ac.uk.



Update contact details

Please remember to let us know when a reporter is leaving your unit, even if we have stopped data collection for our studies and you are all up to date with the data entry. We rely on updated details for the set-up of our future studies. And we also need to make sure that our contact details for the Head of Midwifery or other key staff are up to date so please let us know about any changes there as well, thank you!

 [@NPEU_UKMidSS](https://twitter.com/NPEU_UKMidSS)  01865 617823  ukmidss@npeu.ox.ac.uk

