

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%, $p < 0.001$).

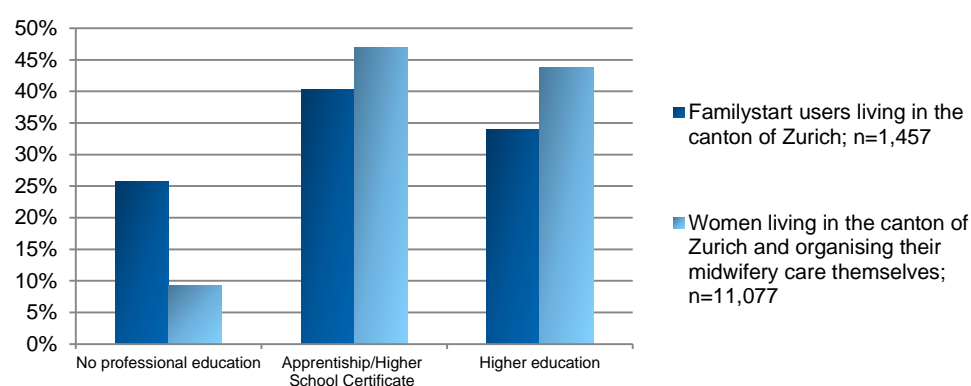


Figure 1: Professional education of the Familystart users

Familystart users gave birth more frequently by caesarean section (42.4% vs. 34.2%, $p < 0.001$). Additionally, Familystart users had more often risk factors such as poverty, preterm birth, multiples and foetal malformations as well as cumulative risk factors.

References

- (1) Erdin, R. et al. (2017). Tätigkeitserfassung der frei praktizierenden Hebammen der Schweiz (Routine data of Swiss independent midwives). Access: <https://digitalcollection.zhaw.ch>
- (2) Mattern, E. et al. (2017). Experiences and wishes of women regarding systemic aspects of midwifery care in Germany: a qualitative study with focus groups. *BMC Pregnancy and Childbirth*, 17(1), 389.
- (3) DiBari, J. N. et al. (2014). Use of postpartum care: predictors and barriers. *Journal of Pregnancy*, 2014, 530769.

Results continued

Table 1: Cumulative risk factors of Familystart users

Number of risk factors*	Familystart users n=1'544	Other women canton Zurich n=11'697	p-value
No risk factor, % (n)	57.4 (456)	77.8 (4'236)	<0.001
One risk factor, % (n)	29.2 (323)	16.5 (897)	
Two risk factors, % (n)	9.3 (74)	4.3 (233)	
Three or more risk factors, % (n)	4.2 (33)	1.5 (79)	

*Young and single mothers, no vocational training, unemployed, poverty, migration, drug abuse, domestic violence, depression, multiple birth, preterm birth, malformation

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

«... I did not know, how to do this, to organise a midwife...»

«... I certainly asked ten midwives myself...they all declined...»

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.

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