



TO: Chair and Members of the Board of Health

FROM: Bryna Warshawsky, Acting Medical Officer of Health

DATE: 2013 April 18

BIRTHING CENTRE ONLINE MODULES

Recommendation

It is recommended that Report No. 055-13 re “Birthing Centre Online Modules” be received for information.

Key Points

- Today, many clients turn to the internet to access information, due to factors such as convenience, privacy, and comfort.
- The Health Unit and London Health Sciences Centre have continued their collaborative efforts regarding prenatal education and are developing up-to-date on-line modules to provide:
 - A virtual orientation to the Birthing Centre at the London Health Sciences Centre;
 - Anticipatory guidance regarding experiences clients may have during their labor and birth;
 - Information to engage clients in informed decision-making regarding labour and birth;
 - Information about Public Health services that families might access to support their postpartum experience.

Background

From 1998 – 2007, St. Joseph’s Healthcare and London Health Sciences Centre (LHSC) provided a hospital-based class and tour as a regular part of the Health Unit’s prenatal education program. This collaborative effort between the hospitals and the Health Unit involved a hospital Labour and Birth nursing staff teaching one evening of the 5-week class series at the hospital. The class included medical intervention information and a hospital tour for pregnant women and their support person. It was well received by clients.

A number of factors impacted the delivery of this part of our prenatal program. The SARS outbreak resulted in temporary discontinuation of the program, as hospitals were limiting building access to reduce risk of disease transmission. After the threat of SARS had passed and the classes were resumed, hospitals experienced capacity challenges. These challenges were two-fold:

- They were finding it difficult to staff the class; and
- Due to the high client volume filling available birthing rooms, they were often not able to show clients any empty rooms during the tour portion of the class.

As a result of these challenges, Health Unit staff proposed the idea of developing DVDs providing a virtual tour and medical information for prenatal class clients instead of having the clients attend the class in the hospital. When the hospitals were approached about this idea, they expressed support. Health Unit staff worked collaboratively with both hospitals, and two DVDs were produced - one for St. Joseph’s Health Care and one for LHSC. The DVDs were completed in 2008 and used consistently by the Health Unit and the hospitals between 2008 and 2011.

During planning for the amalgamation of Women's Health hospital services, it was clear that a new DVD would need to be developed once the hospital renovations and amalgamation were complete.

Development of Online Modules

An opportunity for collaboration between the Health Unit, LHSC and Western University Health Sciences presented itself, with Western offering to provide some significant student support for the process of revising the DVD and developing its accompanying written resource. Early in this process, Health Unit staff proposed the option of developing online web-based modules, rather than a DVD, and this was the direction that was agreed upon. Funding for this project was provided by the Health Unit, as the online modules provide information that contributes to Health Unit prenatal education program goals and objectives, and supports the requirement of the Public Health Reproductive Health program standard.

A film producer was contracted, a working group consisting of Health Unit and LHSC staff was established, and work on the project was initiated. Through hours of collaborative effort, a mutually acceptable script was completed. Filming was done with participation from LHSC and Health Unit staff and clients.

The online modules provide a virtual orientation to the Birthing Centre at LHSC. This virtual orientation helps clients to feel more prepared for the birth of their infant, and reduces their anxiety regarding what to expect in the hospital. The modules also provide anticipatory guidance regarding experiences clients may have during their labor and birth, and information to help them engage in informed decision-making. The modules include the following: 1) Introduction & Directions; 2) Pre-admission & Women's Ambulatory Clinics; 3) When to Go to the Hospital, and What to Bring; 4) Obstetrical Triage Unit; 5) Antenatal Unit; 6) Obstetrical Care Unit; 7) Comfort Measures and Support in Labour; 8) Pain Medication Options for Labour (Nitronox Gas, Narcotics Administration, Patient-Controlled Analgesia, and Epidural Analgesia); 9) Fetal Monitoring During Labour; 10) Vaginal Birth; 11) Induction & Augmentation of Labour; 12) Caesarean Birth; 13) Recovery in Labour Birth Room or OB Recovery Room; 14) Mother Baby Care Unit; 15) Neonatal Intensive Care Unit; and 16) Leaving the Hospital. Information regarding how to access Public Health and other services and supports are outlined in Modules 14 and 16.

Conclusion/Next Steps

Final versions of the online modules are currently in the approval stage. Once the modules are approved, they will be embedded on London Health Science Centre's website, and www.healthunit.com will provide a link to them. Prenatal teachers will inform all clients in the Health Unit's prenatal education program of the videos and encourage them to access this informative and helpful resource.

This report was prepared by Ms. Heather Lokko, Manager, Reproductive Health Team; Ms. Deanna Stirling and Ms. Melissa Lonnee, Public Health Nurses, and Ms. Diane Bewick, Director, Family Health Services.



Bryna Warshawsky, MDCM, CCFP, FRCPC
Acting Medical Officer of Health

<p>This report addresses the following requirement(s) of the Ontario Public Health Standards: Reproductive Health – Requirements 4, 5, and 6.</p>
--