

## Module 3: Antenatal Education

In March 2016, bump2babe sent a comprehensive survey to the 19 maternity hospitals/units and 2 midwifery-led units in Ireland. Responses were returned between March 2016 and May 2017 and can be found on the website [www.bump2babe.ie](http://www.bump2babe.ie). Private Midwives completed the same survey documents in May 2017 and we have presented them here.

The information provided here is as was provided to us Private Midwives but please check with your caregiver to see if there have been any recent changes to services, policies or practices.

Blank spaces indicate no information was provided.

	County	
	Unit or hospital name	Private Midwives Ireland
Person completing the survey	Name	Liz Halliday
	Title	Assistant Head of Midwifery
	Contact details and working hours (in case we need to contact you for clarification)	liz@privatemidwives.com
	Does the unit provide antenatal classes?	No – education is ongoing through appointments
	Can the unit accommodate ALL women who would like to avail of classes?	
If the unit only provides one type of antenatal class, open to all, please describe it here. Otherwise please move to the following questions regarding specific types of classes.	N/A	N/A
	No. of classes per course	
	Length of class	
	Time & location	
	Partners welcome	
	Average no. of parents per course	
	Fee	
	Does the unit provide a course specifically for first-time parents <b>attended by mothers</b>	No

	<b>only?</b>	
Information on course for first-time parents <b>attended by mothers only</b>	N/A	N/A
	No. of classes per course	
	Length of class	
	Time & location	
	Partners welcome	
	Average no. of parents per course	
	Fee	
	Does the unit provide a course specifically for first-time parents <b>attended by couples only?</b>	No
Information on course for first-time parents <b>attended by couples only</b>	N/A	N/A
	No. of classes per course	
	Length of class	
	Time & location	
	Partners welcome	
	Average no. of parents per course	
	Fee	
	Does the unit provide a course specifically for assisted conception parents?	No
Information on course for assisted conception parents	N/A	N/A
	No. of classes per course.	
	Length of class	
	Time & location	
	Partners welcome	
	Average no. of parents per course	
	Fee	
	Does the unit provide a course specifically for parents hoping to have a VBAC (Vaginal Birth After Caesarean)?	No
Information on course for parents hoping for a VBAC	N/A	N/A
	No. of classes per course	
	Length of class	
	Time & location	
	Partners welcome	

	Average no. of parents per course	
	Fee	
	Does the unit provide a course specifically for parents expecting twins or other multiples?	No
Information on course for parents expecting twins or other multiples	N/A	N/A
	No. of classes per course.	
	Length of class	
	Time & location	
	Partners welcome	
	Average no. of parents per course	
	Fee	
	Does the unit provide a refresher course specifically for second- or subsequent-time parents?	No
Information on refresher course	N/A	N/A
	No. of classes per course	
	Length of class	
	Time & location	
	Partners welcome	
	Average no. of parents per course	
	Fee	
	Does the unit provide a course specifically for teenage parents?	No
Information on course for teenage parents	N/A	N/A
	No. of classes per course	
	Length of class	
	Time & location	
	Partners welcome	
	Average no. of parents per course	
	Fee	
	Any other types of antenatal classes offered (e.g. hypnobirthing)? Please give details	Information is given during appointments on a continuous basis

Topics typically covered in an antenatal course (please tick as many as apply)	Diet	Yes
	Exercise	Yes
	Minor disorders of pregnancy	Yes
	Signs of labour	Yes
	When to go to hospital	Yes
	Stages of labour	Yes
	Pain relief options	Yes
	Positions for birth	Yes
	Relaxation techniques	Yes
	Breathing techniques	Yes
	Show a birth video	
	Caesarean birth	Yes
	Informed decision making	Yes
	Infant resuscitation	Yes
	Breastfeeding	Yes
	Infant feeding with artificial milk	Yes
	Postnatal care of mother	Yes
	Caring for newborn	Yes
	SIDS	Yes
	Birth registration	Yes
Baby massage	Yes	
Postnatal depression	Yes	
Other, please specify	Immunisations, car safety, physio advice e.g. back care and pelvic floor exercises.	
	How is informed decision making promoted in the classes?	We ensure that every decision is made with a full risk and benefit analysis, discussion of current evidence and the decision lies with the client.
Are there opportunities for parents to practice skills for labour?	Yes/No	Yes
	Please give details	Practice various positions for labour and birth, practice breathing and relaxation techniques.
Is birth plan preparation provided as part of antenatal courses?	No	
	Yes (in all courses)	Yes
	Yes (when requested)	
	Yes (in some courses) - please specify which courses	

	In antenatal classes, please outline how women/parents are helped to understand and explore their options with regard to pharmacological and non-pharmacological methods of pain-relief and methods of coping in labour	Full risk benefit analysis and discussion of current evidence.
Is there a breastfeeding element within each antenatal course?	Yes/No	Yes
	If yes, how much time per course is given to it, which aspects of breastfeeding and which practices to support breastfeeding are covered.	Discussed throughout antenatal care, topics are adjusted to individual needs but will cover nutritional needs, good positioning, newborn behaviour and feeding patterns, assessing whether baby is getting enough milk, nipple pain and management, common barriers to breastfeeding and how to manage them, local breastfeeding support groups and ALCI website, Online literature.
Does the unit offer a separate class on breastfeeding?	Yes/No	No
	If yes, please give details of time and location, which aspects of breastfeeding and which practices to support breastfeeding are covered.	
Does the unit offer classes to meet the needs of the following: (please tick as many as apply)	Hard of hearing	Yes
	English as a 2nd language	Yes
	Visually impaired	Yes
	Late bookers	Yes
	Referrals from social workers	
	Single parents	Yes
	LGBT parents	Yes
	Travellers	Yes
	Asylum seekers or refugees	Yes
	Parents who have experienced a previous pregnancy loss	Yes
Parents who have experienced a previous preterm birth	Yes	

	Other, please specify <b>(include any group of parents that have specific antenatal education needs based on ethnicity or religion)</b>	Care is always centred around the individual and antenatal education is adjusted to meet the client's needs.
	Who provides the antenatal education? (Midwives/physiotherapists etc.?)	Midwives
	Please describe the education that staff in the antenatal education department undergo to promote, support and protect breastfeeding (please include topics, course duration and <b>frequency of updates</b> )	20 hours breastfeeding course and yearly CPD. Topics at the midwives' discretion.
	Percentage of antenatal staff who have been trained in this way	100%
	Percentage of antenatal education staff who have achieved diploma level or higher in antenatal education	0%
	Please provide details of these qualifications (duration of training, certifying body etc.)	
	How often is their <b>antenatal education</b> training updated?	