

MUMS AND BUBS ‘STARTING WELL’ IN CABOOLTURE

Brisbane North PHN and Metro North Hospital and Health Service’s Health Alliance is working in partnership with Caboolture Hospital Maternity Services and Children’s Health Queensland’s Child Health Service to co-design and implement a new pathway of antenatal and postnatal care in Caboolture.

Known as the *Starting Well Initiative*, the new pathway of care enrolled its first pregnant women in February 2020. Approaching its first anniversary next month, fifty families have participated in the pathway with glowing feedback.

Focused on providing continuity of midwifery care and warm transitions to the child health service, the model is supported by the co-location of midwives to support families with higher needs in Caboolture, Caboolture South and Morayfield.

Families get to know and trust a named midwife throughout their pregnancy and after birth; they are introduced to the child health service during their pregnancy; and receive a joint midwife and child health nurse home visit to transition care. There is increased communication and connection to the family GP throughout the pathway.

The pathway focusses on relational care, enabling professionals in antenatal and postnatal care to work together to wrap around a family and their new baby.

“The opportunity to build relationships and most importantly, trust, is proving to be highly regarded by women and families,” said Rebecca Zgrajewski, *Starting Well Initiative* midwife.

The program has been co-designed with local midwives, nurses, GPs and families, and has been implemented within existing resources thanks to the vision and dedication of these clinicians.

One of the mothers involved with the program said the experience of being part of the *Starting Well Initiative* felt both personalised and highly supportive.

“I felt the most cared for out of all three of my pregnancies and post-birth too. The midwife and child health nurse are wonderful at what they do,” she said.

An evaluation is currently underway. Early findings include a less than one per cent fail-to-attend rate and a higher than average birth weight compared to the broader maternity service.

The Health Alliance and partners are exploring opportunities to upscale the model to ensure more children in Caboolture have the best start to life.

For more information contact Health Alliance Development Lead, Mary Smareglia via mary.smareglia@brisbanenorthphn.org.au or call 07 3630 7300.

Pictured below (left-right): Natalie Morris, Joanne Millward, Belinda Mathieson, Mary Smareglia, Jeanelle Gibson, Lee-Anne O’Keefe, Julie Thomas, Rebecca Zgrajewski, Jodie Muller.

