



# Using maternity wallets to aid safer pregnancies



## Background

In June 2017 MBRRACE-UK published its findings of the UK Perinatal Mortality Surveillance for 2015. It highlighted that areas for patient information are insufficient, and that an inadequate response to a history of reduced fetal movements contributed to almost **25%** of stillbirths in the UK.

Since 2014 MAMA Academy, a charity that aims to improve pregnancy outcomes including stillbirth, has been providing expectant mothers with MAMA Wellbeing Wallets.



## MAMA Wellbeing Wallets

MAMA Wellbeing Wallets are durable PVC zip-lock pouches designed to protect antenatal notes. They are printed front and back with colourful, easy to read essential health messages - with a particular emphasis on the importance of monitoring babies movements.

All information is in line with the Sands and DH safer pregnancy messaging and supported by NHS England. Wallets are given to expectant mothers by their midwife at the booking appointment. The wallet provides space for a main maternity phone number to be written on so mother's know where to call if they experience any problematic symptoms.



Musgrove Park Hospital, Taunton receiving their wallets

## Progress

Currently implemented in **HALF** of all NHS Trusts and are enabling further maternal discussions regarding:

- staying healthy (smoking, foods to avoid etc)
- signs of infection, preeclampsia and ICP
- when to call the maternity unit without delay
- how to monitor babies movements.

A mothers survey in 2016 revealed that women regularly read the information whilst waiting for appointments and the information (mostly when to call the midwife, signs of labour and babies movements) had prompted further discussions with their midwife.



## Impact

Stillbirth and neonatal death rates were recorded in 11 out of 15 pilot Trusts.

10 Trusts reported a **moderate to significant decrease in stillbirth rates**, and a significant decrease in stillbirth was noted in 2 Trusts that had not implemented any other new measures or initiatives.

Three Trusts reported the prevention of potential stillbirths after the wallet prompted the mother to call with reduced movements, symptoms of preeclampsia and signs of sepsis.

## The future

**NHS England recommends the use of MAMA Wellbeing Wallets** to compliment the governments ambition of reducing stillbirth in the UK by 50% by 2025. As more Trusts go digital and paperlight, MAMA Wellbeing Wallets will become smaller but will also become even more essential in delivering safer pregnancy messages to expectant parents to reduce stillbirth rates.

“ One Mum that attended hospital with fetal movement concerns had an emergency c-section due to an abnormal CTG. She had rung because she had been prompted by her Wellbeing Wallet. She felt that she may not have done so if she hadn't had the constant reminder in front of her. ”  
**Kettering Hospital**

Helping babies arrive safely

## Contact Us

For more information or to order free samples of Wellbeing Wallets, please contact:

 [www.mamaacademy.org.uk](http://www.mamaacademy.org.uk)

 [contact@mamaacademy.org.uk](mailto:contact@mamaacademy.org.uk)

 07427 851670

