

## Develop and agree individualised antenatal care plans

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### Overview

This standard is about working with women and key people they want to involve in their care, to develop and agree care plans for their pregnancies. It involves developing and agreeing individualised care plans which formalise evidence-based protocols and guidelines for antenatal care into direct, individual woman-focused care. Individualised care plans describe routine progression through the antenatal period as well as the need for and access to additional services to address the particular circumstances and/or needs of the woman and her baby/ies. A caring and compassionate approach should be adopted in line with current healthcare guidance. Users of this standard will need to ensure that practice reflects up to date information and policies.

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**Performance criteria**

You must be able to:

1. explain clearly your role and its scope, your responsibilities and accountability
2. establish an open and supportive relationship with the woman and the key people involved in her care as agreed with her
3. identify and respect the privacy, confidentiality and wishes of those involved
4. support the woman and key people to communicate their views and preferences, and encourage them to seek clarification of any procedures, information, and advice relevant to them
5. agree and use appropriate sources of information about the woman's needs and expectations to inform care planning
6. work in partnership with the woman and key people to identify her needs and expectations and agree the goals for the individualised care plan
7. clearly identify and explain the options for addressing the needs of the woman and her baby/ies, including any benefits and risks
8. provide the woman and key people with any available evidence based information about the effectiveness, benefits, and risks of specific interventions
9. check that the woman and key people understand the information given, and encourage them to ask questions and express any concerns about specific interventions
10. refer the woman and key people to alternative or additional sources of advice and information as appropriate to meet their needs
11. negotiate and agree an individualised care plan with the woman and key people which takes account of her needs and all relevant factors
12. respect the woman's rights to accept or decline specific interventions
13. provide effective support for the woman and key people throughout, promoting their wishes and beliefs, addressing their concerns and encouraging them to promote their own health and well-being
14. obtain the valid consent of the woman for the actions to be undertaken on her behalf, and agree the information which may be passed to others
15. produce records and reports that are clear, comprehensive, and accurate, and maintain the security and confidentiality of information

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**Knowledge and understanding**

You need to know and understand:

1. legal, organisational and policy requirements relevant to your role and the activities being carried out
2. the nature, extent and boundaries of your work role and its relationship to others in the organisation
3. the roles of other health and social care practitioners and how they relate between and across agencies
4. the legal requirements and good practice guidelines on consent, and consent for children, young people and vulnerable adults
5. the principle of information governance and the implications for your practice
6. how to recognise and respond to the signs of injury, abuse or neglect and your responsibility in relation to raising concerns with the appropriate person or agency
7. local systems, procedures and protocols for safeguarding children, young people and vulnerable adults
8. how to work in partnership with women to enable them to make informed choices in the context of their own lives
9. how to recognise when women are not able to exercise their rights to make informed choices and the actions to take in response to this
10. how to respect the diversity and values of individuals
11. the best available evidence based practice and its role in improving services
12. how to communicate effectively with individuals to meet the needs of a socio-economic, culturally diverse population
13. the importance of focusing on the woman as an individual and the focus of care
14. the principles of clinical risk management and how to apply these to your work
15. the normal parameters of fetal development, growth and well-being and how to recognise deviations from these
16. the physiological, psychological and emotional changes that occur in women during pregnancy
17. the health conditions that may affect women during pregnancy in your area of practice
18. the strategies and interventions to promote or maintain optimal health and well-being of women and their babies during pregnancy
19. the drugs and interventions which are used to manage health conditions during pregnancy and the effects of these on the overall health and well-being of pregnant women and their babies

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20. the importance of early identification and management of any problems arising during pregnancy
21. pre-existing conditions that impact on pregnancy and any additional care required to address these
22. the positive and negative impact of social relationships and environment on the health and well-being of pregnant women and their babies
23. how the needs of pregnant women may affect others
24. the factors that increase the risk of significant harm to a pregnant woman and/or her baby/ies
25. the actions to take in response to concerns about the health and well-being of women and babies
26. the relevant guidance for antenatal care
27. the importance of identifying and gathering relevant information to inform care planning
28. where this information is held and how to access this, including information held by other practitioners and agencies
29. the options that are appropriate and available to meet the health and well-being needs of the woman and her baby/ies
30. the ways in which personal beliefs and preferences, including cultural or religious beliefs, may affect the options open to women
31. the purpose, benefits, risks and potential outcomes of antenatal screening tests and women's rights to accept or decline these
32. the information that the woman and key people are likely to need in relation to her antenatal care plan, and any concerns and/or particular needs they may have
33. the importance of providing information in a range of media and languages which reflects the needs of service users in the local population
34. how to provide information and advice in ways which are appropriate for different audiences
35. the importance of giving women and key people enough time between receiving information and making choices to reflect upon the information, consider their options and seek additional information and advice where they wish to
36. local and national services, agencies and websites for people who want further information about pregnancy and antenatal care, and how to access these
37. practitioners, agencies and services you can access for expert advice and support when required
38. the purpose of determining during the planning phase how and when the plan will be monitored and reviewed, and the role of women, key people involved in her care, and practitioners in this process

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39. the information which it may be necessary to share with others and how to make sure that the woman and key people understand this
40. how to keep records in accordance with organisational policies and procedures

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### External Links

This standard links with the following dimension within the NHS Knowledge and Skills Framework (October 2004):

Dimension: HWB2 Assessment and care planning to meet health and wellbeing needs

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