

Develop and agree individualised postnatal care plans

Overview

This standard is about working with women, and key people they want to involve in their care, to develop and agree individualised plans for her postnatal care. It involves developing and agreeing individualised care plans for women that formalise evidence-based protocols and guidelines for postnatal care into direct, individual woman-focused care.

This standard covers postnatal care for women following birth in hospitals, birthing centres, GP units or at home. It also covers the postnatal care of women who, for whatever reason, may not be caring for a newborn baby.

This standard does not cover care plans for newly-born babies and their families, although the interdependent relationship between the health and well-being of the mother and her baby/ies will normally be a significant factor in planning her postnatal care. 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 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 woman's needs, 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 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. provide advice and offer support to the woman and key people to enable them to manage all aspects of postnatal care
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 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 communicate effectively with individuals to meet the needs of a socio-economic, culturally diverse population
11. why it is important to clarify and confirm with the woman who and to what extent she wishes to involve others as key people in her care
12. the importance of focusing on the woman as an individual and the focus of care
13. how to respect the diversity and values of individuals
14. the best available evidence based practice and its role in improving services
15. the principles of clinical risk management and how to apply these to your work
16. the physiological, psychological and emotional changes that occur in women in the postnatal period
17. the health conditions that may affect women during the postnatal period in your area of practice
18. the strategies and interventions to promote or maintain optimal health and well-being of women in the postnatal period
19. the interdependent relationship of the health and well-being of the mother and her baby/ies
20. the health benefits to the mother and the baby/ies of breastfeeding and how to promote these

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21. the principles underpinning use of medication by breastfeeding mothers
22. common feeding problems and how to manage these appropriately
23. the importance of early identification and management of a new mother's health problems, including mental health
24. the additional care needs associated with:
 - 24.1 complications arising in the woman before, during or after birth, including those associated with abdominal or instrumental delivery
 - 24.2 maternal physical ill health
 - 24.3 psychological ill health
 - 24.4 multiple births
 - 24.5 premature or sick babies and those with congenital abnormalities
 - 24.6 bereavement arising from pregnancy
 - 24.7 previously experienced infertility
25. the positive and negative impact of social relationships and environment on the postnatal health and well-being of women
26. how the needs of women during the postnatal period may affect others
27. the factors that increase the risk of significant harm to recently delivered women and/or their baby/ies
28. the actions to take in response to concerns about the health and well-being of women and babies
29. the relevant guidance for postnatal care
30. the importance of identifying and gathering relevant information to inform care planning
31. where this information is held and how to access this, including information held by other practitioners and agencies
32. the options that are appropriate and available to meet the health and well-being needs of women in the postnatal period
33. the importance of considering the impact of different options on the health and well-being of the baby/ies and the mother-baby relationship when selecting options
34. the ways in which personal beliefs and preferences, including cultural or religious beliefs, may affect the options open to women
35. the information that the woman and key people are likely to need in relation to her postnatal care, and any concerns and/or particular needs they may have
36. the importance of providing information in a range of media and languages which reflects the needs of service users in the local population
37. how you would provide information and advice in ways which are appropriate for different audiences
38. local and national services, agencies and websites for people who want further information and support and how to access these
39. the purpose of determining during the planning phase how and when the

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plan will be monitored and reviewed, and the role of women, key people involved in her care, and practitioners in this process

40. the information which it may be necessary to share with others and how to make sure that the woman and key people understand this

41. 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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