



## MIDWIFERY EDUCATION

### PDC course facilitator **Aparna Shukla** reports on some of the library resources supporting the Art and Science of Antenatal Education programme

The *Art and Science of Antenatal Education* two-day programme recently delivered in the Professional Development Centre was extremely successful. The workshop prepared midwives to design an effective antenatal education programme for expectant mothers and fathers. The philosophy of this course is based on the principles of adult learning and on the belief that antenatal education is a health promotion activity. Participants were prepared to encourage expectant parents to see themselves as competent and able to make informed choices for themselves and for their baby.

Participants reported enjoying the group work, prenatal yoga, meditation and in particular learning from each other and developing a new network of contacts. This workshop provided a very active learning experience and activities like the labour practical workstation and baby massage created a positive learning environment.

#### Midwifery resources

The Professional Development Centre library service supports all education programmes with reading lists and the latest evidence-based research. The following are some examples of guidelines and articles on the topics covered in the *Art and Science of Antenatal Education* workshop.

- *Health Service Executive (2012) National Infant Feeding Policy for Maternity and Neonatal Services*. The policy is based on WHO/UNICEF Baby Friendly Hospital Initiative. It provides guidance on supporting the initiation of breastfeeding, rooming in and baby-led feeding.
- *National Institute for Health and Care Excellence (2010) Antenatal Care, NICE Clinical Guidance 62*. The guideline offers best practice advice on the care of healthy pregnant women. It places emphasis on woman centred care and provides information on topics such as adequate intake of Vitamin D, lifestyle considerations and screening for infections among many others.
- *Children in Scotland, NHS Lothian, National Childbirth Trust & West Lothian Sure Start (2011) Dads2b Resource; A resource for professionals providing antenatal education and support to fathers*. This resource was developed to assist expectant fathers to support their partner through childbirth and to increase their skills and confidence in caring for their baby.
- *Royal College of Midwives, Royal College of Obstetricians and Gynaecologists and The National Childbirth Trust 'Making normal birth a reality; Consensus statement from the Maternity Care Working Party – our shared views about the need to recognise, facilitate and audit normal birth' Normal Birth Consensus Statement*. This statement calls for a standard definition of normal birth in order for normal birth rates to be compared with confidence.
- *MacDonald C. What midwives need to know about baby massage. Practising Midwife 2012; 15(8): 55-8*. The article provides an introduction to baby massage as well as outlining the benefits of massage to the baby's well-being.
- *McNeillis M. Women's experiences of care during labour in a mid-*

- wifery – led unit in the Republic of Ireland. Brit J Midwifery 2013; 21(9): 622-631*. A study that explores women's experiences of midwifery led model of care during labour. Themes explored in the articles include 'homely atmosphere' and 'woman in control'.
- *Bribiescas S. Yoga in Pregnancy. Int J Childbirth Ed 2013; 28(3): 99-102*. An article that provides an overview of prenatal yoga and how it can be of benefit to women during pregnancy.
- *Svensson J, Barclay L, Cooke M. (Randomised-controlled trial of two antenatal education programmes. Midwifery 2009; 25(2): 114-25*. This study compares two antenatal education programmes – the existing programme in a maternity hospital in Sydney with a new antenatal education programme which was development after carrying out a needs assessment collected from expectant and new parents.
- *Ahldan I, Ahlehagen S, Dahlgren LO, Josefsson A. Parents' Expectations About Participating in Antenatal Parenthood Education Classes. J Perinatal Ed 2013; 21(1): 11-7*. A study that investigates parents' expectations on antenatal education and how these expectations are met.

#### How to access articles and guidelines

As an INMO member, you have access to hundreds of journals as well as databases such as Interim, Maternity and Infant Care and Cinahl. To access, visit **inmoprofessional.ie/Library** and then click on Nurse2Nurse. The front page of nurse2nurse has links to the articles and guidelines mentioned above. If you need further information or assistance from the Professional Development Centre library services please call: 01 664 0614 or email: library@inmo.ie.

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### Dates for Your Diary

#### ■ Midwifery Conference

All Ireland Midwifery Conference,  
October 16, 2014  
Crowne Plaza Hotel, Santry, Dublin  
(See page 46 for more details)

#### ■ Midwifery Courses

**Art and Science of Antenatal Education** 10 CEUs  
October 8 and 9, 2014  
Professional Development Centre, INMO

**Recognising Pregnancy Complications** 5 CEUs  
November 11, 2014  
Professional Development Centre, INMO  
(See WIN September issue for more details)

These courses can also be provided onsite in your own facilities.  
For details, Tel: 01 6640 641/2 or email: pdc@inmoprofessional.ie  
These courses are Category 1 approved by the Nursing and Midwifery Board of Ireland (NMBI)