



PRISM Training Program for Maternal and Child Health Nurses

Training for primary health care professionals (maternal and child health nurses and general practitioners) is one of the key elements of the 'intervention' program within PRISM.

The training program for maternal and child health nurses is occurring over the period March to June 1999 in each of the 8 municipalities participating in the intervention program.

Training for general practitioners is being undertaken separately, and will be taking place from mid 1999.

Aims of the MCHN training program

1. To strengthen the capacity of the maternal and child health services in each of the 'intervention' communities to support mothers in relation to physical and emotional health issues in the first year after childbirth, in particular by:
 - ❖ enhancing recognition and treatment of emotional and physical health problems
 - ❖ promoting 'listening skills' and offers of 'time to talk'
2. To assist the PRISM research team to build an understanding of the local context and issues currently affecting maternal and child health services in each of the 'intervention' communities.

The training program will incorporate:

- ❖ an overview of the research literature regarding the prevalence and natural history of emotional and physical health problems in the first postpartum year
- ❖ discussion of strategies that may assist women in dealing with physical and emotional health issues in the postpartum period, with particular attention to research evidence regarding the effectiveness of a range of approaches
- ❖ discussion of research documenting women's views and experiences of the first year after childbirth
- ❖ review of the skills involved in 'active listening', with opportunities to practise these skills
- ❖ discussion of strategies for fostering intersectoral collaboration within local communities, in particular linkages between maternal and child health and local general practitioners
- ❖ consideration of ways that PRISM can support maternal and child health activities in each locality.

Preparation and background reading

Reading materials will be distributed at the first session.

As preparation for the training program, it would be useful to think about some recent occasions when mothers have talked to you about physical and emotional health issues.

We will be asking you to draw on these experiences in small groups discussions. You might like to jot down some thoughts about a particular 'case', and your reflections or questions about issues that came up for you in providing support to the mother in this instance.



Day One: Maternal health after childbirth

Session 1: Introduction (9.00am-10.15am)

Stephanie Brown and Rhonda Small

1. The local context - discussion of issues involved in meeting the needs of mothers in your community
2. PRISM: What's in it for women? What's in it for maternal and child health services?

Morning tea (10.15-10.30am)

Session 2: Emotional well-being after childbirth (10.30am-12.30pm)

Rhonda Small

1. Overview of research on prevalence and natural history of depression after childbirth, and evidence regarding effective strategies for lessening emotional health problems. A major focus of the session will be on what women say about depression, and what strategies they see as most helpful. The session will also include discussion of the use of the Edinburgh Postnatal Depression Scale in the project, in particular the rationale for not using the EPDS as a screening instrument.
2. Small group discussion based on recent case experiences.

Lunch break (12.30-1.15pm)

Session 3: Physical health after childbirth (1.15pm-3.15pm)

Stephanie Brown

1. Overview of research on prevalence and natural history of physical health problems after childbirth, and evidence regarding effective strategies for dealing with physical health issues. Women's accounts of the impact of physical health problems on their lives in the first year after birth, and reasons for not seeking help will be a focus of the session.
2. Small group discussion based on recent case experiences.

Afternoon tea (3.15pm-3.30pm)

Session 4: PRISM - local strategies (3.30pm-4.30pm)

Rhonda Small and Stephanie Brown

1. Discussion of ways to encourage local intersectoral collaboration.
2. Discussion of team strategies for ongoing and regular sharing of resources, ideas and experiences relating to maternal health issues in the context of PRISM.

Day Two: Skills for effective communication

Session 5: Skills for effective communication (9.00am-10.00am)

Heather McCormack

1. Review of skills involved in effective communication.

Morning tea (10.00am-10.15am)

Session 6: Practice Session (10.15am-12.30pm)

Heather McCormack

1. Role play drawing on two case scenarios:
 - ◆ a first Centre based visit for a mother who has a two week old newborn baby - focusing on establishing a new relationship, and taking a contextual social history
 - ◆ a visit at 6 months postpartum with a mother who appears exhausted, but is reluctant to talk about herself and how she is feeling.
2. Group discussion of role play.

Lunch break (12.30pm-1.15pm)

Session 7: Discussion of Communication strategies (1.15pm-2.00pm)

Heather McCormack

1. Discussion of issues raised in the previous practice session - a chance to review and share ideas about strategies that may be helpful in different situations.

Tea break (2.00pm-2.15pm)

Session 8: Practice session to explore the impact of using different approaches (2.15pm-4.30pm)

Heather McCormack

1. Role play with discussion of the effectiveness of different approaches to the same case scenario.
2. Rounding up/where to next - discussion of strategies for continuing to focus on communication skills in the context of PRISM.

PRISM Maternal and Child Health Nurses' Half-Day Refresher Program
Facilitated by Stephanie Brown and Rhonda Small
March 2000

Morning (Afternoon) times	Topic
9.00 -9.30 (1.00-1.30)	Supporting mothers around their own health issues What's hard about doing this?
9.30-10.30 (1.30-2.30)	Maternal health and evidence for practice – What are the best things nurses can do? Revisiting two common maternal health issues <ul style="list-style-type: none">❖ Depression❖ Chronic exhaustion Communication skills refresher <ul style="list-style-type: none">❖ Silent listening practice in pairs
10.30 -10.45 (2.30-2.45)	Tea break
10.45 - 11.45 (2.45-3.45)	Befriending - <ul style="list-style-type: none">❖ What's happening locally? (15 min)❖ In pairs: what are we doing/ what's hard, but worth trying? (15 min)❖ Brainstorm strategies (30min)
11.45 - 12.25 (3.45-4.25)	Session dependent on each team's interest/request: EITHER: Collaboration with GPs - <ul style="list-style-type: none">❖ Initiatives across PRISM areas❖ What are we doing/what's feasible in this area? OR: Promoting the PRISM Kit with mothers <ul style="list-style-type: none">❖ What are the best ways to do this?
12.25 - 12.30 (4.25-4.30)	Conclusion and Handouts
