

National Women's Health Conference 2013

Innovative group project supports women in transition from pregnancy to motherhood

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&

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Southern Cross
University



Lismore & District
Women's Health Centre Inc.

Innovative projects for women, N.NSW

- Pregnancy & Post Natal Group offered by a non government community based women's health centre: yoga and facilitated discussion
- Group evaluated in collaborative project with Southern Cross University
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Why this project?



- Build evidence –base for an innovative model of care that supports women during and after pregnancy
- Positively evaluated by facilitators via informal feedback
- Value in documenting effective holistic models of care for women, in context of dominance of medical model

Grant application



- Evaluate existing group
- Strategic development of new pregnancy and postnatal group for Aboriginal women – partnership with SCU and LDWHC
- Establish new group along a similar model of care for Aboriginal women (condition of 1 yr grant)



Evaluation of the Group

Mixed methods research

Quantitative: postal survey (n= 49)

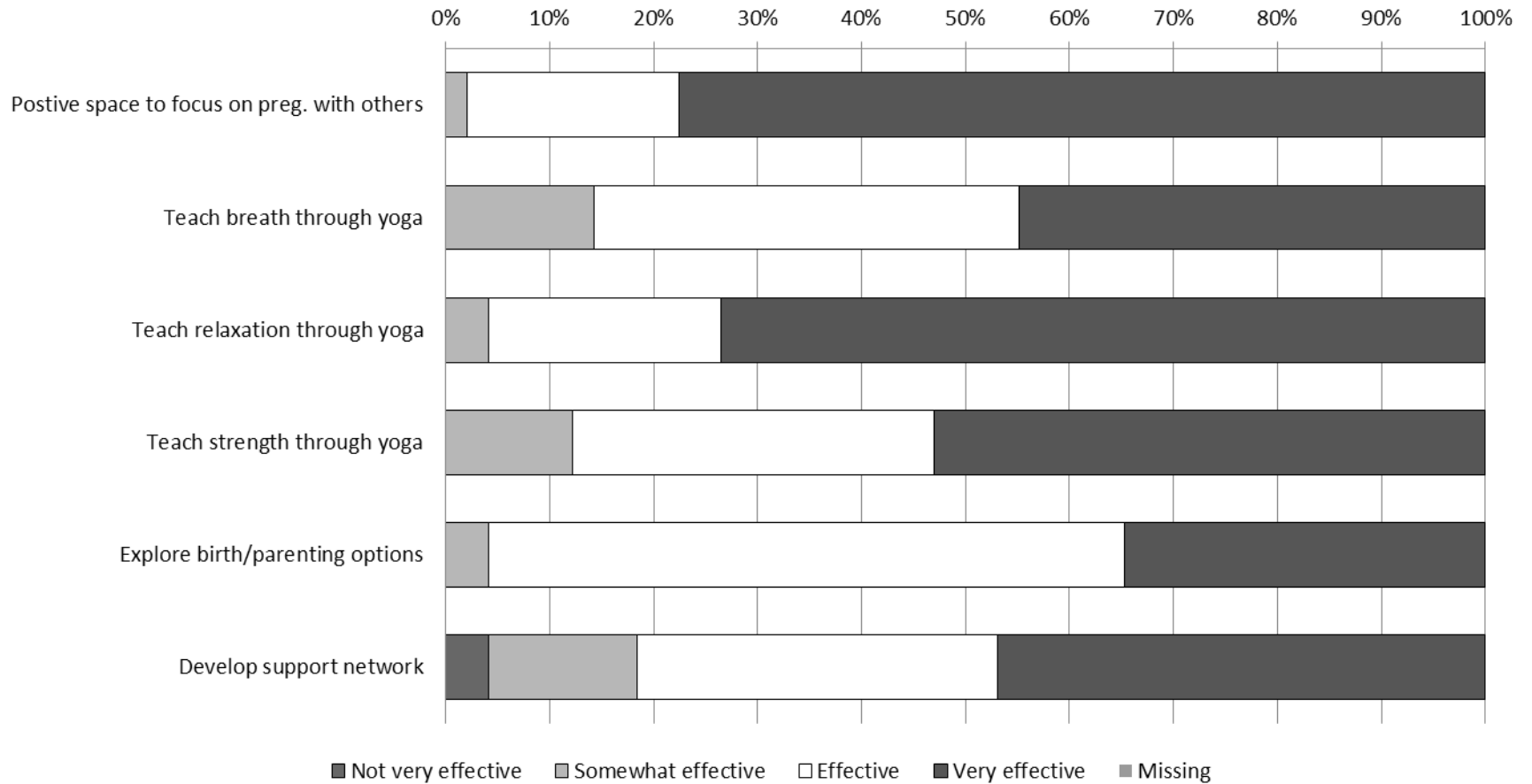
Qualitative: in-depth individual interviews (n= 15)



Quantitative results

Participant characteristics	N	%
Number of participants	49	100%
Aboriginal women	3	6%
1-2 children	42	88%
Married/ de facto	43	90%
Lesbian relationship	2	4%
University qualification	38	78%
Currently pregnant	9	18%
Currently attending group	19	39%
Pregnant for first time	5	10%

Level of perceived effectiveness of group achieving aims



Qualitative themes

*The pregnancy and motherhood journey

*Feminine nurturing safe space

*Watching and learning the mothering

*Building mental health, well-being and connections

*Group like a rock and a seed

*Different from mainstream



New project evolves



- Consult with key Indigenous women's health community members / services re: a pregnancy and postnatal group
- Intention to create a partnership with a Community Controlled Aboriginal Health Service – Bullinah
- Similar model of care evolved to meet the needs of Aboriginal women

Establishing the group



- Collaborative approach between LDWHC, SCU, Bullinah, AMIHS midwives and local community
- Outreach by women's health centre midwife to facilitate group and build capacity with Aboriginal health staff
- External supervision for facilitator & yoga teacher to support challenges of new initiative





































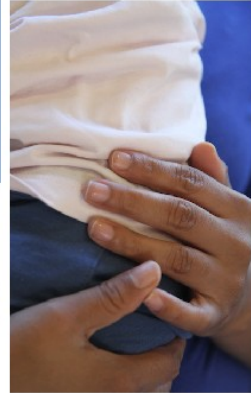


BREASTFEEDING

Natural for you and your baby



*Big benefits for your baby & you
6 months or more is good
...and it's free!*



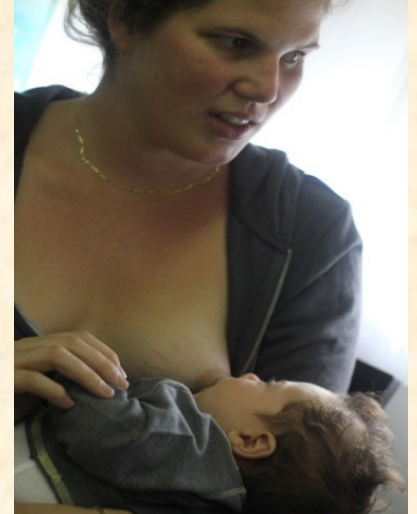






Evaluation

- Feedback from all stakeholders; survey, interview, group discussions, feedback from women, ongoing
- 12 months PPNG attracted 19 women
- 17 pregnant when they joined the group.
- Average age 23 years
 - All women enjoyed the relaxation and yoga
 - Breastfeeding topic was seen as most useful
 - Liked the group components + chance for partners to attend
 - More confident in their mothering
 - Positive value of the group in supporting them during pregnancy



Lessons learned



- Need for collaboration between relevant services and the community - working together is essential
- Find ways to overcome barriers (i.e. 'never give up') and ways to support women/partners/family to attend
- Takes patience, cultural understanding to establish a group
- Transport to support women to attend group
- *Takes many people to support motherhood*
- *Takes commitment, passion of committed staff*
 - special thanks to Emma, Andrea, Clara, Katherine
 - All Aboriginal Health Workers, staff and executive of BAHS and LDWHC

Project outcome s



- For group – sustainability
- For Aboriginal women, families, community
- For Bullinah Aboriginal Health Service
- For Lismore District Women’s Health Centre
- For Southern Cross University
- Successful collaboration across SCU, LDWHC and Bullinah that can be adapted for other centres

