

Better Births: Personal and Safe

Working together to provide **Continuity of Carer**



What is Continuity of Carer?

- Women are provided with care by the same midwife or small team of up to 8 midwives throughout pregnancy, labour and the postnatal period. Every woman has a named midwife who coordinates her care, with whom she can build a relationship of trust over time. She knows a midwife who is there at the birth.
- It is important that each continuity team includes a named obstetrician who works with midwives and can advise on issues as needed.
- Our aim is that most women receive Continuity of Carer throughout pregnancy, birth and beyond by March 2021.



Why implement Continuity of Carer?

It is safer

Women who receive models of midwife-led Continuity of Carer are:

- 16% less likely to lose her baby
- 24% less likely to experience pre-term birth
- 7 times more likely to be attended at birth by a known midwife
- 10% less likely to have an instrumental vaginal birth

Sandall et al 2016. Cochrane review of 15 trials involving 17,674 women.

It is more personal

Women attended at birth by a known midwife are more satisfied with:

- Information & advice
- Place of birth
- Prep for labour and birth
- Choice of pain relief
- Feeling in control

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What does Continuity of Carer mean for you and your team, and what more can you do?

It means:



Working in all settings, building your skills and confidence



The opportunity to build a strong relationship of trust with women and families



More control over your own diary and how you balance your work and home life



More opportunities for spotting problems early and putting them right

HOW YOU CAN HELP

- Get together with your team to think about the different models of Continuity of Carer and which would be the best fit for all of you
- Discuss how you can work best as a team to come up with improved ways of working that suit everyone

For more information and practical guidance, download the *Better Births* campaign toolkit: england.nhs.uk/personalandsafe