

ANTENATAL DECISIONS- PARENTAL PERCEPTIONS

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ANTENATAL COUNSELLING

Counselling is a two-way confidential communication process that provides a pregnant woman (& partner) with essential information for improving or maintaining her health and the health of her baby before and after birth.



TYPES OF ANTENATAL COUNSELLING

- Pre-pregnancy Counselling
- Preventative Health Counselling:- Diet, Lifestyle, Weight gain, Travel safety
- Screening Counselling
- Pregnancy complication warning signs
- Signs of labour
- Preterm delivery
- Breastfeeding promotion



AMELIA FAITH



- Week 13 – 25
- Initial presentation – diagnosis & intervention
- Interim care measures – managing a high risk pregnancy
- Preparation for preterm birth & sequelae



CONSIDERATIONS

- Unequal partners
- One way communication
- Unheard
- Lack of consistency of care
- No psychological support
- No plan of action
- Ill-prepared
- Impact on parenting

SKILLS AND ATTITUDES

- Offer the option of a partner being present. Be culturally aware
- Awareness of back-story
- Clinical perceptions of “normal”
- Use simple non-medical language and terminologies
- Avoid information overload
- Use printed material, pictures, diagrams etc
- Check frequently for comprehension
- Actively listen
- Encourage questions, expression of needs and concerns
- Psychological and social supports
- Action plan to be a living document to be shared with all caregivers



SUCCESSFUL COUNSELLING

- Equality – Shared Decision Making
- Heard
- Informed
- Time
- Empowered
- Confident
- Respected
- Supported



THANK YOUQUESTIONS....

