

General Practice South  
Antenatal **Shared Care Update** 2011

# Managing Teen Pregnancy



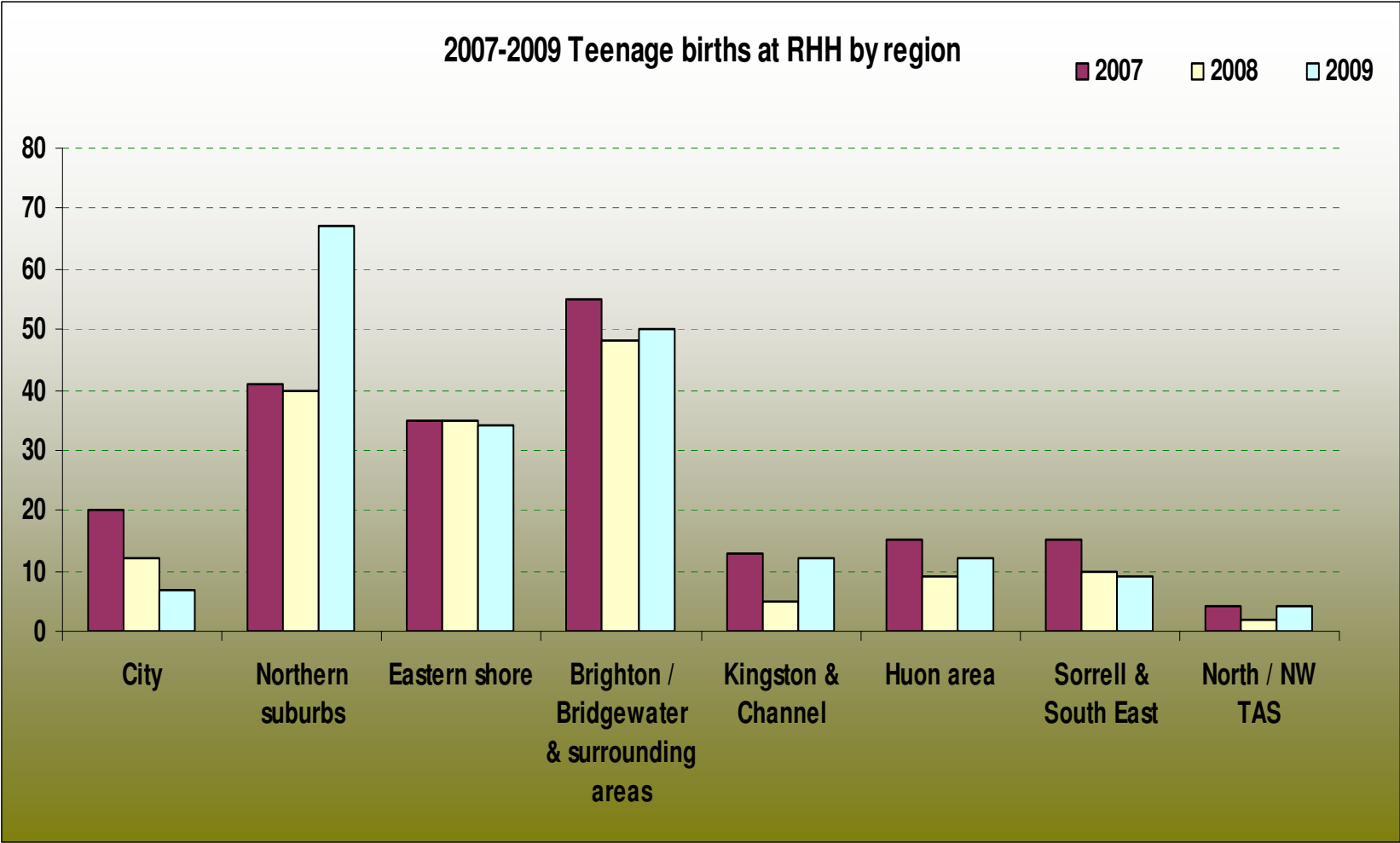
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Nerine Brimfield and Fiona Savory

# Teenage Mother in Australia

- Single
- Smoker
- Inadequate diet
- Socioeconomically disadvantaged
- Increased psychosocial issues
- Experienced domestic violence
- Unsure of gestation delivery date
- Delayed and poor attendance with antenatal care
- Aboriginal teenagers over represented
- Difficulty controlling drug and/or alcohol dependency during pregnancy

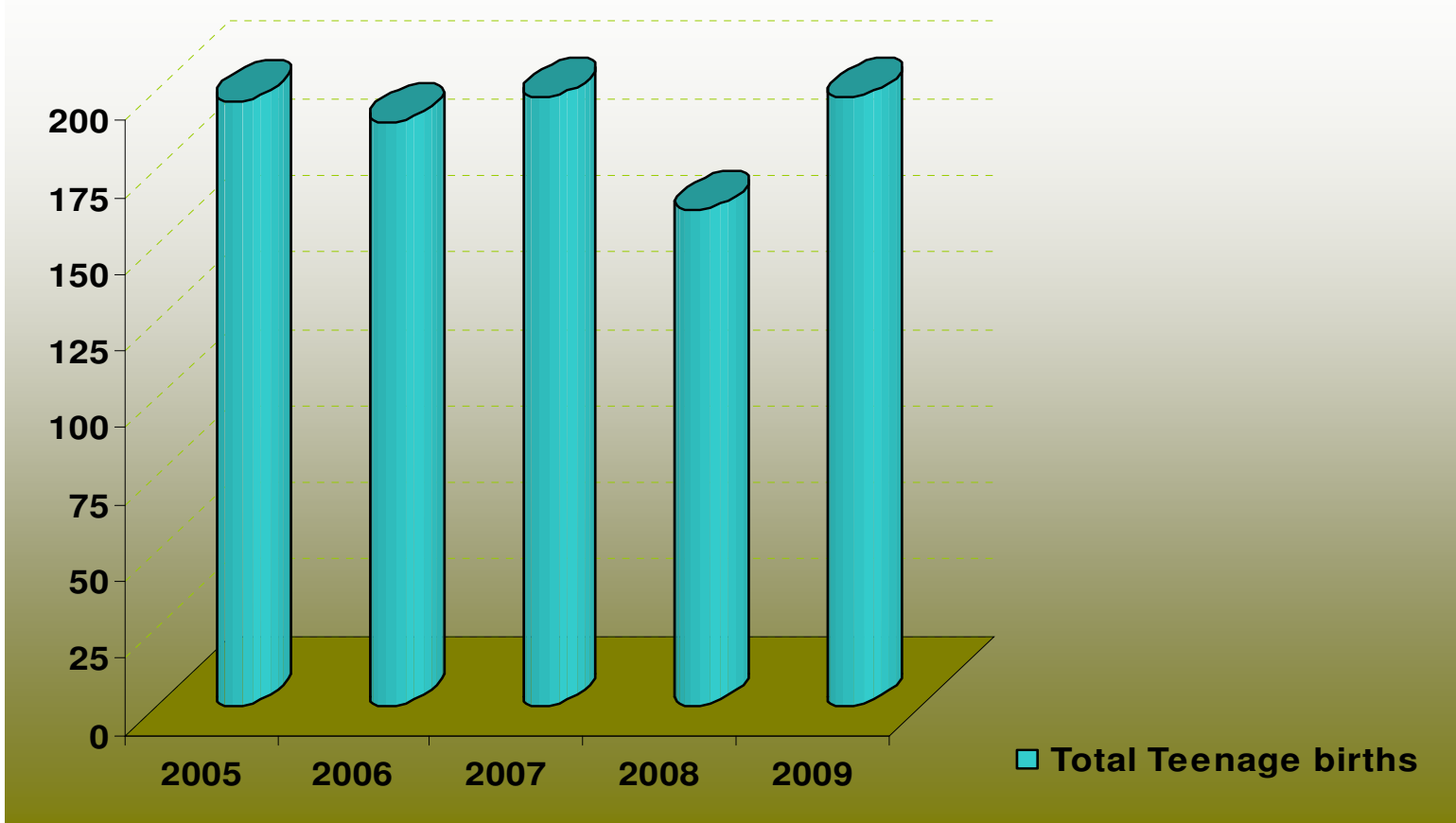




# Teenage Mother in Tasmania

- Teenage pregnancy in Australia ranks the third highest in developed world.
- Tasmania has second highest teenage birth rate in Australia (6.68% of total births for 2009)
- In 2009, 198 women under the age of twenty delivered their babies at the RHH. This was 10% of the **total** number of babies born at the RHH that year.
- This is nearly 6% higher than the national average of 4.1% of births to teenage mothers for 2009.

### Royal Hobart Hospital 2005 - 2009

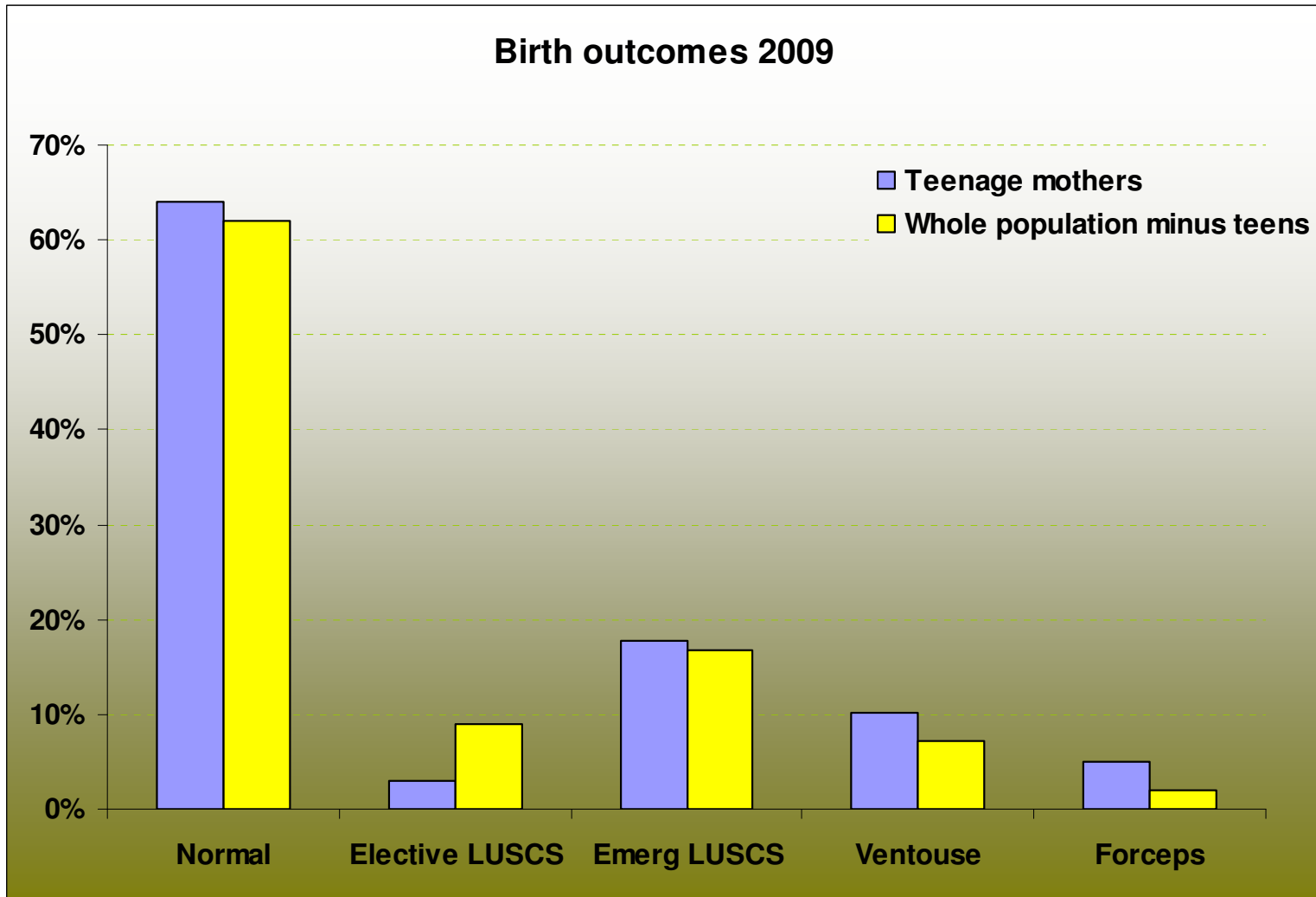


# Issues Specific to Teens

- Social and economic consequences
- Often feel judged and isolated by the public and some staff in mainstream antenatal and maternity settings.
- Decreased breastfeeding rates
- Sexually Transmitted Infections
- Greater obstetric risks during pregnancy and delivery associated with anaemia, hypertension, toxæmia, prematurity and prolonged and difficult labour



## Birth outcomes 2009



# Chlamydia and Pregnancy

- Compulsory screening at RHH
- 13.7% of pregnant women 20yrs and younger from 2003-2006 had chlamydia (Royal Prince Alfred Women & Babies Sydney NSW)
- Symptomatic in only 10-39% women eg.cervicitis with discharge and/or contact bleeding.
- Increased risk of PROM, pre-term delivery and/or low birth weight
- Untreated infections are related to intra-partum fever, amnionitis and post partum endometritis and PID
- Azithromycin treatment

# Research Recommendations

- Offer age-appropriate services and information
- Consideration of woman's social problems
- Acknowledgement of transportation issues
- Provide opportunities for partner and family to be involved
- Access to a midwife who should take responsibility for the majority of antenatal care
- Antenatal education in peer groups offered at the same time as antenatal appointments.
- Access to range of services that can be accessed in the same place at the same time.

# The Young Mums' Clinic at the Royal Hobart Hospital

- Establishment of the TEEN clinic in Nov 2006.
- Antenatal clinic for 13 – 19 year olds
- Originally for women having their first baby – now for second pregnancies
- Average of 10 antenatal checks a week
- Open group every Monday 12pm & Thursday 2:30pm
- Away from the mainstream clinic area in Physiotherapy Room
- 13 week rotating education program
- Shared care with other clinics: HRC, GP, DAAPS
- Partner, family, friends welcome

# Multidisciplinary Approach

## A One Stop Shop:

- Midwife
- Childbirth and Parenting Educator
- Women's Health Physiotherapist
- Social Worker
- Lactation Consultant
- Pregnancy Assessment Centre
- Mental Health Services



# What Attendees can Expect?

- Compassion and respect
- Seen by Midwife for antenatal pregnancy check
- Childbirth & Parenting Educator provides group or one-on-one education sessions
- Identification of referral needs at each visit eg. Physio, Social Work, Dental Service, Mental Health Services, Lactation Consultant, Drug & Alcohol Pregnancy Service (DAAPS)
- Routine pathology tests attended at clinic and follow up of results/ treatment
- Food provided!

# Aims of Education Program

- Safety to disclose information without fear of judgement
- Promotion of health and wellbeing for all attending the Young Mums' Clinic
- Reduce fear about labour and birth
- Engender self confidence and increase self esteem
- Promotion of social justice issues – fairness, equality and justice
- Access to peer support from other attendees
- Support and encourage father's involvement
- Awareness of community resources

# Education Program

## Topics covered:

- Pregnancy care
- Labour and birth preparation
- Sexual and reproductive health
- Parenting information and skills
- Legal issues
- Alcohol and substance information
- Mental health issues
- Sexual and domestic violence
- Adjustment to changes associated with pregnancy and parenting role
- Self esteem and interpersonal relationship awareness



# Midwifery Facilitation

- Co-ordination and overall running of the Young Mums' Clinic
- Case management when required
- Flexible and responsive delivery of antenatal education in a safe environment
- Provision of one-on-one education if required
- Referral and consultation with obstetricians
- Referrals to relevant internal and external services
- Follow-up for debriefing, education, and referral support on the postnatal ward

# Support Agencies

- Visitors and guest speakers at clinic education sessions from: Pulse, QUIT, Holly Oak, Sexual Health Service, Centrelink,
- C U @ Home
- Gateway and Good Beginnings
- Youth Mentoring Programs - Whitelion
- Child Health and Parenting Services (CHAPS) – DHHS.
- Steps to the Future – Learning Pathways for Young Mothers Program
- Anglicare – adolescent & family counselling
- Claremont College

# Evaluation of a Young Mum's Clinic – from user perspective

## The best thing about the group was...

“I also love the fact that I am not judged because of my age. I feel safe, it's great hearing that it is a good thing to be young and have kids instead of being badgered about my future, I am simply met with enthusiasm and support.

You have no idea how much that means to me, this environment from you all makes me feel happy and glad I am a mother – the best job in the world! 😊”

# Young Mum's Clinic Contacts

**Fiona Savory and Nerine Brimfield**

**Childbirth and Parenting Education**

**Royal Hobart Hospital**



(03) 6222 7525

[rhh.childbirthed@dhhs.tas.gov.au](mailto:rhh.childbirthed@dhhs.tas.gov.au)

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