



Vulnerable pregnant women throughout Europe

Exchanging knowledge and best practices from midwifery practices and midwifery curricula throughout Europe to improve quality of midwifery care

Part of IMREF Network: International Midwifery Research and Education for Families in Vulnerable circumstances

Research Centre
Innovations in Care

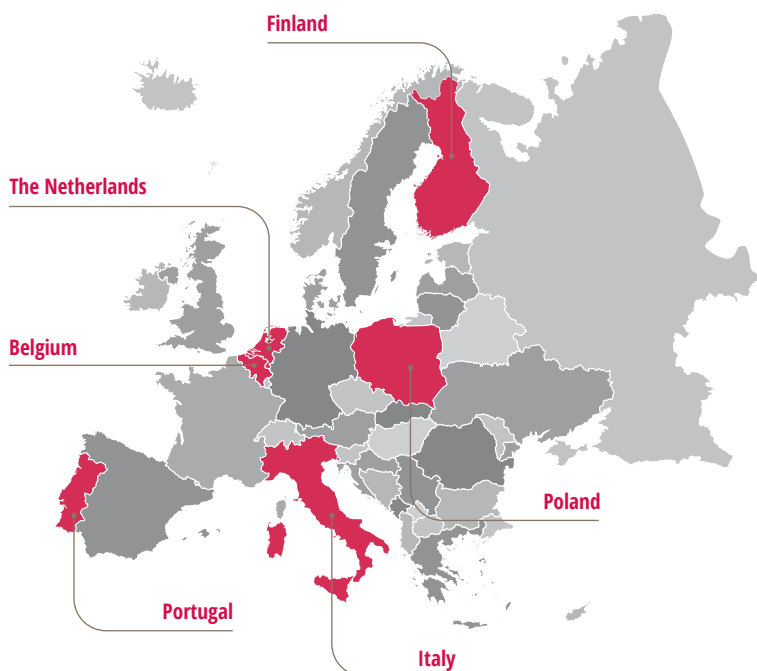




The aim of this project was to exchange knowledge and best practices concerning vulnerable pregnancies between midwifery practices and midwifery curricula in several European countries, and to contribute to improving knowledge and skills of (future) midwives.

As a result, several products have been developed to facilitate exchange and to facilitate implementation of knowledge and best practices by (future) midwives. This can contribute to improving care for vulnerable pregnant women throughout Europe.

Participants

Midwives, teachers, researchers and students from:



 University/University of Applied Sciences  Midwifery practice or hospital





The Netherlands

- Rotterdam: University of Applied Sciences 
- Rotterdam: Verloskundige Praktijk 'Een Goed Begin' 
- Rotterdam: Verloskundigen Praktijk Charlois 
- Rotterdam / Hoogvliet: Verloskundigenpraktijk Lize Verbaas 
- Dordrecht: Verloskundigenpraktijk De Singel 
- Dordrecht: Verloskundigenpraktijk Lucina 
- Pijnacker: MeM verloskundigen Pijnacker 



Belgium

- Antwerp: Artesis Plantijn University College Antwerp 
- Berchem: Voedvrouwenpraktijk Fleurentine 
- Ghent: Artevelde University College 
- Sint-Niklaas: Voedvrouwenpraktijk Vita Nova 




Finland

- Turku: Turku University of Applied sciences 
- Turku: Turku University Hospital 



Poland

- Piła: State Higher Vocational School 
- Koszalin: Joanna Łoś, individual midwifery practice 

Portugal

- Lisbon: Higher Nursing School of Lisbon - Escola Superior de Enfermagem de Lisboa (ESEL) 
- Lisbon: Maternidade Dr. Alfredo da Costa 
- Lisbon: Santa Casa da Misericórdia de Lisboa 

Italy




- Milan: University of Milano-Bicocca 
- Milan: University of Milano-Bicocca 



Design

The project was divided into four work packages. These work packages allowed us to share knowledge and best practices during the project. Also, the work packages ensured the development of products that contribute to future exchange and to further dissemination.

4 workpackages

-  **1:** Delphi study in order to create a mutual definition of vulnerable pregnant women and to specify the target population of the project.
-  **2 and 3:** Inventory of challenges in birth care and inventory of existing best practices in the different countries.
-  **4:** Development of products that contribute to future exchange and to further dissemination.

Workpackage 1:

Develop a mutual definition of vulnerable pregnant women.



Design: Delphi study
30x participants



2x
questionnaires



1x consensus
meeting



A vulnerable pregnant woman is a woman who is threatened by physical, psychological, cognitive and/or social risk factors in combination with lack of adequate support and/or adequate coping skills.



- Vulnerability can be existing prior to pregnancy or can emerge during pregnancy, childbirth and/or the postnatal period;
- Being pregnant, giving birth, being a mother and the transition to motherhood can be triggers for vulnerability;
- Vulnerability can emerge or be influenced by the cumulation of risk factors;
- Vulnerability may influence the whole family.

The different factors that define vulnerability can result in:

1. Barriers in the access to health care;
2. Poorer maternal and neonatal health status and wellbeing.

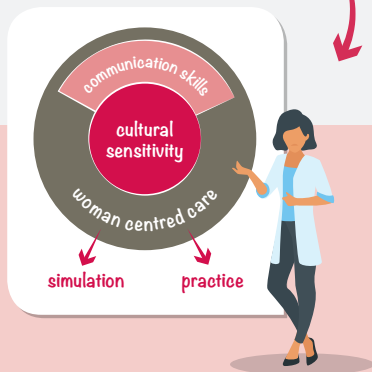


Workpackage 2 and 3

Challenges and existing best practices.



16x interviews |
1x consensus meeting



23x best practices, such as:

- prenatal support points
- shelter homes for pregnant women
- cultural mediator
- financial support
- translation app
- community care system.

6x challenges:

- continuity of care
- multiple problems
- intrinsic motivation
- multicultural and language
- screening and signaling
- prevention.

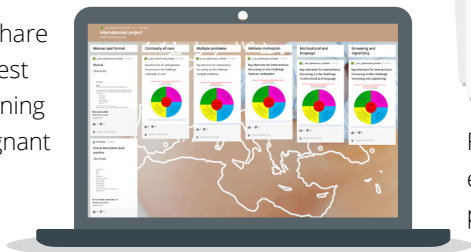
Workpackage 4

Development of products that contribute to future exchange and to further dissemination



Products such as Live meetings, Flyer, Scientific publication and Padlet website.

Everyone can share their existing best practice concerning vulnerable pregnant women. ►



Name best practice: _____
Website: _____
Country: _____
Goal: _____
Target population: _____
Intervention: _____

Format for exchanging best practices. ▲



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