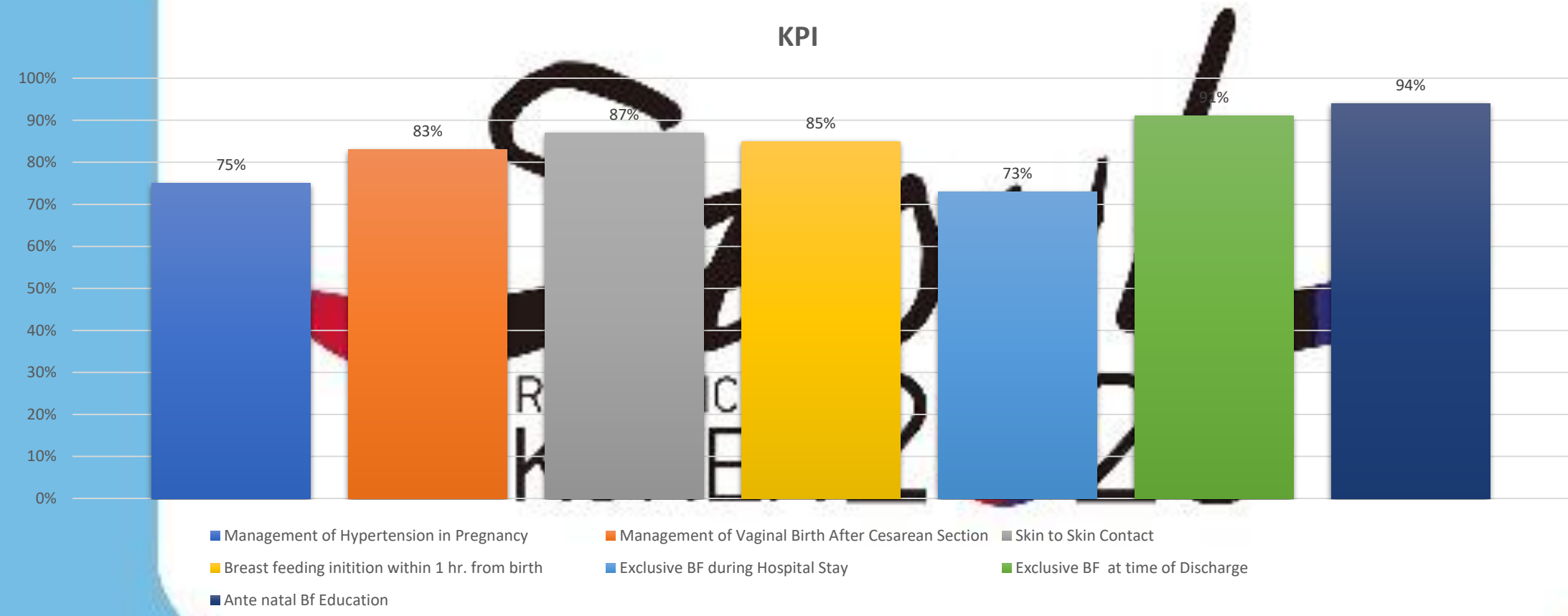




## ISQua's 39th International Conference

27<sup>th</sup>- 30<sup>th</sup> August | COEX Seoul



## “Hala Baby” For Natural Birth And Healthy Baby

Mrs. Sameera Suliman, Assistant Director for Nursing Affairs,  
AL Qassimi Women's and Children's Hospital, Emirates Health Services (EHS), UAE

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### INTRODUCTION

Antenatal classes, also known as prenatal classes or childbirth education classes, are educational sessions designed to prepare expectant parents for pregnancy, childbirth, and the early stages of parenthood. Nurses play a crucial role in educating expectant parents about various aspects of pregnancy, childbirth, and newborn care

These classes aim to provide information, support, and practical skills to help parents have a healthy pregnancy, achieve a natural birth if desired, and promote the well-being of both the mother and the baby.

Nurses often lead or assist in conducting antenatal classes or prenatal education sessions either face to face, virtual, individual or group, to educate about pregnancy, labor and delivery, postpartum care, breastfeeding, and infant care. Post delivery care and follow up. Birth Plans and Labor Preparation: outline their preferences for labor and delivery. The content covered may vary depending on the specific needs of the participants

Newborn Care and Parenting: Nurses educate expectant parents about newborn care and parenting skills

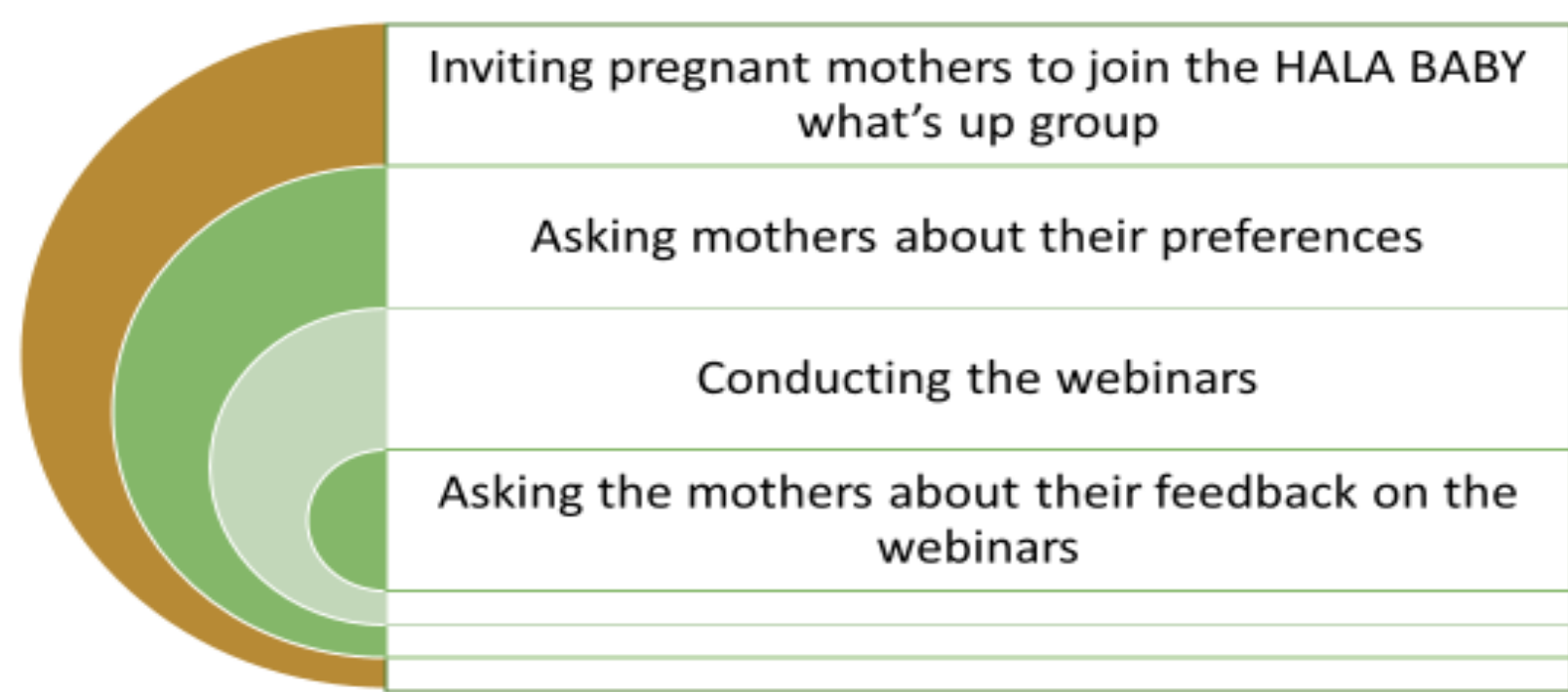
Breastfeeding Support: Nurses play a vital role in promoting and supporting breastfeeding. They provide education on the benefits of breastfeeding, techniques for successful breastfeeding, proper latching, positioning, and troubleshooting common challenges

Emotional and Psychosocial Support: They offer emotional support and address any concerns or anxieties that expectant parents may have

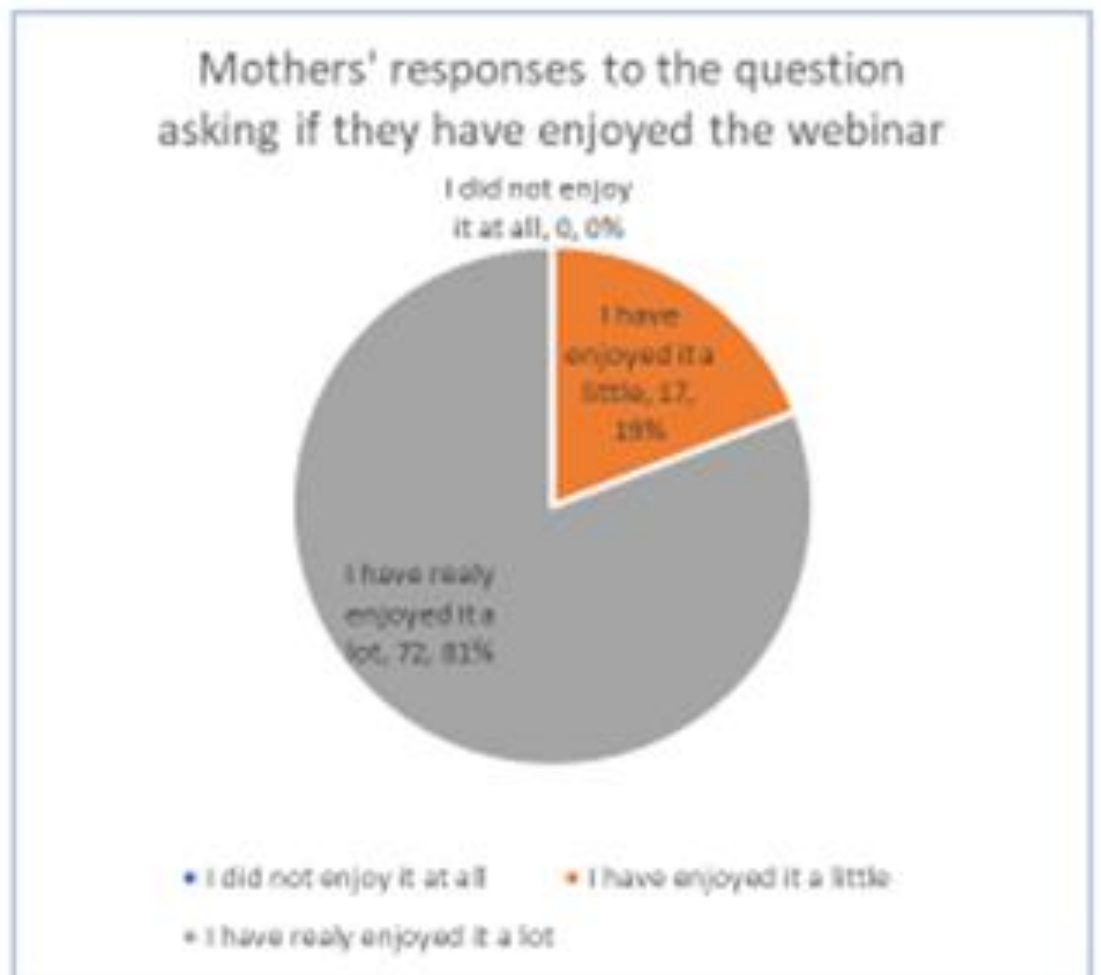
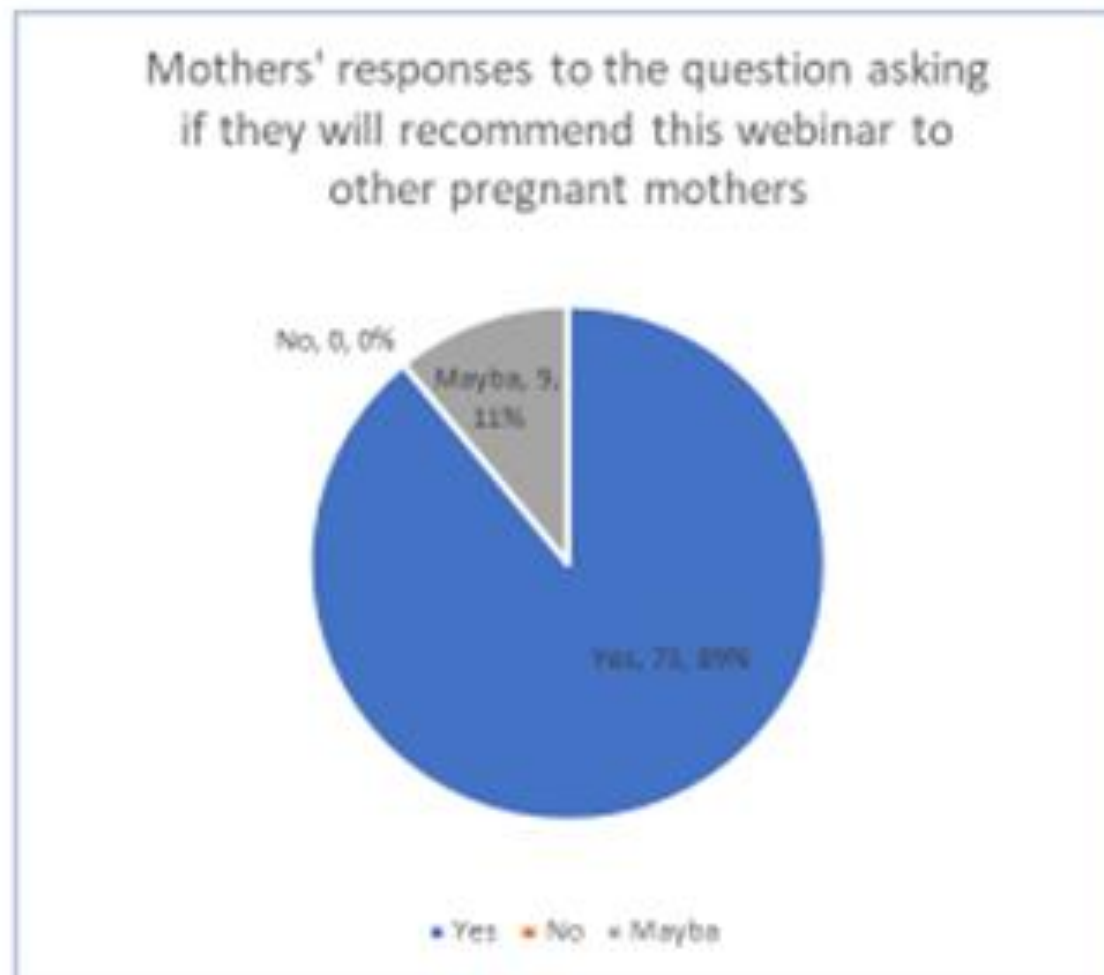
Overall, prenatal education classes in AQWCH Conducted in virtual program named by " Hala Baby" For Natural Birth And Healthy Baby " by nurses is a comprehensive approach to prepare expectant parents physically, emotionally, and mentally for the journey of pregnancy, childbirth, and parenthood. It empowers parents with knowledge, enabling them to make informed decisions and promote optimal health outcomes for themselves and their babies.

### RESULTS

#### Using Technology and Distance Education

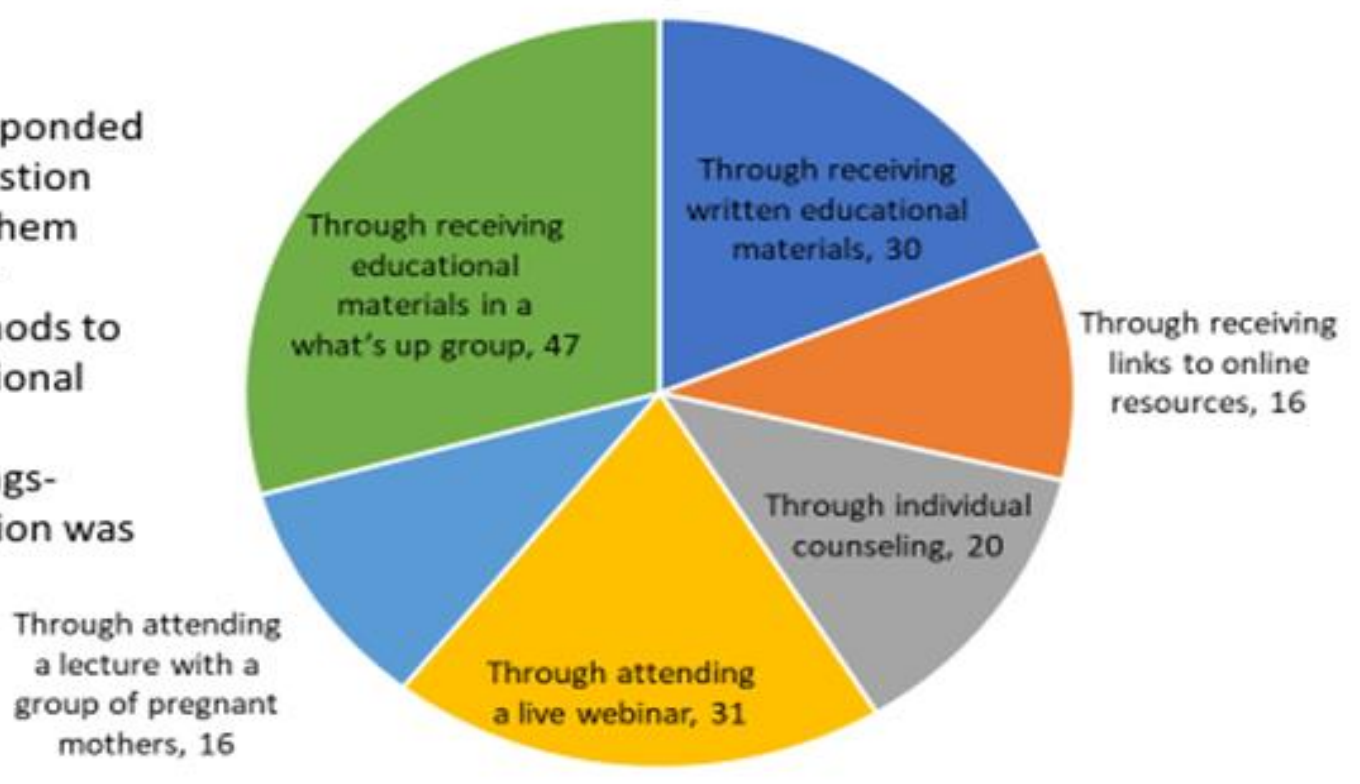


#### How Was The Project Received By The Mothers?

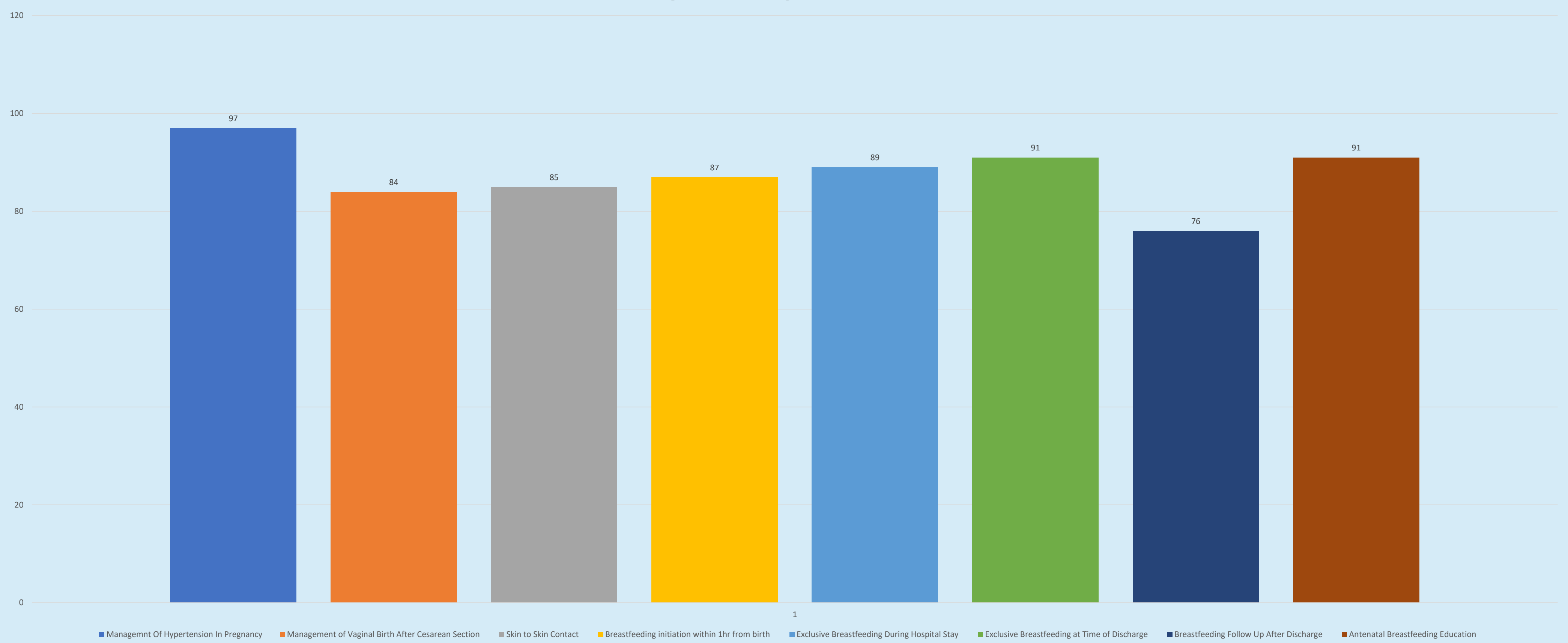


#### Preference Survey Results

74 mothers responded to the two-question survey asking them regarding their preferred methods to receive educational topics and the preferred timings- multiple selection was allowed



#### Mother & baby Friendly KPI From Jan22-Jun23

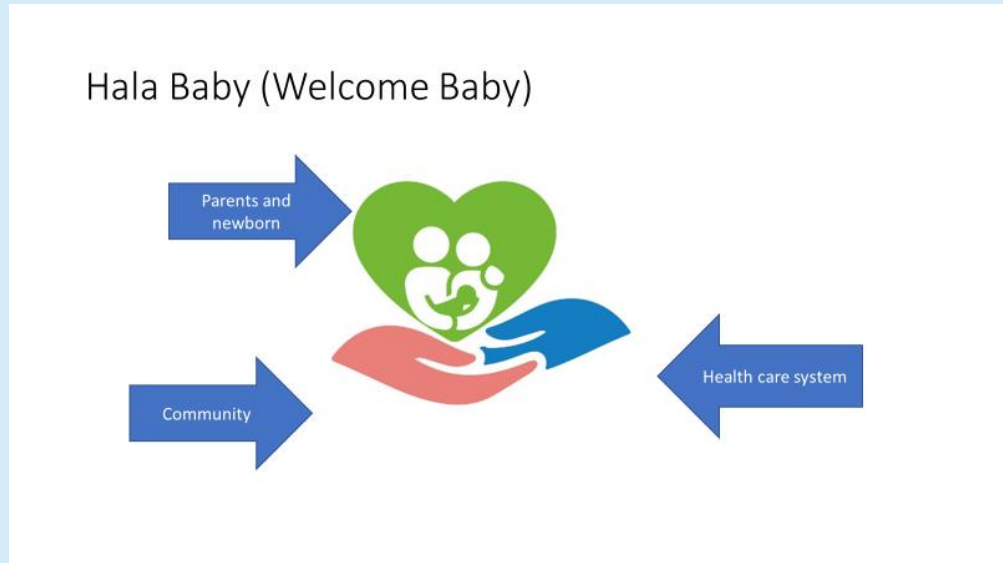


### AIM

objectives of antenatal classes revolve around providing expectant parents with comprehensive education, support, and resources to promote a healthy pregnancy, facilitate a positive birth experience, and encourage a smooth transition into parenthood.

### METHOD

Develop a structured online prenatal education program by multidisciplinary team in hospital such as midwives, lactation consultant, obstetricians, nutritionist and physiotherapist



### CONCLUSIONS

HALABABY Project reflected on:

- Improved Maternal or Infant Outcome
- More Positive Experience in Giving Birth
- Less delivery complication and cesarean deliveries
- Higher Breastfeeding rate and duration
- Reduced Analgesia/Less Pain
- Reduction in Anxiety or Tension
- Shorter Labor
- Decreased Forceps Use

### ACKNOWLEDGEMENT

I would like to express my deepest appreciation to AQWCH hospital executive Team, Lactation consultant team, and nursing department to support in successful implementation of this project

### REFERENCES

<https://www.who.int/teams/integrated-health-services/patient-safety>  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2409133>

### CONTACT INFORMATION

Mrs. Sameera Suleiman  
Sameera.Suleiman@ehs.gov.ae  
Assistant Director for Nursing Affairs, AL Qassimi Women's and Children's Hospital