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IMPROVING DELIVERY OF LABOUR ANALGESIA INFORMATION THROUGH QR CODES

Charlotte Smith, Charlotte Brathwaite-Shirley, Simon Wydall, Asootosh Barry
Queen Elizabeth Hospital, Lewisham and Greenwich NHS Trust, London, UK

Introduction

Lack of knowledge regarding options for labour analgesia can lead to a negative birthing experience. Multiple studies demonstrate that antenatal education plays a more important role in maternal satisfaction than effective management of the pain itself [1].

The Association of Anaesthetists state that women should have a choice in the analgesia they receive and have access to unbiased information in an appropriate language and format [2]. We aimed to establish if these goals were being met and to explore how we can beer support our patient's decision making.

Methodology

Over a 7 day period a **voluntary anonymous survey** was distributed to all post-partum women within 24 hours of delivery. This assessed understanding of labour analgesia, source and timing of information provided, perceived usefulness and how it could be improved. Based on survey results an intervention was introduced.

A **poster** with **QR codes** linking to labour analgesia resources from the Obstetric Association of Anaesthetics (OAA) and Labour Pains, was placed in labour rooms and triage.

The poster had two QR codes, one for English resources and one for translated versions.

A re-survey over 5 days was completed after the intervention was implemented.

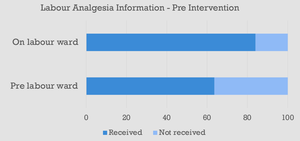
Our poster:



Results

Pre intervention:

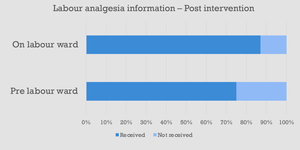
- A total of 54 women were surveyed
- 25% of parturients had received no information on analgesic options before attending labour ward.
- Once presenting in active labour, 16% of women had still not received any information about analgesic options during labour.



- 35% of women said the information they received was not in their first language.

Post-intervention:

- 82% of the women surveyed found the QR codes helpful.
- 84% of women received the information in their first language.



Discussion

This project showed that we are falling short in achieving the recommended standards in information delivery. The common use of smart phones means scanning a QR code is a simple method allowing our patients to have access to non-biased and accurate information.

Women were keen to engage with the resource and utilise the codes to find information in their first language. The majority of women found using the QR codes helpful and hopefully by increasing patient satisfaction and education we can contribute to a positive birthing experience.

The final stage of this project is to convert our poster into a leaflet distributed at booking, as we acknowledge that not all patients have access to a smart phone. We encourage units to download and utilise our poster to supplement the verbal information that they also give to parturients.

References

1. Labor S, Maguire S. The Pain of Labour. Rev Pain. 2008;2(2):15-19. doi:10.1177/204946370800200205

2. 2. Royal College of Anaesthetists, Royal College of Nursing, Royal College of Obstetricians and Gynaecologists and Royal College of Paediatrics and Child Health. Safer Childbirth: minimum standards for the organisation and delivery of care in labour. London: RCOG press; 2007

Acknowledgements

LabourPains.com
Reliable information from doctors, midwives & mothers on pain relief & anaesthesia choices for your baby's birth