



PIEB and a cup of tea ☕ : Tea trolley teaching for midwives on the introduction of PIEB to our consultant-led delivery unit

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Introduction

- PIEB improves analgesia quality, reduces breakthrough pain and motor block¹
- Our consultant-led unit (CLU) transitioned from PCEA to a PIEB + PCEA regimen
- Midwifery education was key to safe implementation.

Methodology

Tea trolley teaching sessions:

- Opportunistic, ward-based education
- Delivered by anaesthetic residents

Focused on:

- Rationale for PIEB
- How PIEB works
- Differences vs PCEA
- Unchanged monitoring/escalation

Reinforcement:

- Delivery room posters
- Departmental “Message of the Week”

Evaluation:

- Pre- and post-teaching questionnaire
- 6-month follow-up survey

Results

- 26 midwives trained
- 85% reported limited/no prior knowledge of PIEB
- Post-teaching: Improved confidence and understanding
- 6-month follow-up survey: 19/20 reported sustained confidence



Tea trolley teaching is a simple, scalable method for introducing practice change in maternity anaesthesia

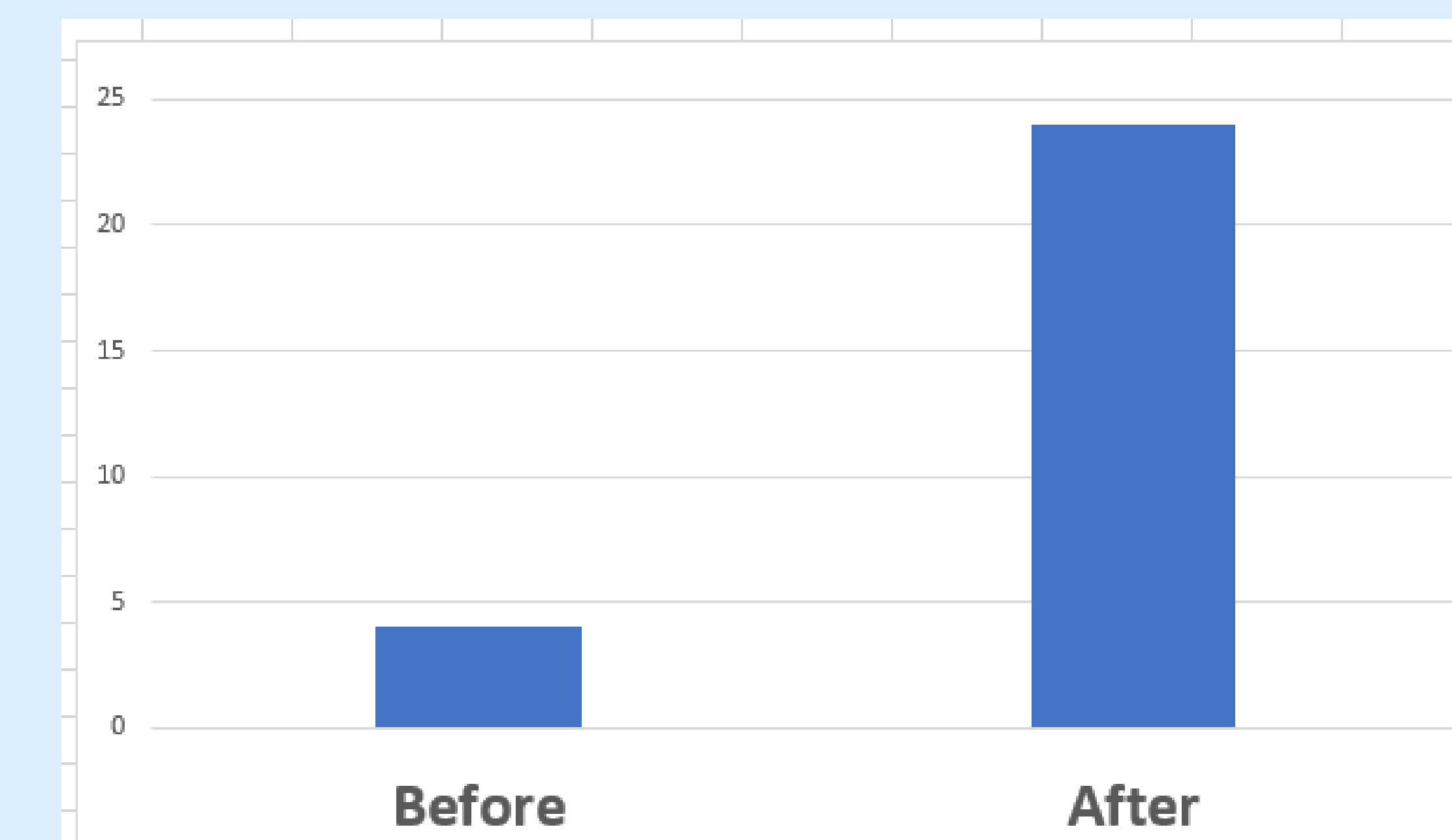


Figure 1: Impact of tea-trolley teaching on confidence and understanding of PIEB

Discussion

- Tea trolley teaching provided rapid, accessible workplace education.
- Enabled engagement with a large proportion of midwifery staff
- Encouraged discussion and questions during routine clinical work²
- Supported safe introduction of a new epidural analgesia technique - while also offering colleagues a welcome refreshment break!

References

1. Roofthoof E et al. Anaesthesia 2020
2. Kelly F. RUH Bath, 2022