



PaRenTT Course

Evaluation of a novel virtual antenatal course for healthcare professionals

*Catherine Hunsley^{1,2}, Selina Ravenscroft¹, Lauren Hill³, Ryan Dias⁴, Mohamed Atewah⁵

¹ Sheffield Teaching Hospitals UK ² University of Sheffield UK ³ Leeds Teaching Hospitals UK ⁴ RDaSH NHS Foundation Trust UK ⁵ Tripoli Central Hospital Libya

Background



This course, developed in 2019, is run virtually on Zoom every three months over five, two-hour evening sessions. Funding is from Health Education Yorkshire & Humber SupportTT programme, which supports medical and dental trainees to return to work after a period of absence.¹ It addresses the specific challenges of preparing for a new baby and returning to work faced by healthcare professionals. Attendees are invited to bring a support person if they wish.

Objective



To evaluate a novel virtual antenatal course for expectant healthcare professionals preparing for parental or adoption leave

Methods



Data was collected prospectively from **April 2020 to October 2021** on Microsoft forms. All attendees completed a pre-course questionnaire and were asked to complete an evaluation after each of the five sessions plus an overall post-course evaluation (total of 7 forms per attendee). Analysis of the data was performed using descriptive statistics on Google Sheets.

This novel antenatal course is highly rated and effectively prepares attendees for birth

Key results

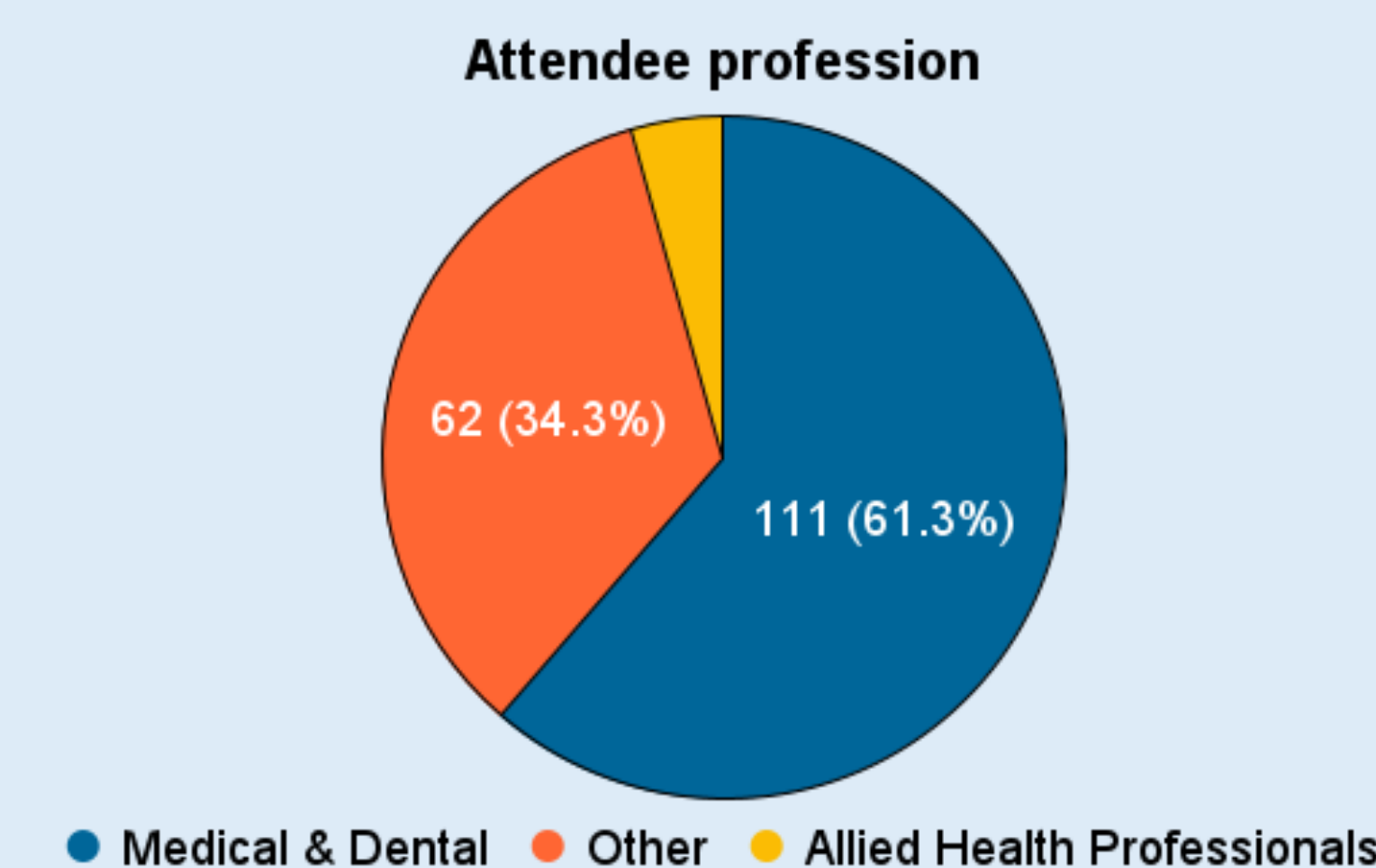
Number of attendees

- **Mean 31 attendees per course** (range 20-34, including attendee and support person where applicable)

Response rate

- **Overall 73%** (n= 924 out of 1267 potential responses for all questionnaires)
- Range 50-100% for each questionnaire

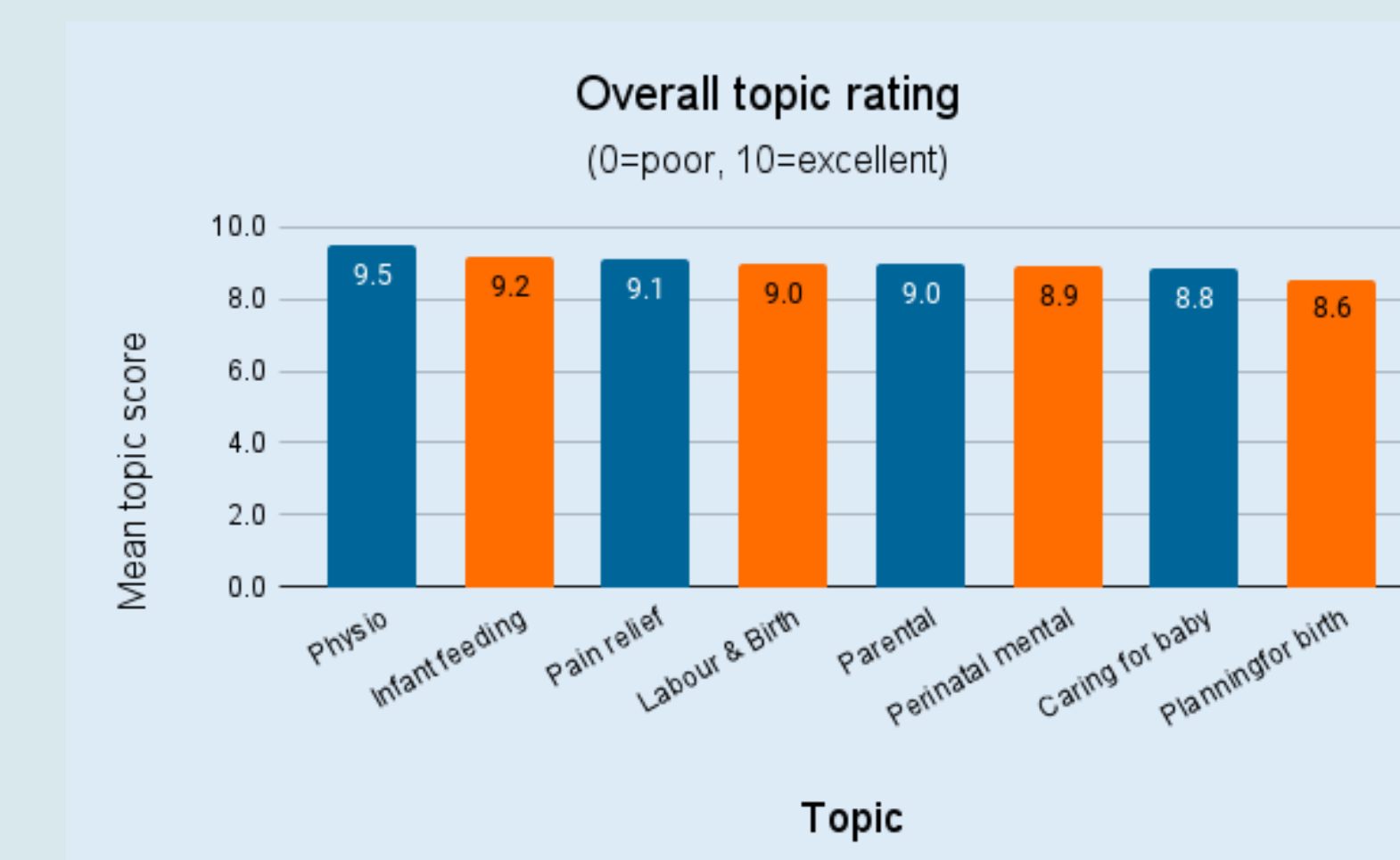
Profession of attendees



Key results

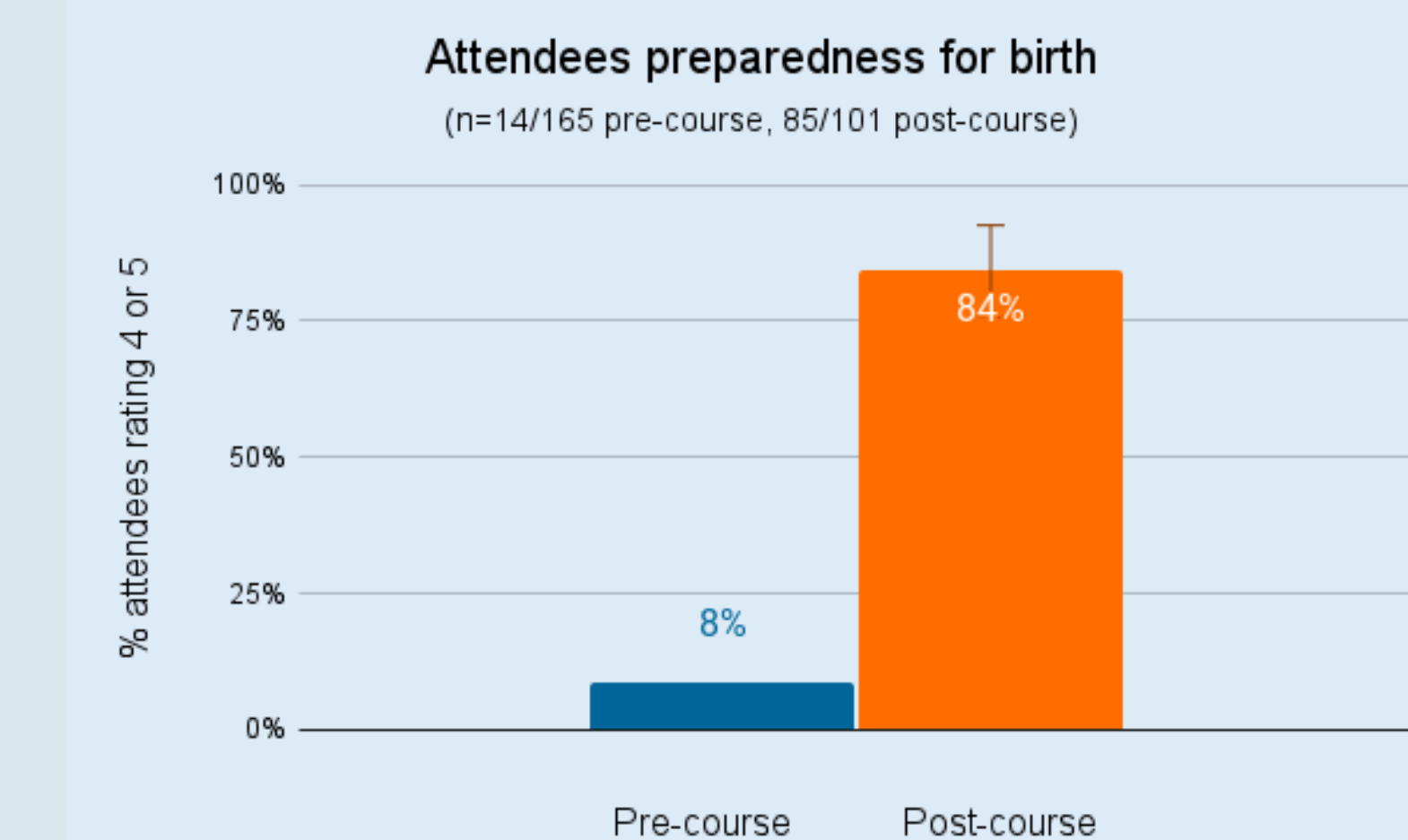
Session, topic and overall course rating
(0=poor, 10=excellent)

- Mean rating for each session was 9.0 out of 10
- All topics were rated 8.2-9.3 out of 10
- Highest rated topic was 'Recovery from birth' delivered by a Women's Health Physiotherapist
- 95% attendees rated course 'good' or excellent'



Preparedness for birth
(1 not at all, 5 very prepared)

- Significant increase in number of attendees responding 4 or 5 (out of 5) to the question 'How prepared for birth do you feel at the moment?' between the pre- and post-course questionnaires



References

1. SupportTT | Health Education England (no date). Available at: <https://www.hee.nhs.uk/our-work/supporting-doctors-returning-training-after-time-out> (Accessed: 3 June 2022)

Acknowledgment of course presenters

Dr A Atewah, Dr M Bonney-Helliwell, Dr E Guyett, Dr N Jena, Dr K Mayers, Mrs C Monaghan

