

Creating Personalised Planned Caesarean Birth

#MyCaesareanBirth

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1 Objective



Improve women’s experiences of planned caesarean births by offering personalised, family-centred care

2 Design and Methods

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- Collaborative approach
 - Multi-professional maternity team
 - Maternity & Neonatal Voice Partnership
 - Lived experiences and pre- and postnatal women
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- Structured approach:
1. Process mapping of current service
 2. Stakeholder consultation
 3. Protocol development
 4. Pilot phase testing
 5. Multi-professional training
 6. Iterative refinement
 7. Creation of SOP, patient-facing literature (posters and information leaflets) and staff checklists

#mycaesareanbirth

Are you booked in for an elective or planned caesarean birth?

At Great Western Hospital we are proud to offer the following options:

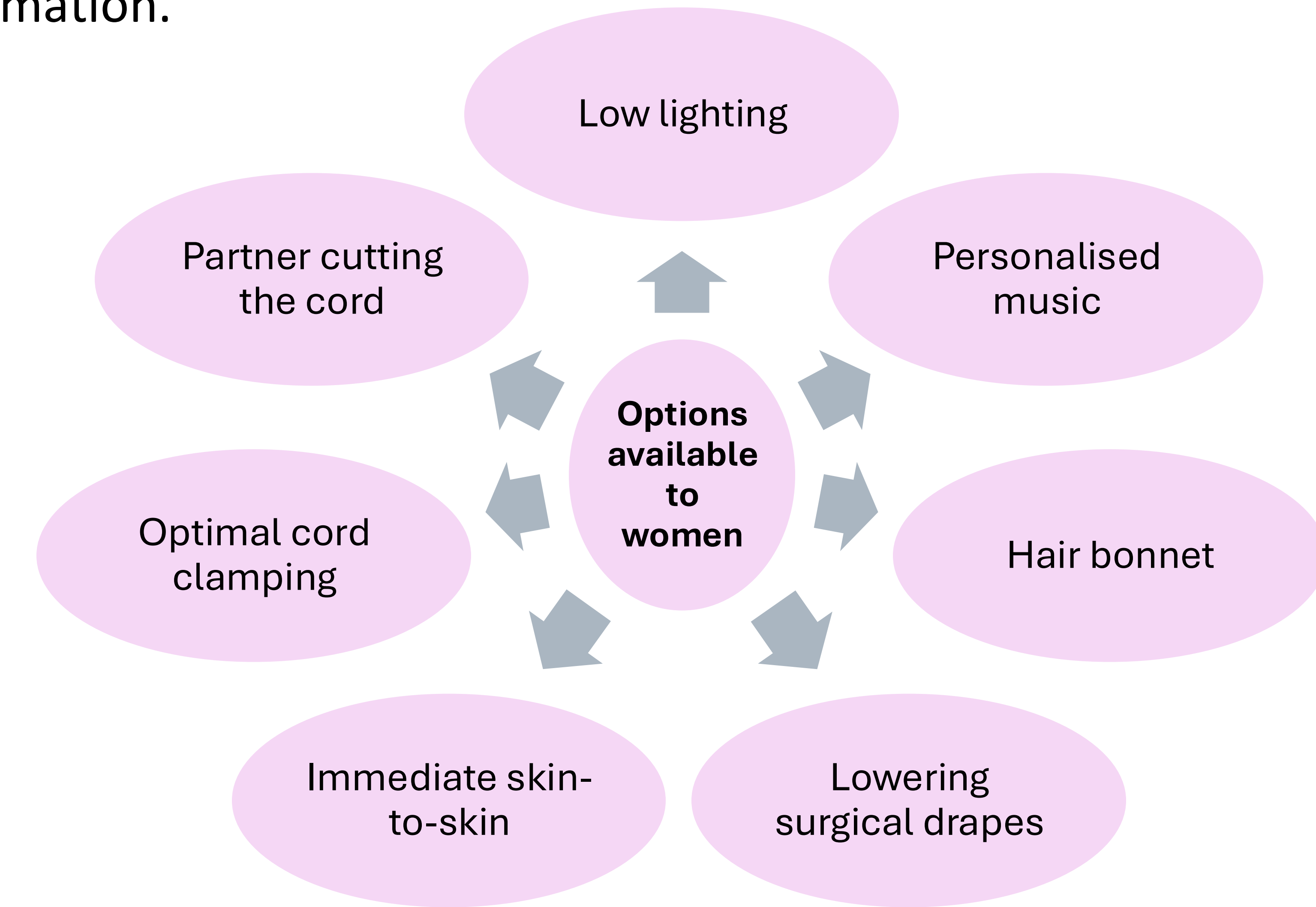
- Low lighting around the maternity theatre
- Your music played in theatre using one of our Bluetooth speakers
- Placement of monitoring leads on your back instead of your chest
- The option to wear your own hair bonnet
- Lowered surgical drapes for the entire procedure or just the birth of your baby
- Optimal cord clamping
- Immediate skin-to-skin contact with your baby
- Explaining the procedure step-by-step
- Allowing time for your baby to be born spontaneously with minimal assistance (where possible)



If you would like to consider any of these options please speak with your Midwife or Obstetrician

3 Results

Iterative feedback from four trial cases allowed us to refine the options available to women as well as the patient and staff-facing information.



4 Conclusions

The #MyCaesareanBirth project fosters positive experiences without compromising safety. Ongoing post-launch feedback will further refine the program, ensuring alignment with patient preferences and clinical best practices. This initiative highlights the value of collaborative, evidence-based approaches in enhancing maternity care.