

Mother's Matter: Innovative Home Midwifery for Post-Natal Wellness

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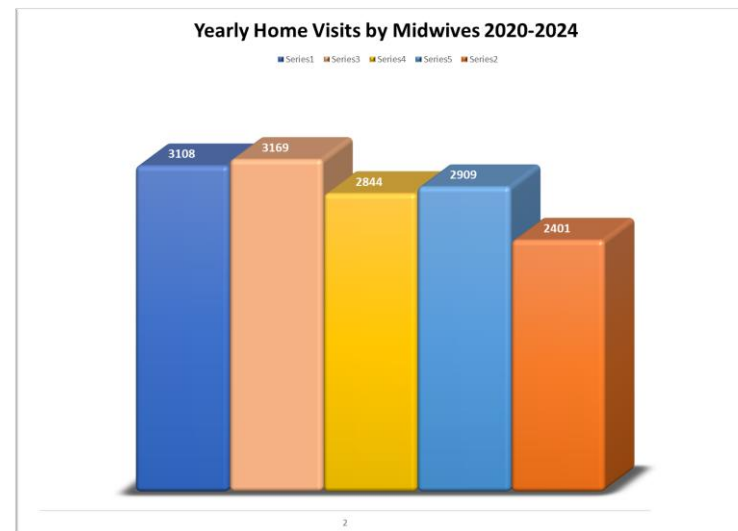
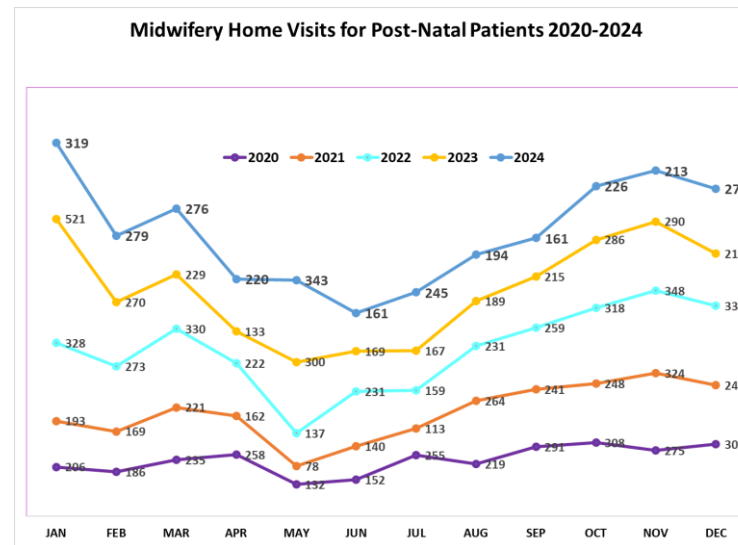
INTRODUCTION

The postnatal period is a critical time for maternal health, requiring timely follow-up and support in breastfeeding, wound care, and emotional well-being. Traditional hospital-based visits can pose challenges for new mothers, including logistical burdens, costs, and time constraints. To address these barriers, Al-Wakra Hospital implemented a Quality Improvement Project (QIP) in 2019, offering home midwifery services to provide postnatal care, reduce unnecessary hospital visits, and improve maternal outcomes.

OBJECTIVE: Post-natal care is a critical period for women, requiring regular check-ups and guidance on nutrition, breastfeeding, and wound care. However, traditional hospital-based follow-up visits can be time-consuming, costly, and inconvenient for new mothers. To address these challenges, our institution launched a Quality Improvement Project (QIP) in late 2019, aiming to provide home midwifery services to post-natal women. The primary objective of this QIP was to reduce unnecessary post-natal visits to the hospital while providing comprehensive care to post-natal women, focusing on nutrition, breastfeeding, episiotomy/cesarean section (CS) wound care, and early detection of post-delivery complications.

DESIGN: Quality Improvement Project

METHODS: This Quality Improvement Project (QIP) was structured as a prospective, observational study, offering home midwifery services to postnatal women from December 2019 to December 2024. Trained midwives performed home visits to evaluate patients' physical and emotional health, offer advice on nutrition and breastfeeding, and monitor the healing of wounds. The initial visit occurred within 5 days of delivery, followed by a second visit scheduled 14 days later. If necessary, additional follow-up visits were conducted. Data concerning patient visits, breastfeeding rates, and post-delivery complications were collected and analyzed.



RESULT:

Over the five-year period, a total of 14,431 post-natal women received home midwifery services, with the following annual patient volumes: 3108 (2020), 2401 (2021), 3169 (2022), 2844 (2023), and 2909 (2024). Approximately 18 to 20 home visits were conducted each day. The QIP resulted in significant benefits, including reduced costs associated with follow-up visits, improved convenience for patients, and enhanced breastfeeding rates. Moreover, early detection and management of post-delivery complications led to a decrease in related morbidities..

CONCLUSION:

Our QIP on home midwifery services for post-natal women has demonstrated substantial benefits, including reduced healthcare utilization, improved patient satisfaction, and enhanced maternal outcomes. By providing comprehensive care in the comfort of their own homes, we have improved breastfeeding rates, reduced post-delivery complications, and promoted a more positive post-natal experience. These findings support the expansion of home midwifery services as a valuable strategy for improving post-natal care and reducing unnecessary hospital visits.

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