

Continuity of Midwifery Carer

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Lorna												
	x4	x4	x4	Hols	x4	x4	x4	Hols	x4	x4	x4	Hols
Mercy												
	x4	Hols	x4	x4	x4	Hols	x4	x4	x4	Hols	x4	4x
Janet												
	x4	x4	Hols	x4	x4	x4	Hols	x4	x4	x4	Hols	x4
Mary												
	Hols	x4	x4	x4	Hols	x4	x4	x4	Hols	x4	x4	4x

Personal Handbook/ Workbook

Presented by Caroline Flint

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Your Handbook/ Workbook

Name:

Address:

Phone number:

Email address:

The Aim of this Workbook

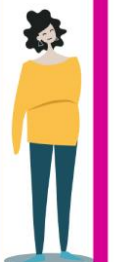
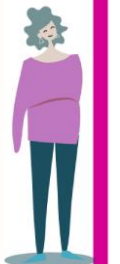
The aim of this Handbook/Workbook is to encourage happier and more fulfilled midwives; practising true midwifery skills, making close and rewarding relationships with women and with each other.

So, an end to bullying in midwifery! You will be working as equals with Obstetric colleagues, maintaining really happy relationships with those you love and come to love.

Learning new skills, enjoying a fulfilling life, enjoying a wonderful social life.

Feeling happy, resilient and strong.

Living life to the full.



Caroline Flint RN RM ADM



When I was 8, my Mum had her fourth child at home - my sister Sue.

That moment transformed my life. From that time onwards I knew that I wanted to be both a midwife and have my own babies. I have been very blessed as I have been a midwife for 37 years, an NCT Teacher for 47 years and have had three children of my own and a foster daughter. I also have 12 grandchildren and I was the midwife for 9 of them.

I have always managed to practise midwifery in a way that has enabled me to make a relationship with women during pregnancy and then follow each woman through labour, birth and the postnatal period. -

I started at Guys Hospital as a Community Midwife then became Antenatal Clinic Sister at St Georges Hospital in Tooting. I set up the "Know Your Midwife" Scheme at St George's with its accompanying randomised controlled trial. I then became Consultant Midwife at the Westminster Hospital, setting up Continuity of Carer schemes, then went on to become an Independent Midwife and set up "The Birth Centre" just outside St Georges Hospital (it didn't need any other name – there were no other Birth Centres). This flourished for 22 years but closed during the recession.

I have been very fortunate to lecture all over the world and have set up schemes in Australia and London. I have been married to a saint called Giles for 55 years and am planning to retire soon!! We live in London with our grand daughter and visit Edinburgh frequently to see our son, daughter in law and grandsons.

I am writing my seventh book at the moment "Resilient Midwifery". I have also had 350 articles published in the midwifery and nursing press. I have been President of the Royal College of Midwives and am now a Trustee for the NCT. I am a lifelong member of the Association of Radical Midwives and was the first Chair of MIDIRS.

Turn over to transform your life



The things I enjoy doing most.....

Examples : *I enjoy looking at the moon. I love eating chocolate. I enjoy the cinema. I really love soaking in a bath.*

1

2

3

4

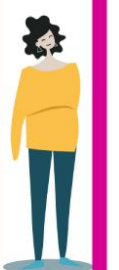
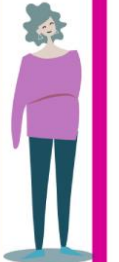
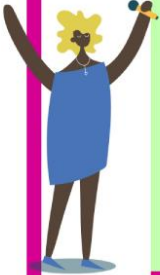
5

6

7

8

9



The people I love the most....

10

1

2

3

4

5

6

7

8

9

Examples: *My Mum. Claudia. Phil.*

The people I could see more often.....

Examples: *My Mum, My sister, Rob*

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10



Places I could visit more often....

Examples: *Church, Club, Swimming Pool, Cinema, Concerts, Gym, Coffee Shop*

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10



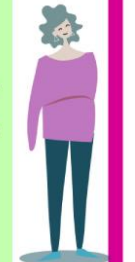
Enjoy your life.....



The idea is to get into your head places that you would enjoy going to. Don't force yourself to go to places that you feel "Do you good" or where you feel you "ought" to go. Just set out to enjoy your life. That's all you need to do. Be kind to yourself, you are an adult, you can please yourself.



At the end of this exercise you will have a list of people you would like to work with, people you would like to see more, places that give you pleasure, things that you would like to do. All of these activities will make you stronger, more resilient, more able to do your job.



As a more rounded person, when you have more interests, more places to go and people to see you will be happier and more resilient. It means that when you are On Call and called to someone in labour, even if you were meant to be going out to coffee that evening you won't be heartbroken because you will have plenty of other things and opportunities coming up soon.



You will get good at looking after yourself and enjoying your life much more.



Having transformed your outside life let us now transform your working life



The 6 Midwives I like the best....



- 1
- 2
- 3
- 4
- 5
- 6



The two Obstetricians I like best are.....



The two Obstetricians I like best are –

- 1
- 2

Approach one of these Obstetricians and ask them if they would like to become you and your partner's preferred Obstetrician.

Having become a pair of midwives, you and your partner need to find another pair of midwives to work with. 4 midwives is the maximum number of midwives to work together. Try to get a mix – two experienced midwives with two newly qualified midwives for instance.

Make sure there is a good mix.

For midwives who want to work part-time, there is an opportunity to work together as one. So for instance in the line for Janet, that could be two midwives called Jane and Annette who do half time each – they must work very, very closely together so that they are seamlessly like one person.

Each midwife needs to provide herself with a mobile phone and a diary (in this handbook, where the female gender is used it also includes the male.)



The 4 Midwives set up their Practice

Now the four of you meet up for coffee and decide which line of off duty you want to choose. In the off duty you will see that each midwife books four women a month unless she is going to be in holiday.

So look at the holiday rota and choose which one you want to work. Be aware that you will have three months holiday,.. You will work for 3 months and then have a month's holiday. Thus every team of four midwives always has three midwives working at any one time.

If you can't agree on the holidays you want to have you need to team up with another pair of midwives – you need to have one person on holiday every month. This won't work if you have more than one on holiday.



Holiday Rota—choose your line

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Lorna												
Mercy												
Janet												
Mary												

Recruiting women to the Scheme



Our Scheme is starting next January so I need to start recruiting women who are 8 weeks pregnant in May of this year



Our Scheme is starting next February so I need to start recruiting women who are 8 weeks pregnant in June of this year

Our Scheme is starting next March so I need to start recruiting women who are 8 weeks pregnant in July of this year



Our Scheme is starting next April so I need to start recruiting women who are 8 weeks pregnant in August of this year



Our Scheme is starting next May so I need to start recruiting women who are 8 weeks pregnant in September of this year

Our Scheme is starting next June so I need to start recruiting women who are 8 weeks pregnant in October of this year



Our Scheme is starting next July so I need to start recruiting women who are 8 weeks pregnant in November of this year

Our Scheme is starting next August so I need to start recruiting women who are 8 weeks pregnant in December of this year



Our Scheme is starting next September so I need to start recruiting women who are 8 weeks pregnant in January of next year



Our Scheme is starting next October so I need to start recruiting women who are 8 weeks pregnant in February of next year



Our Scheme is starting next November so I need to start recruiting women who are 8 weeks pregnant in March of next year



Our Scheme is starting next December so I need to start recruiting women who are 8 weeks pregnant in April of next year



In order to recruit one woman a week you will need to be released for a couple of hours each week so that you can organise your Caseload. You need to give women your phone number and take theirs so that you can communicate with each other. It is much easier to do this with your own phone and diary, having two is a nightmare.



The Start of the Scheme



The first month of working with continuity of carer is going to be

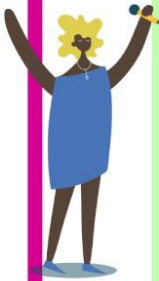
The four women I have booked for that month are:

1 Name EDD Phone

2 Name EDD Phone

3 Name EDD Phone

4 Name EDD Phone



The second month of working with continuity of carer is going to be

The four women I have booked for that month are:

1 Name EDD Phone

2 Name EDD Phone

3 Name EDD Phone

4 Name EDD Phone



The third month of working with continuity of carer is going to be

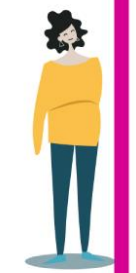
The four women I have booked for that month are:

1 Name EDD Phone

2 Name EDD Phone

3 Name EDD Phone

4 Name EDD Phone



Continuing the Scheme



The fourth month of working with continuity of carer is going to be

The four women I have booked for that month are:

1 Name EDD Phone

2 Name EDD Phone

3 Name EDD Phone

4 Name EDD Phone



The fifth month of working with continuity of carer is going to be

The four women I have booked for that month are:

1 Name EDD Phone

2 Name EDD Phone

3 Name EDD Phone

4 Name EDD Phone



The sixth month of working with continuity of carer is going to be

The four women I have booked for that month are:

1 Name EDD Phone

2 Name EDD Phone

3 Name EDD Phone

4 Name EDD Phone



Carry on with your own book now...