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Caseloading Midwifery – Eight years of Midwife Led Care improving outcomes for women.

Description

One to One (North West) Limited is a community based caseloading model of midwifery commissioned in Wirral, Merseyside since 2010. The One to One model is a continuity of career model, guided by humanistic principles and based on the belief that birth is a normal physiological process. Fundamental to care is the respect for human rights and in particular the ethical principle of self-determination.

Discussion

The model is based in the concept of continuity of carer, choice and of a relationship that empowers women to take control of their birthing process. A philosophy of care that works from the premise that birth is a normal life event within the context of a social model of health and wellness including emotional support for women and their families.

The named midwife provides continuity of carer throughout pregnancy, birth and the postnatal period; providing the woman with care that is flexible, delivered over seven days a week, evenings and weekends. The majority of visits including the booking visit takes place in the women's own home at a time convenient for her and her family. The amount of antenatal and postnatal visits are flexible according to need or choice.

The choices for birth are: home birth (cared for by named midwife) or the local hospital (with hospital midwives taking lead responsibility for intrapartum care). Since 2010 over 10,000 women have received care from One to One midwives in that time the average home birth rate is around 30% with over 90% of those women achieving a normal vaginal birth – 50% in water. This figure is considerably higher than rates of home birth locally (less than 2%). The spontaneous vaginal birth rate for all One to One births averages around 70%. This figure includes women who have risk factors, and those who birthed in hospital. In addition, One to One achieve lower caesarean and instrumental birth rates and higher breast-feeding rates than the national average.

Conclusion

Eight years and over ten thousand women birthing in a casleloading continuity of carer model of midwifery echoes the research that states when women receive care that is led by midwives they achieve a higher level of normal birth and associated outcomes.