



Waitemata
District Health Board
Best Care for Everyone

Hospital Services

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3 April 2018

Cinnamon Whitlock

Via email: <mailto:fyi-request-7464-58fc4fde@requests.fyi.org.nz>

Dear Ms Whitlock

Re: OIA request – Teen-centred Pregnancy and Parenting Programme

Thank you for your Official Information Act request received 27 February 2018 seeking the following of Waitemata District Health Board (DHB):

“I am writing to request information on the services tailored and targeted towards teen parents pregnancy and parenting education courses. The questions include:

How many teen parents registered to attend one of the PPE over the last 2 financial years?

How many teen parents successfully completed the PPE course in the last 2 financial years?

How many whanau or family members attended in support of those registered teen parent attendees?

What feedback was obtained as part of the quality service provision and what recommendations if made have been implemented?”

Waitemata DHB’s Maternity Service currently provides pregnancy and parenting classes to approximately 1,340 pregnant women and their partners or support people every year.

The system for counting attendances changed in 2016, so we are unable to provide the data you have requested over two financial years.

During the 2017 calendar year, there were 152 women aged 19 years or younger who gave birth at Waitemata DHB. During this same period, 33 teen parents attended pregnancy and parenting classes at Waitemata DHB, 28 of the 33 brought one or more support people.

Many pregnant teens choose to receive pregnancy and parenting education from organisations that provide ‘wrap around’ services, such as Ohana (in West Auckland) and Gracegate (on the North Shore). Waitemata DHB works collaboratively with these organisations and provides resources and support to ensure that the information received meets the required standard.

At the end of each pregnancy and parenting course, participants are encouraged to provide feedback anonymously via a *BUZZFEED* survey. This feedback is completed by 40% of participants.

The feedback received is reviewed by the service and adjustments are made in the programme accordingly. For example, in 2017 in response to feedback received, the service:

- Refreshed its video resources to provide a series of filmed births, including a home birth, a water birth and a caesarean birth.
- Relocated community classes on the North Shore to a venue with good public transport links and free parking to improve access.

The service has also been working collaboratively with community organisations that provide fully funded early parenting courses, such as Plunket, Te Whanau o Waipareira and Te Puna Hauora, so that parents can easily transition to these courses after the birth of their babies. So far, the uptake of these follow-on courses has been extremely high, particularly with Plunket, as a jointly provided crossover class is now being provided.

Waitemata DHB's Planning, Funding and Outcomes Unit holds contracts with three Primary Birth Units for the provision of Pregnancy and Parenting education for their local populations.

Helensville Birth Centre:

Three teenaged mothers have attended classes at this service in the past two years.

One attended all the classes, the other two attended one out of three classes.

Feedback is anonymous, so it cannot be attributed to any specific participants. Educators reflect on all feedback and adjust their programme delivery as appropriate.

Wellsford Birth Centre:

No teenaged mothers from Waitemata DHB attended Pregnancy and Parenting classes provided by Wellsford Birth Unit in the last two years.

A provision for home-visiting for provision of education exists within this service.

Warkworth Birth Centre:

Ten teenaged mothers attended classes in the last two years.

One completed all the classes.

More than half the participants attended more than half the course.

Whanau members attended with all teenage participants in the pregnancy and parenting education programme – often a mother or sister.

Feedback is anonymous, so cannot be attributed to individual participants. Educators reflect on all the feedback and make adjustments as necessary.

Educators have received verbal feedback from teenaged mothers that the course was better than expected, that they enjoyed it, that they found the presenters' style comfortable, that they were more relaxed etc.

Educators have reported they try to address transport needs for teenaged mums who attend. They also attempt to provide course material to mothers who cannot or do not wish to complete the course and to link these mums into online support groups and similar as much as possible.

I trust this information will be sufficient in answering your request.

Yours sincerely



Dr Jonathan Christiansen
Acting Director Hospital Services
Waitemata District Health Board