



Experience Day 4: Safe Perinatal Care and Health in the Early Years Across the Healthcare Continuum - (Copenhagen University Hospital, Hvidovre and Hvidovre Municipality)

Copenhagen University Hospital, Hvidovre is a public, academic, and acute hospital in The Capital Region with 696 beds and around 5,200 staff members. The labour unit is the largest in Denmark with 7,000 births per year.

The Local Government (municipality) in Hvidovre is nearby Copenhagen; the capital of Denmark. The municipality has 53,316 inhabitants and approximately 660 children are born annually in Hvidovre Municipality. The home health visitor-programme for children aged 0-1 years is organized in the Department of Children and Families. The municipality employs 23 home health visitors who visit all new families at home (99.9 %) at least 7 times during the baby's first year. In addition the home health visitors offer a number of preventive health care services for the 0-16 year-olds.

During the Experience Day you will learn:

- How we deliver safe perinatal care for uncomplicated and complicated birth and take care for breastfeeding in the point of care.
- How we train the staff in high reliable care by simulation-based team training with systematic communication and other tools for high reliable care.
- How we support vulnerable mothers and families from pregnancy to delivery and early childhood by co-creating a safe start on a new family across sectors.
- How we provide home health visitor programme to all babies and families in the municipality in the first year of babies' lives and continue the support during childhood and in primary school.
- How the families support each other during the first years in the new family in community-based network groups for parents
- How we support more vulnerable mothers, families and children to healthy lives



Programme for the visit

Time	Activity						
9.00am	<p>Arrival</p> <p>Enter the hospital by main entrance to the Hvidovre University Hospital at Kettegård Alle 30, 2650 Hvidovre.</p> <p>Staff will welcome and guide guests to the registration desk and location for introduction and refreshment with tea and coffee.</p>						
9.15am	<p>Welcome and introduction</p> <ul style="list-style-type: none"> • Welcome to Copenhagen University Hospital, Hvidovre • Introduction to the Danish set up for perinatal care and health in the early years across sectors. 						
10.00am	<p>Break and walk to the Obstetric Department</p>						
10.30am	<p>Visiting the Obstetric Department in breakout sessions</p> <p>Different ways of delivery and postnatal care that are offered in Denmark and how we work to improve patient safety and patient experience.</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="background-color: #e1f5fe;">A. The uncomplicated Birth</th> <th style="background-color: #fff9c4;">B. The Complicated Birth</th> <th style="background-color: #e8f5e9;">C. Postnatal Care</th> </tr> </thead> <tbody> <tr> <td style="background-color: #e1f5fe;">In-house birth clinic: Opportunities for women with uncomplicated pregnancies to deliver naturally and in a homely environment.</td> <td style="background-color: #fff9c4;">Efforts to improve patient safety in high risk deliveries, e.g. standardized communication and tools for high reliable care. Simulation-based team training.</td> <td style="background-color: #e8f5e9;">Supporting breastfeeding and family formation after both uncomplicated and complicated birth. Extra support for vulnerable families and intersectoral collaboration with municipalities and the Home health visitors-programme.</td> </tr> </tbody> </table>	A. The uncomplicated Birth	B. The Complicated Birth	C. Postnatal Care	In-house birth clinic: Opportunities for women with uncomplicated pregnancies to deliver naturally and in a homely environment.	Efforts to improve patient safety in high risk deliveries, e.g. standardized communication and tools for high reliable care. Simulation-based team training.	Supporting breastfeeding and family formation after both uncomplicated and complicated birth. Extra support for vulnerable families and intersectoral collaboration with municipalities and the Home health visitors-programme.
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12.00pm	<p>Lunch</p> <p>Building for education and training.</p>						
12.40pm	<p>Travel time to Hvidovre Municipality by walk</p> <p>Walk & talk</p> <p>Staff will guide guests to next visit only a 10- minute walk away.</p>						
1.00pm	<p>Welcome to Hvidovre Municipality</p> <p>Welcome and a short introduction to the municipality by Mayor Helle M. Adelborg</p>						
1.15pm	<p>Arrival to the House of Children's Health</p> <ul style="list-style-type: none"> • Division into smaller groups to stream sessions. • Designated guides will accompany each group 						



<p>1.25pm – 3.45pm</p>	<p>Stream Sessions All participants following a stream (either A or B) will experience the 4 sessions within the stream. The sessions will be staffed with respective home health visitors, physiotherapists and other relevant personnel as well as families and children to the extent possible. Coffee and tea break with Danish pastries at 2.25 pm.</p>	
	<p>Stream A: General health services and prevention for families and children</p>	<p>Stream B: Health services for vulnerable families and children</p>
	<p>The home health visitors-programme Almost all new families in Denmark receive several visits from the health visitor. Health visitors contributes to assess children and guide families in health issues in perinatal and early childhood. Experience a simulated home health visit and talk to the mother and the home health visitor.</p>	<p>Additional visits from the health visitor for vulnerable families In Denmark the home health visitor is required to offer additional visits in families who need extra support and guidance. Share knowledge about how these families are given support through e.g. additional home visits.</p>
	<p>Community-based network groups for parents In many Danish municipalities, community-based network groups for new mothers are facilitated by health visitors. In Hvidovre Municipality the concept has been extended. The municipality facilitates network groups for the parents even before birth allowing the future families to gain knowledge on all aspects of becoming a family with a child. Hear about the network groups and participate in dialogue on the subject.</p>	<p>Physiotherapists specialized in children and guidance on motor skills Hvidovre Municipality and many other Danish municipalities are employing physiotherapists specialising in the development of children’s motor skills. In Hvidovre Municipality parents can consult the physiotherapists if they need help or guidance supporting the development of their baby. Experience a guidance session and talk to the physiotherapists.</p>
	<p>Guidance on breastfeeding In Denmark a high proportion of the new mothers nourish their baby by breast feeding. All home health visitors have guidance on breastfeeding as an important part of their job.</p>	<p>Programme for obese children (the “Holbæk-model”) Hvidovre Municipality has a programme in order to help obese children reach normal weight and a healthy lifestyle.</p>



	<p>Talk to the home health visitors guiding the mothers and meet mothers who are or have been breast feeding their baby.</p>	<p>The programme is inspired by the evidence based “Holbæk-model”.</p> <p>Meet chief physician and medical doctor Jens-Christian Holm (the professional behind the programme) and children attending the programme.</p>
	<p>Mandatory guidance on health (smoking, alcohol consumption etc.) for children aged 13-14</p> <p>All children aged 13-14 (8th grade in Danish primary school) attend mandatory guidance on health. Topics include sex, smoking, alcohol consumption, the development of the brain and the body, diet, lifestyle etc. Experience a guidance session and meet the children.</p>	<p>Groups for vulnerable families and vulnerable pregnant women</p> <p>Hvidovre Municipality has a variety of treatment facilities and services for the most vulnerable families and pregnant women. I.e. parents with social problems and/or abuse.</p> <p>Hear about the offers and services given to support these pregnant women and the families and children.</p>
3.45pm – 4.30pm	<p>Reflections, dialogue and closing remarks</p> <ul style="list-style-type: none"> Lessons Learned in smaller groups <p>Both professionals from Hvidovre Municipality and Hvidovre Hospital will take part in this session.</p>	
4.30pm	<p>Travel back to Bella Center with bus by 5.00pm</p> <ul style="list-style-type: none"> Depart from the street just outside the House of Children’s Health 	

Programme subject to change