



PLAYGROUP

A presentation of the evaluation of the recent introduction of a nurse led daily group activity program (playgroup)

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Background

- Authorised standalone inpatient Mental Health Unit
- 8 beds (further 8 inpatient beds at FSH)
- Open over 12 years
- Service for assessment and treatment of women with perinatal mental health issues e.g. postnatal depression, psychosis, bipolar affective disorder
- Offer holistic model of care to Mothers and partners in a homely environment, with their babies
- Focus on attachment and healthy lifestyle



Why now?

Opportunities

- Change of patient complexity
- SRN restructure
- Highly skilled nursing/midwifery workforce
- Perinatal psychiatrist joining the team
- Morning bottlenecks

Rational

- provide an active group program for patients focusing on play and enhancing parent-infant interactions
- facilitate an improved workflow for medical, social work and psychology reviews
- better utilise the broad skills of nursing staff and improve job satisfaction

Why a playgroup?

- Large migrant population
- FIFO families
- Isolated communities
- Engagement with babies
- Improving capacity/confidence and skills
- Preparation for engagement with community resources
- Act Belong Commit – improved social engagement for the mother benefits mental health
- Telethon Kids Institute Research (Gregory, T., Harman-Smith, Y., Sincovich, A., Wilson, A., & Brinkman, S. (2016). *It takes a village to raise a child: The influence and impact of playgroups across Australia*. Telethon Kids Institute, South Australia.) - Results demonstrate that children who attend playgroups during early childhood have significantly better child development when they start school

Playgroup

- Monday 7th January 2019
- Led by CNC supported by other MBU staff
- Daily between 10 & 12 noon
- Topics covered include – Infant attachment, infant development, play, mothercrafting skills (weaning, settling), scheduling, walking as a group, mindfulness, social activities
- Weekly session led by perinatal psychiatrist



Playgroup Evaluation

- 1st April – 5th September 2019
- Ethics approval gained and activity entered into quality improvement data base (Geko)
- Letter on discharge offering participation of survey to all patients in scope
- Survey conducted through survey monkey via text
- Sent 3 times about a week apart
- 13 questions

Survey Questions

1. How old is your baby?
2. Is this your first baby? If not, how many other children?
3. How long did you stay at the Mother Baby Unit?
4. How many morning playgroup sessions did you go to?
5. Do you identify as Culturally and Linguistically Diverse or Aboriginal or Torres Strait Islander?
6. How satisfied were you with the MBU playgroup?

1=very dissatisfied and 10=very satisfied.

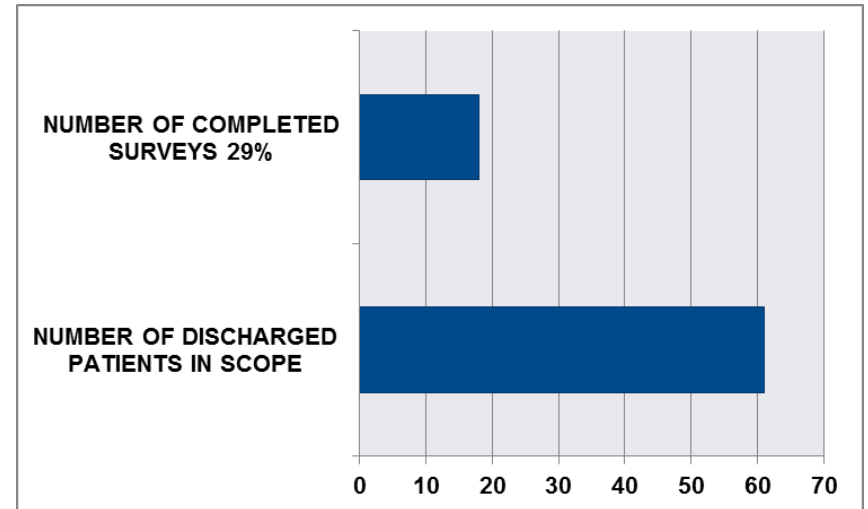
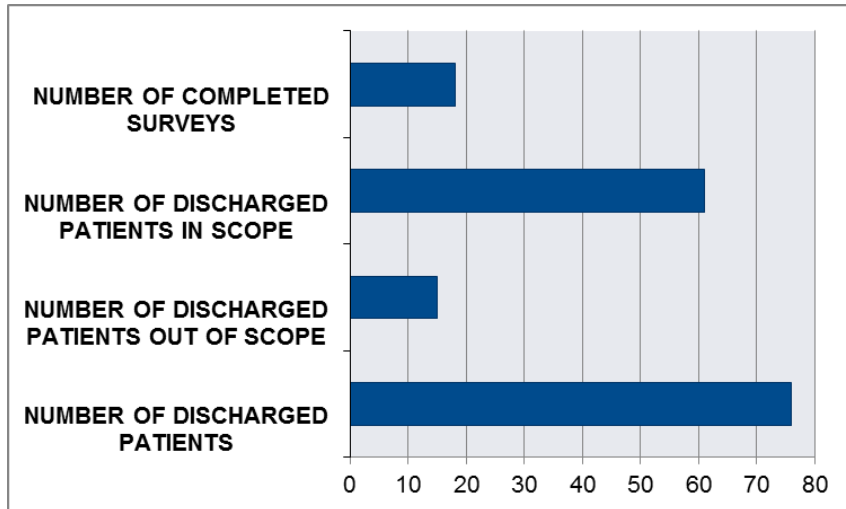
Please circle a number from 1 to 10

1 2 3 4 5 6 7 8 9 10

7. How has attending the playgroup affected your relationship with your baby?
8. How has attending the playgroup affected your care of your baby?
9. How has attending the playgroup affected how you feel about being a mother?
- 10.
11. What group activities did you find helpful?
12. What group activities did you NOT find helpful?
13. How could we improve the MBU playgroup?

Any other feedback that you would like to share with us about the playgroup?

Survey Data

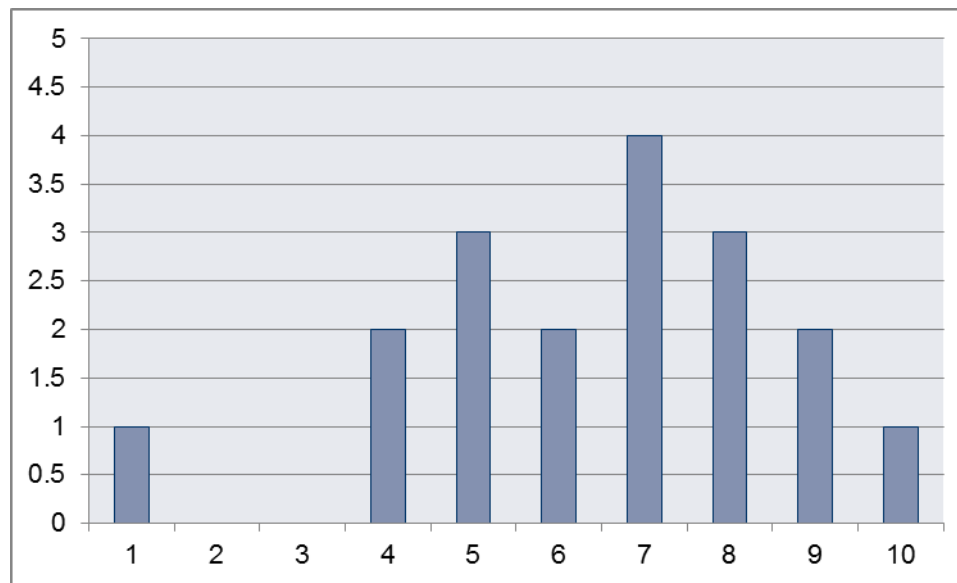


Infant Ages & LOS

- Average age - 17 weeks
- Youngest – 8 days
- Oldest – 9 months
- Significant cluster were between 5 & 7 months
- 14 women were first time mothers
- None identified as ATSI
- Average LOS – 18 days
- Shortest LOS – 4 days
- Longest – 5 weeks
- Majority – 3 weeks
- Attendance figures between 0 to 15
- “all of them”, “whenever they were on”, “most of them”
- Average – 8 (of 11 respondents)

Participant Satisfaction

How satisfied were you with the MBU playgroup?
1 = very dissatisfied and 10 being very satisfied



MBU Playgroup Evaluation:

Qualitative Survey Results

How has attending the playgroup affected your relationship with your baby? (n = 18)

- Not applicable/no change (3)
- Taught me how to better interact and engage with my baby (4)
- Taught me about the Circle of Security (3)
- Enhanced my confidence with my baby (2)
- I have learnt to sit back and observe my baby (2)
- Improved my attachment/bond with my baby (3)

How has attending the playgroup affected your care of your baby? (n = 18)

- Not applicable/no change (9)
- Improved/regained my confidence (3)
- Helped me be more calm/present (2)

How has attending the playgroup affected how you feel about being a mother? (n = 18)

- Improved my confidence/reassured me that I am doing a good job (9)
- Not applicable/no change (5)
- Made me feel more positive (5)

MBU Playgroup Evaluation:

Qualitative Survey Results Cnt'd

- **What group activities did you find helpful? (n = 18)**

- Sensory play (4)
- Group walks (4)
- Baby massage (4)
- Mindfulness (3)
- Circle of Security (3)
- Learning how to settle/sleeping (2)
- Not applicable/none (2)
- Information on baby development (2)

- **What group activities did you NOT find helpful? (n = 18)**

- Not applicable/none (16)
- When there was a group scheduled but no one to facilitate it (2)

- **How could we improve the MBU playgroup? (n = 18)**

- Run it more consistently/regularly (7)
- Not applicable/nil (6)

MBU Playgroup Evaluation:

Qualitative Survey Results Cnt'd

- **Any other feedback that you would like to share with us about the playgroup? (n = 17)**
- Not applicable/nil (8)
- It's great (2)
- Variety of sessions/facilitators was excellent (2)
- Patient, knowledgeable, and caring staff (2)

Lessons Learned

- Too much, too soon, too quickly
- Clearly identified consistent clinical leads/champions
- Support staff to identifying areas of interest/knowledge to led group activity
- Consistency in providing group – predictability
- Impact on Clinical Psychology group – pts tired, nursing handover

Where to from here

- Provide feedback to MBU staff of the results of the evaluation
- Focus on topics highlighted from feedback
- Ensure predictability of group
- Consider developing survey into a routine group program evaluation form
- Survey MBU staff re impact of program

Thank you

- Patients and their babies
- The team at MBU
- The Senior Nurses
- The evaluation team
- Questions?