

# Best Practices for Maternal & Infant Care

*The following problems frequently occur in maternity care:*

- 'how do I encourage my pregnant client to stop smoking';
- 'how can I best reach a vulnerable population like pregnant refugees?'

*The most obvious solution is to use existing programmes of 'best practices' that are already successful. The results of these programmes are better and safer care, lower cost and more healthy clients. One issue, however, is that existing programmes have often been developed for a specific target group or a particular setting. Is it possible to implement such programmes for other populations or settings without changing them? And how can programmes remain effective if they are changed?*

This module offers an overview of the step-by-step adjustment and development of existing programmes aimed at midwifery and health promotion. The emphasis lies on a thorough theoretical foundation, target group participation and an evidence-based approach.

The underlying theme is the method of 'intervention mapping', a framework for effective and step-by-step development and implementation of health promotion interventions. You work on translating an existing programme into a new programme for a midwifery issue that you choose. Through this you contribute to the improvement of care and the development of midwifery science.

On successful completion of this module, you will be able to critically assess and modify existing programmes aimed at midwifery and healthcare. This paves the way for the next step towards implementation.

**On successful completion of this module you will be able to:**

- Find and critically appraise existing best-practices
- Have insight in planned theory- and evidence based program (best practices) development
- Critically analyse the existence and impact of best practices on maternity care and public health issues in own country and work field
- Critically analyse essential & effective elements of existing best practices
- Critically analyse issues related to program adaptation, such as whether or not to adapt a program, striking a balance between program fidelity and adapting the program to fit a new population or setting.
- Develop an adaptation plan taking into consideration theory and empirical evidence relevant for maternity care
- Address ethical dilemmas in maternity care and health promotion

Credits: 8 EC

Study load: 20 hours per week for 10 weeks