



GETTING TO KNOW THE MATERNITY PLAN APP

Your guide to support mums-to-be to complete the steps



Download our **Frimley Maternity Plan App** now

For Apple devices,
scan here:



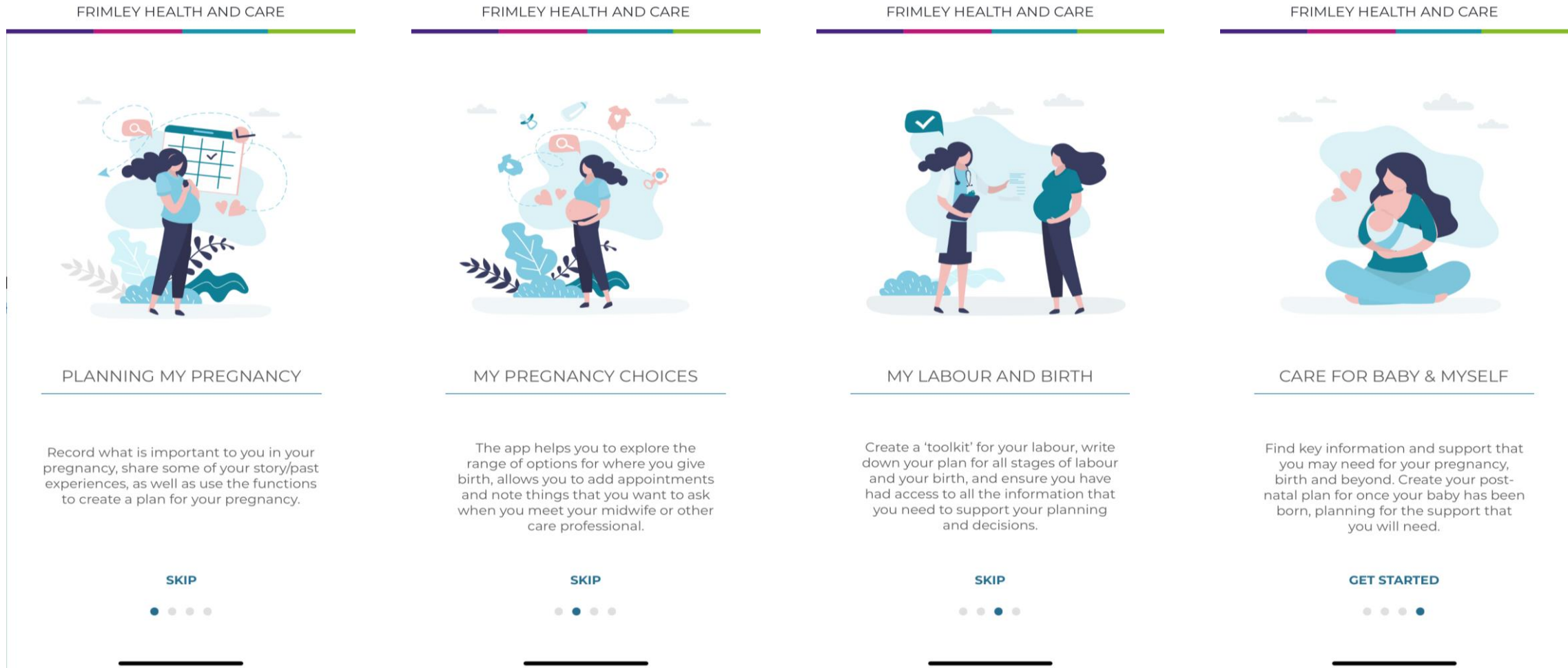
For Android devices,
scan here:





Introduction screens

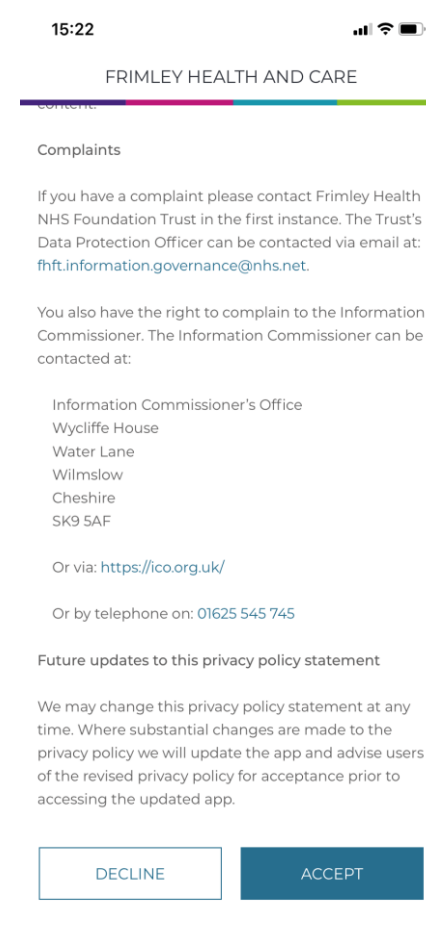
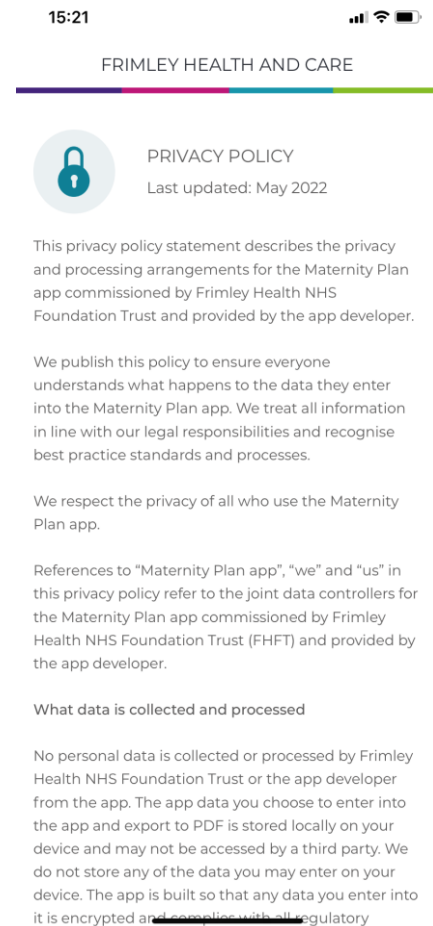
These will show when someone opens the app for the first time. They will not show after the first time.





The privacy policy must be accepted to move on

Scroll to the bottom of the privacy policy screen to do this. This screen will also only show the first time the app is used.





The following screens must be completed during set up and will also only show the first time the app is used.

10:24
TestFlight

FRIMLEY HEALTH AND CARE


Frimley Health
NHS Foundation Trust

This app helps you think through your plans for pregnancy and birth, whilst under the care of Wexham Park Hospital or Frimley Park Hospital.

To notify Frimley Health and Care of your pregnancy visit our [website](#).

CONTINUE

15:24

MY PERSONALISED
MATERNITY CARE PLAN

Security



Device Security

Maternity Plan uses your device security to keep your data safe and protect against unauthorised access.

This may be the Passcode used to unlock your device or Touch ID or Face ID if you have enabled it.


Please note that Face ID is only available for devices that support the feature (iPhone X and higher).

CONTINUE

15:24

MY PERSONALISED
MATERNITY CARE PLAN

Security



Do you want to allow "Maternity Plan" to use Face ID?

Maternity Plan uses Face ID to protect access to your health information.

Don't Allow OK

to keep your data safe and protect against unauthorised access.

This may be the Passcode used to unlock your device or Touch ID or Face ID if you have enabled it.

Please note that Face ID is only available for devices that support the feature (iPhone X and higher).

CONTINUE


15:24

MY PERSONALISED
MATERNITY CARE PLAN

Create Profile

Full Name *
Jessica

Date of Birth *
13/02/1988

NHS Number * 
000 000 0000

Phone Number

Address *
Home

Estimated Due Date *
17/07/2022



Home screen

Once the app set up is complete, this is the home screen that women will see every time they open the app.

Export to PDF.

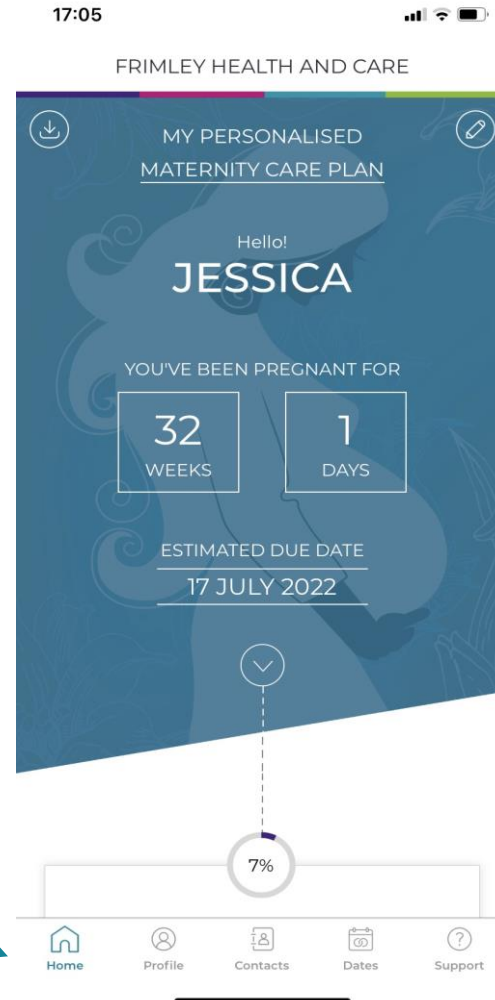
This can be used to e-mail or print to share with you

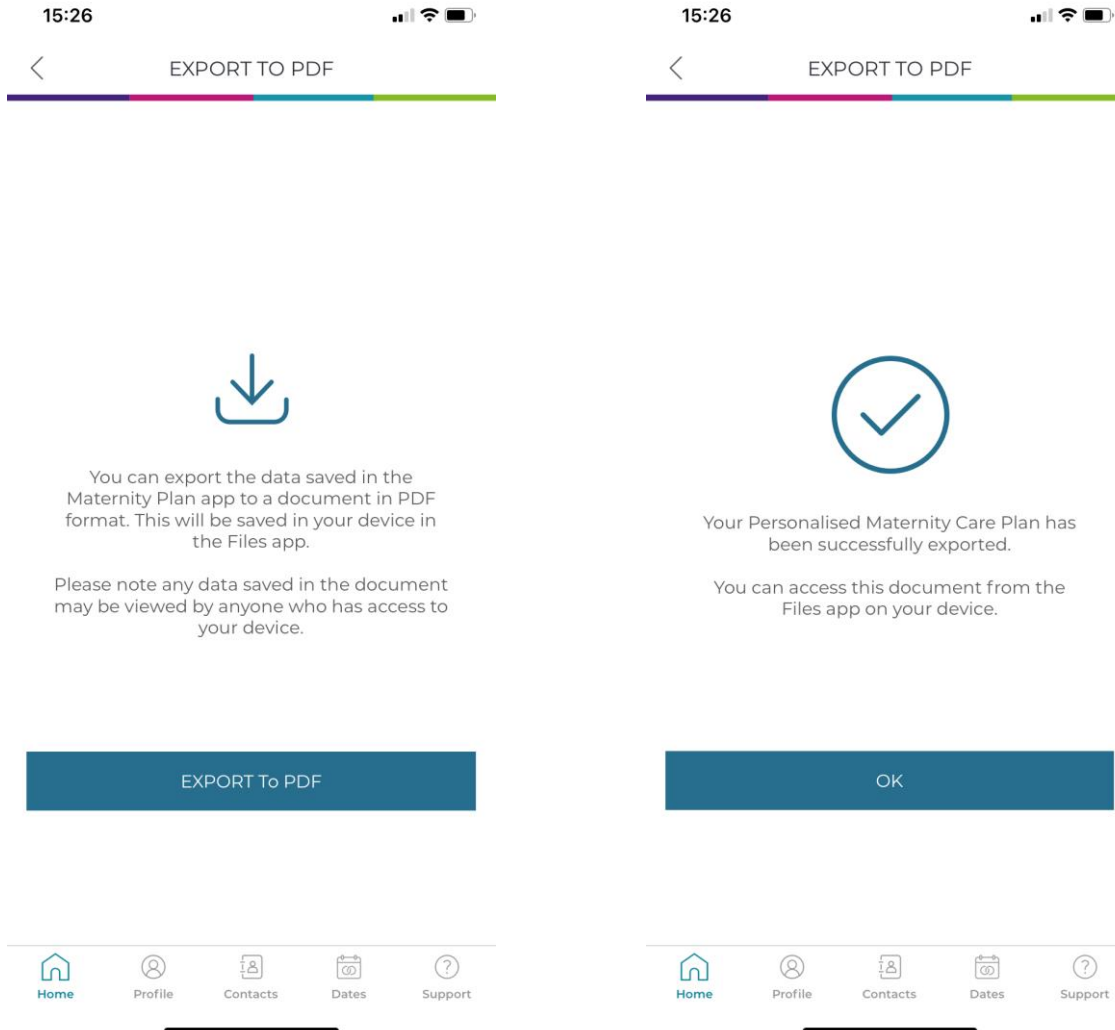
Profile

Women can update their profile information here which is where they would go to amend their due date if this changes after scans

Navigation bar

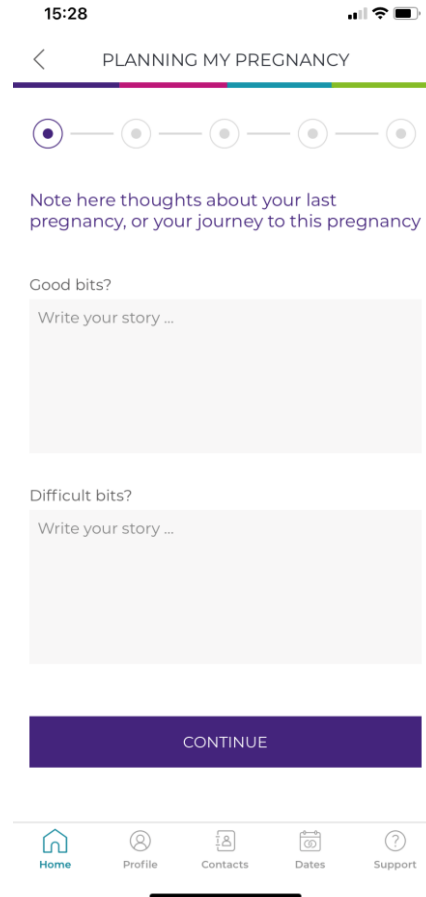
Scroll down for more sections





Exporting to PDF

If women choose to export their notes into a pdf so that they can print or e-mail them, these are the screen they will see. Once the pdf has been created and downloaded they will need to find it in the files of their mobile phone. The easiest way to do this is to search FILES using the search bar on their device home screen.



Section – Planning my pregnancy.

Encourage women to complete this at booking and to refer back to it at each visit to guide what they want to discuss with you. Let them know that they can go in and amend what they have written as they get new information or progress in their pregnancy.

You can then document any discussions you have about what she has written here in her visit notes on Epic so that others can see it and are aware of her informed choices and decisions.



Section – Planning my pregnancy continued

15:28

< PLANNING MY PREGNANCY

Progress bar: 1 of 5 steps completed (Step 1 is active)

What's important to me during my pregnancy?

What's important to you ...

← CONTINUE →

Home Profile Contacts Dates Support

15:28

< PLANNING MY PREGNANCY

Progress bar: 2 of 5 steps completed (Step 2 is active)

Things to discuss with my midwife

- Antenatal education
- Medication & pregnancy
- Rest & sleeping
- Diet & nutrition
- Screening & vaccinations
- What care will I receive?
- SocialMedia resources
- Who do I call?
- Risk assessment

← CONTINUE →

Home Profile Contacts Dates Support

15:28

< PLANNING MY PREGNANCY

Progress bar: 3 of 5 steps completed (Step 3 is active)

Tick how you feel on the scale below

I find it easy to ask for information

I feel positive

I am adaptable to life changes

How do you feel about the early days with your baby

← CONTINUE →

Home Profile Contacts Dates Support

15:28

< PLANNING MY PREGNANCY

Progress bar: 4 of 5 steps completed (Step 4 is active)

About me

I am ...

I like ...

I dislike ...

What would help me?

It would help if ...

← FINISH →

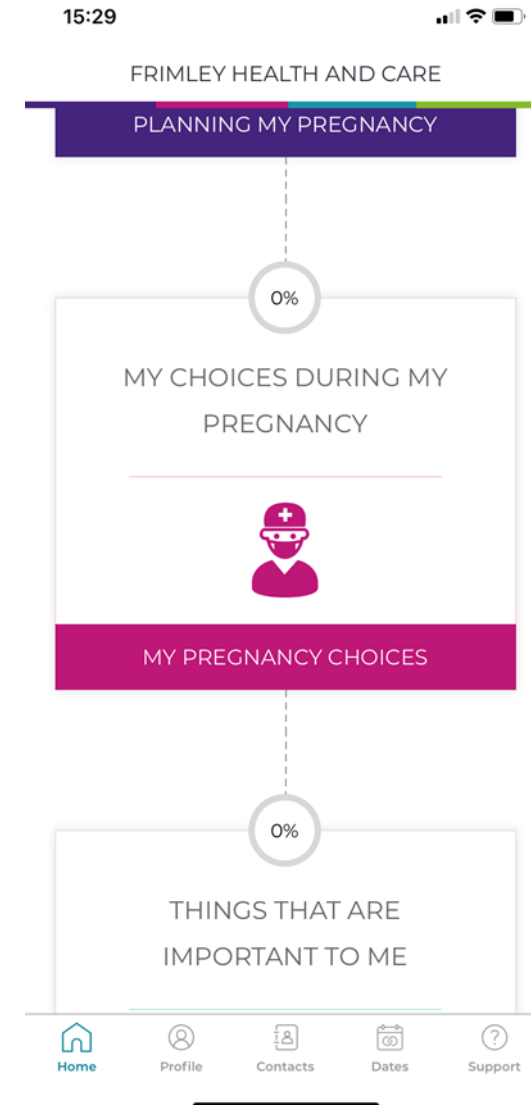
Home Profile Contacts Dates Support



Section – My Pregnancy Choices




This section should also be completed at any stage of pregnancy so encourage them to do this at the booking appointment and to refer back to it at each visit to guide what they want to discuss with you. Let them know that they can go in and amend what they have written as they get new information or progress in their pregnancy.

You can then document any discussions you have about what she has written here in her visit notes on Epic so that others can see it and are aware of her informed choices and decisions.







Section – My Pregnancy Choices continued




15:29   

< MY PREGNANCY CHOICES







My Birth






Places of birth 




 Home  Birth centre  Hospital

My choice for place of birth


 Home  Birth centre  Hospital



 Home  Profile  Contacts  Dates  Support


15:29   






< MY PREGNANCY CHOICES






My Antenatal Education


Note here any thoughts about your antenatal education




 Home  Profile  Contacts  Dates  Support


15:30   

< MY PREGNANCY CHOICES





Communicating with me






English Speaker 

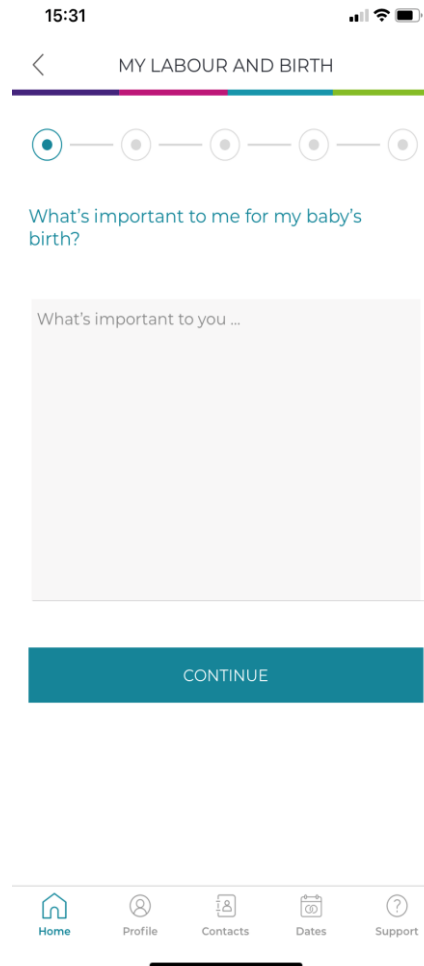
Do you need an interpreter? 

Language Select >

 For maternity information in a range of different languages and advice for women that identify as Black, Asian or Minority Ethnic (BAME) please visit the [Frimley maternity website](#).



 Home  Profile  Contacts  Dates  Support



Section – My labour and birth

Women can complete this section at any time in the pregnancy but encourage them to complete it before their 36 week appointment so that you can discuss what they have written during this appointment.

If what they have written as their preferences is against Trust guidelines ensure you are referring them to our consultant midwives/obstetricians to discuss this in more depth.



Section – My labour and birth continued

15:31

MY LABOUR AND BIRTH

Things to support me in labour

Telephone numbers for midwifery support

Fun activities & distraction

Visualisation

Mindfulness

Hypnobirthing

Baths and showers

Birth ball

Youtube videos for labour positions

Drinking and light diet

Rest between contractions

Tens

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15:31

MY LABOUR AND BIRTH

Our shared plan for birth

Latent phase (early) labour

Write your plan ...

Induction of labour

Write your plan ...

Planned caesarean

Write your plan ...

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15:31

MY LABOUR AND BIRTH

I have seen information about

Options for place of birth

Early labour

Induction

Trust guidelines

Pain relief

Modes of birth

How labour Progresses

Monitoring my baby in labour

Water birth

Unexpected events when having a baby

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15:31

MY LABOUR AND BIRTH

Notes to tell my midwife / Obstetrician

Your notes ...

FINISH

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15:32



FRIMLEY HEALTH AND CARE

THINGS THAT ARE
IMPORTANT TO ME



MY LABOUR AND BIRTH

0%

MY POSTNATAL PLAN
AND SUPPORT



CARE FOR BABY & MYSELF



Home



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Dates



Support

15:32



CARE FOR BABY & MYSELF



My baby



Full name

Birth date

Birth time

Birth weight

kg kg

Switch to lbs, oz

Who was present?

What happened?



Home



Profile



Contacts



Dates



Support

Section – Care for baby and myself

This first page is to be completed after the birth of their baby, however the next few pages encourage them to think about infant feeding so it would be worth mentioning later in their pregnancy at the usual times you would discuss infant feeding and their plans for post birth.



Section – Care for baby and myself continued

15:32

< CARE FOR BABY & MYSELF

Progress bar: 1st step active, 2nd-5th steps inactive.

Things I may like to discuss with my midwife

Is my baby ok?

Medication

Safe sleeping

Feeding my baby

Am I ok?

Recovering after birth

Follow-up care

← CONTINUE →

Home Profile Contacts Dates Support

15:32

< CARE FOR BABY & MYSELF

Progress bar: 2nd step active, 1st, 3rd-5th steps inactive.

Feeding My Baby

What's important to you ...

← CONTINUE →

Home Profile Contacts Dates Support

15:32

< CARE FOR BABY & MYSELF

Progress bar: 3rd step active, 1st-2nd, 4th-5th steps inactive.

I have discussed these with my midwife or health visitor

My feeding choices

Antenatal Expressing

Skin-to-Skin with my baby

Normal baby behaviour

Something else ⓘ

Please specify

← CONTINUE →

Home Profile Contacts Dates Support

15:33

< CARE FOR BABY & MYSELF

Progress bar: 4th step active, 1st-3rd, 5th steps inactive.

Note here how others could support me

E.g. "I want my ... with me", "Any help with food, washing, cleaning would be great", "If you think I'm not ok, ask me more"

← FINISH →

Home Profile Contacts Dates Support



15:34

APPOINTMENTS +

FUTURE PAST

Click '+' in the top right corner to add an appointment. For more information about what to expect visit [Frimley maternity website](#)

"Maternity Plan" Would Like to Send You Notifications
Notifications may include alerts, sounds and icon badges. These can be configured in Settings.

Don't Allow Allow

Home Profile Contacts **Dates** Support

15:35

< APPOINTMENTS

Appointment Type >

Location >

Date

Start Time

Duration >

SAVE

Home Profile Contacts **Dates** Support

15:34

APPOINTMENTS +

FUTURE PAST

Click '+' in the top right corner to add an appointment. For more information about what to expect visit [Frimley maternity website](#)

Midwife Appointment >
Wexham Park Hospital
36 WEEKS
23/06/2022 15:30

Home Profile Contacts **Dates** Support

Appointments – to self-enter and set reminders

This will be a personal preference to use on top of My Frimley Health Record. The two apps do not communicate with each other so they would have to manually enter this information



15:35

<

NEW CONTACT

+

Full Name

Role

>

Mobile Number

SAVE

Home

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Dates

Support

Contacts – to self-enter

Women can use this to enter contact details of their care team. You could encourage them to enter the information that will have been provided to them on the community information leaflet that you provide at the booking appointment.



15:36



SUPPORT RESOURCES



Maternity Information

Digital library including websites and apps that you can access digitally via a computer, smartphone or tablet.



Courses

Bringing up children is a lot of fun but can also have its challenges and times when receiving some advice would be helpful.

Support – links to websites

The first link is to the maternity website

The second is for free antenatal education/parenting courses – would strongly recommend this for those that may not be able to afford antenatal courses



Home



Profile



Contacts



Dates



Support



Profile – They can edit their personal information and app settings here

17:44

MY PROFILE

PROFILE SETTINGS

Full Name *

Jessica

Date of Birth *

13/02/1988

NHS Number * *i*

000 000 0000

Phone Number

Address *

Home

Baby born *i*

Estimated Due Date

17/07/2022

Home Profile Contacts Dates Support

17:44

MY PROFILE

PROFILE SETTINGS

13/02/1988

NHS Number * *i*

000 000 0000

Phone Number

Address *

Home

Baby born *i*

Estimated Due Date

17/07/2022

PRIVACY POLICY

SAVE

Home Profile Contacts Dates Support

17:44

MY PROFILE

PROFILE SETTINGS

Wallpaper Default Set

Wallpaper Transparency

Wallpaper Text Overlay

Light Dark

Light Dark

Idle Timeout

1 minute

Reminder Notifications

Home Profile Contacts Dates Support

17:44

MY PROFILE

PROFILE SETTINGS

Wallpaper Transparency

Wallpaper Text Overlay

Light Dark

Light Dark

Idle Timeout

1 minute

Reminder Notifications

Reminder Settings *i*

Multiple

Home Profile Contacts Dates Support