



Maternity
and Neonatal

East Midlands Maternity and Neonatal Resource Pack

 @EM_AHSN

www.emahsn.org.uk

Delivered by:

East Midlands
Patient Safety Collaborative

*The***AHSN***Network*

Led by:

NHS England
NHS Improvement

East Midlands Patient Safety Maternity and Neonatal Safety Improvement Programme

East Midlands Patient Safety Collaborative (PSC) delivers the Maternity and Neonatal Safety Improvement Programme (MatNeoSIP), led by NHS England and NHS Improvement.

The programme's aim is to reduce the rate of stillbirths, neonatal death and brain injuries occurring during or soon after birth by 50% by 2025.

We hope you find this resource pack useful for tools, advice and inspiration on your quality improvement journey.

[Find out more about the programme here.](#)

The resources are divided into four sections:

- **Read**
- **Inspiration**
- **Watch**
- **On-the-go (apps)**

Read

The Five AI Elements

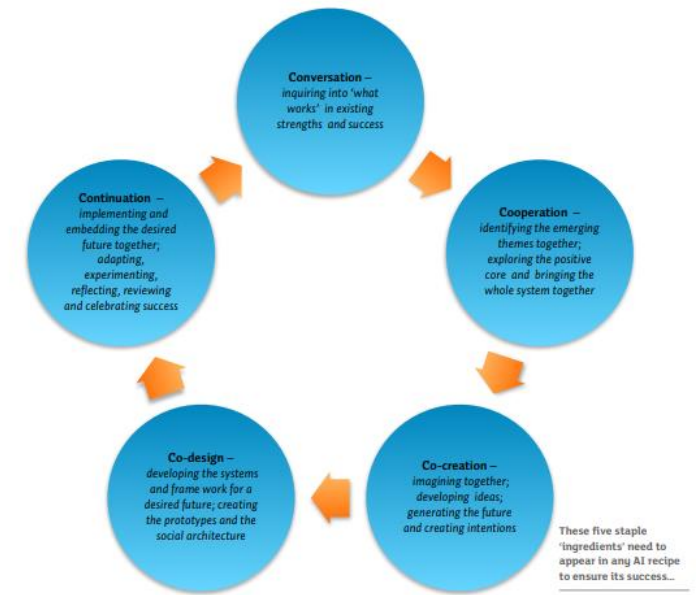
There are five key components required for an Appreciative Inquiry intervention to have maximum impact. These vital elements are conversations, cooperation, co-creation, co-design and continuation.

[Read more here.](#)

Appreciating People: strength-based business development experts

July 2015

THE FIVE AI ELEMENTS



Background

Between March 2014 and April 2015 Appreciating People has delivered over 20 Appreciative Inquiry workshops, working with participants from a wide range of backgrounds. During this period, we also developed the young person's journal [How to be More Awesome](#) – co-created and co-designed with staff and students from the Liverpool Studio School and World Merit programme.

The Five Elements

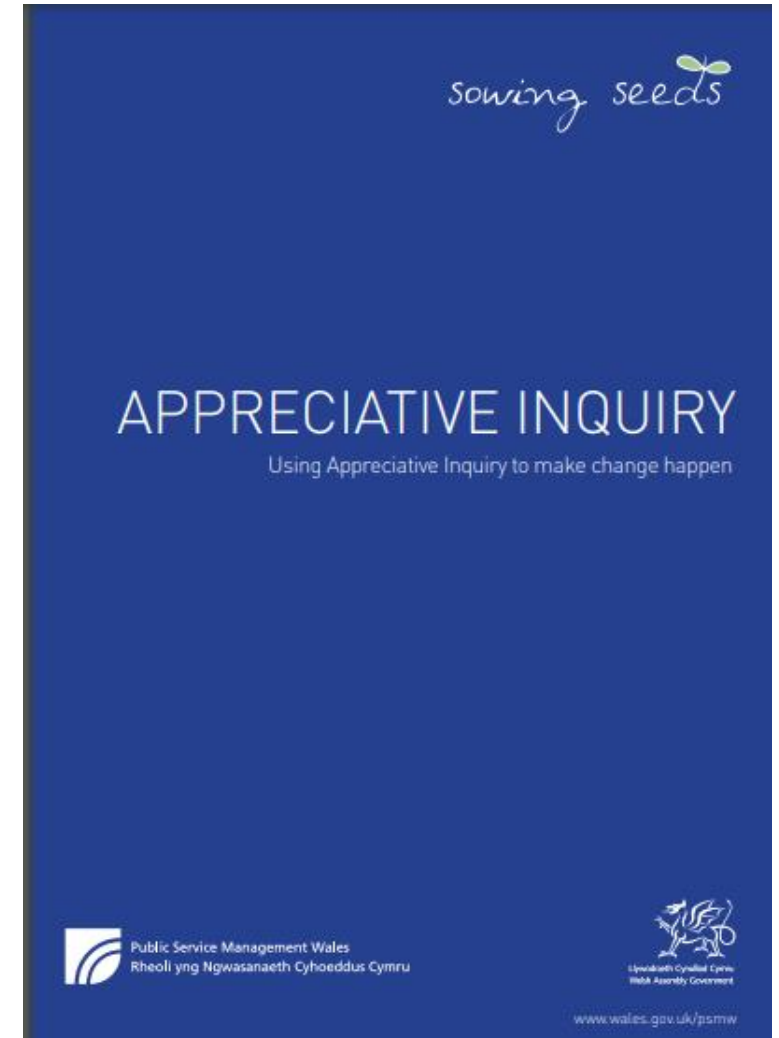
www.appreciatingpeople.co.uk

Read

Appreciative Inquiry

Appreciative Inquiry (AI) is a way of thinking and working that starts by identifying and building on what works, rather than focusing on problems and deficits. Within an organisational context, it is a powerful and proven way to stimulate positive and sustainable change.

[Read about it here.](#)



Read

Safety-I and Safety-II overview

A look at Safety-I and Safety-II, the differences between them and how safety management should move from ensuring that 'as few things as possible go wrong' to ensuring that 'as many things as possible go right'.

[Read the overview.](#)

Safety-I & Safety-II overview

Hollnagel et al

Read

12 ways to use Appreciative Inquiry (AI) in healthcare

A look at the different ways that AI can be used in a healthcare setting from establishing compassionate therapeutic relationships, to creating a healthy working environment.

[View the list.](#)

12 ways to use Appreciative Inquiry (AI) in healthcare

- 1 Improve patient safety**
What factors are in place when everything goes well? What does it look like when we create the best possible experiences for our patients?
- 2 Establish compassionate therapeutic relationships**
Find out about a patient's strengths and their vision for their health. Set goals that focus on the patient's needs and abilities.
- 3 Identify family capacities for care**
What assets does this family bring? What do they do well to support the patient? What qualities do they have to help them care for their relative?
- 4 Inspire healthy behaviours in patients**
Help patients to identify their strengths. How can they replicate a time when they were at their best? What are their dreams for the future?
- 5 Strengthen interdisciplinary teams**
Establish shared goals, empower each other and foster uplifting communication. Tell us about a time you were part of a successful team project - what did you and others bring? What factors in place made the team successful? What are your hopes for your team?
- 6 Build camaraderie & trust**
Assume good intentions in others. Build trust by 'walking in another person's shoes'. Get to know each other. Share stories of success about one another.
- 7 Celebrate success**
Affirm positive behaviours and positive processes and encourage them to continue. What led to success? How can we make more of that happen in the future?
- 8 Create a healthy working environment**
Talk about what this would look like with colleagues. Discuss examples of when this has existed and identify strengths and properties to build upon.
- 9 Make the most of meetings**
Appreciative check-ins work well: share recent positive experiences. Ask a positive question to reframe / energise / turn a meeting around. Show appreciation to close the meeting on a positive note.
- 10 Foster appreciative leadership**
Be the change you want to see, as the leader. Talk about examples of inspiring leaders and the characteristics they embody.
- 11 Illuminate best practice in quality and safety**
Learning from Excellence. How can we tease out the organisational elements that led to excellence? How can we replicate it?
- 12 Promote learning**
Create an environment where learning is valued & nurtured. Think of a time when you were most successful as a teacher or you were most engaged with learning.

Adapted from Chapter 2 of the book *Appreciative Inquiry in Healthcare* by Natalie May, Daniel Becker, Richard Frankel, Julie Hazlip, Rebecca Harmon, Margaret Plews-Ogan, John Schorling, Anne Williams and Diana Whitney published by Crown Custom Publishing Inc
by Dr Alyson Walker, Consultant Paediatric Anaesthetist, Glasgow Children's Hospital

Read

Head, hands and heart: asset-based approaches in health care

A review of the conceptual evidence and case studies of asset-based approaches in health, care and wellbeing.

[Read the review.](#)

In brief



Head, hands and heart: asset-based approaches in health care

Health Foundation summary and analysis

April 2015



For more information and to download or order the full report, please visit:
www.health.org.uk/assetsapproaches

Inspiration

Sonia Sparkles

An accidental discovery of art skills led to a mission to help spread, enable and create a sense of joy, fun, simplicity and inclusion through universal communication methods.

Take a look.



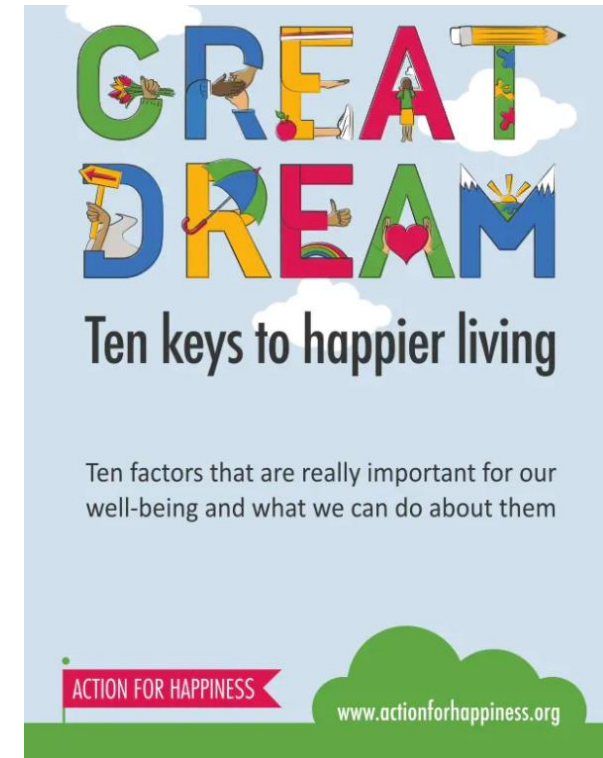
Inspiration

Ten keys to happier living

A free 10-day programme to help people boost their wellbeing during the crisis, based on Action for Happiness's ten keys to happier living.

[Download a postcard.](#)

[Read the guidebook.](#)



Inspiration

Monthly action calendars

Action for Happiness provide monthly calendars which are packed with actions you can take to help create a happier and kinder world.

[Download the latest calendar.](#)



Inspiration

SOAR framework

A way to plot your wellbeing at work journey.

My strengths	My opportunities
• What are the strengths in your day to day wellbeing at work journey? • What do you value most in your work life? • What are the most important parts of your work life? • How does your wellbeing at work practice support you in your daily life?	• What opportunities are there for your work life to grow? • How can you build on existing wellbeing at work practice? • How can you utilise your wellbeing at work life and practice more effectively? • Who can help to support you in your wellbeing at work journey?
My aspirations	My resources/results (you can use either or both)
• What are your dreams and hopes for your future work life and wellbeing journey? • What are the best ways for your work practice to grow and expand? • What would a stronger and more supportive wellbeing at work look like for you? • How can your wellbeing at work practice help you to feel freer?	• What resources do you need to help you in your wellbeing at work journey? • Are there any additional connections to make that would help & support you? • What are the first two things you need to do next? (These can be simple steps and actions) • In what ways would you celebrate your learning and achievements? • How will you know that your wellbeing at work has grown and deepened?

Watch

The happy secret to better work

Shawn Achor

A fast-moving and funny talk that sees psychologist Shawn Achor argues that actually, happiness inspires us to be more productive.

[Watch it here.](#)



Watch

Building a psychologically safe workspace

Amy Edmondson

Social scientist Amy Edmondson explains how giving team members a voice is necessary for safety, innovation, and learning.

[Watch it here.](#)



Watch

Great leadership comes down to only two rules

Peter Anderton

Watch as Peter takes you on a whistle stop tour of leadership in the last 16 centuries and tells us why everything you ever need to know about leadership comes down to only two rules.

[Watch here.](#)



Watch

Civility Saves Lives

Chris Turner

Watch as Chris, a consultant in emergency medicine, talks about why civility in work environments matter: because they reduce errors, reduce stress and foster excellence.

[Watch here and read more.](#)



On the go (apps)

Blue Ice

An app to help young people manage their emotions and avoid self-harm

[Download this app.](#)

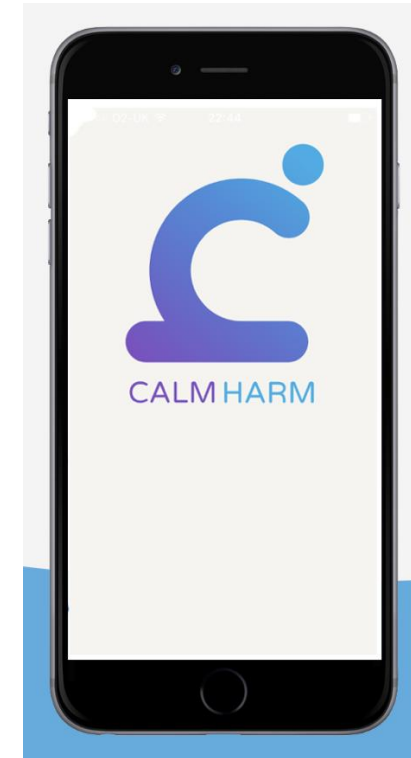


On the go (apps)

Calm Harm

Reduces urges to self harm and manage emotions in a more positive way.

[Download the app.](#)

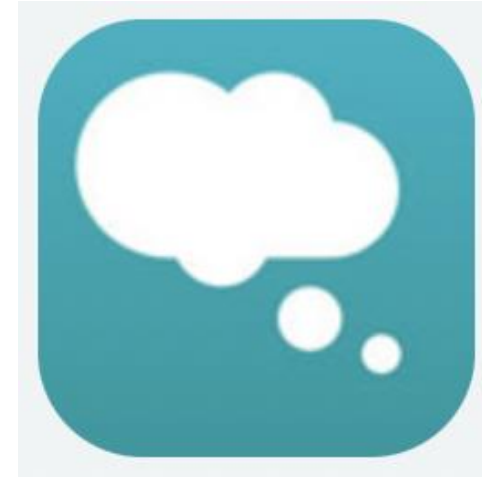


On the go (apps)

Catch it

Learn to manage negative thoughts and look at problems differently.

[Download the app.](#)



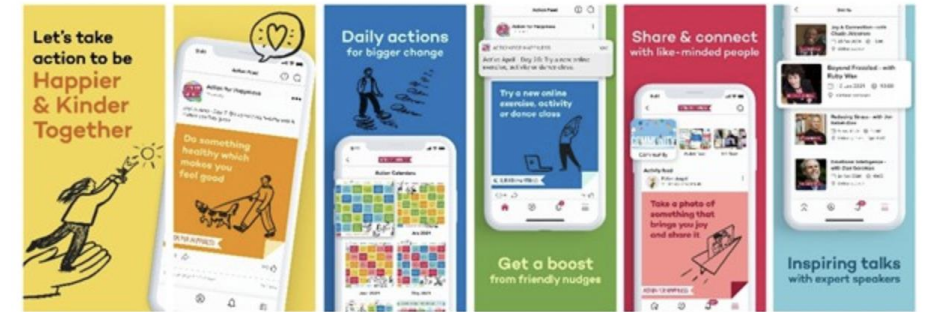
On the go (apps)

Action for Happiness

The Action for Happiness app will:

- Gives you friendly 'nudges' with an action idea each day.
- Sends you inspiring messages to give you a boost.
- Helps you connect and share ideas with like-minded people.

[Download the app here.](#)



On the go (apps)

NHS website

There are 15 mental health apps listed on the NHS website ranging from breathing techniques to cognitive behavioural therapy techniques.

[View the apps here.](#)

