

This Mum Moves Training Report



Prepared for: Sheffield Moving Mums Initiative

Contact: Marlize De Vivo

Date: September 2024



1. Background to the programme:

In 2018 ukactive together with several national partners including the Active Pregnancy Foundation and Institute of Health Visiting launched the This Mum Moves project supported by National Lottery and Sport England funding. The project aimed to support women to continue to enjoy and benefit from an active lifestyle during their childbearing years by enabling healthcare professionals to promote physical activity within routine care. Resources and training materials were developed through a Patient and Public Involvement (PPI) approach involving professionals, pregnant women, and new mothers. The ensuing educational programme set out to improve the physical activity knowledge, skills, and confidence of midwives and health visitors specifically.

The philosophy of This Mum Moves has always been to ensure consistency of language, interprofessional collaboration, and normalisation of physical activity engagement during the childbearing years in wider society. ukactive and Sport England have worked with the Active Pregnancy Foundation and Institute of Health Visiting to transition This Mum Moves into a sustainable model to ensure continued delivery and upscaling, reaching even more professionals and wider workforces. We are offering the programme as “hosted” events accessible by individual practitioners or as “private” commissions for organisations or regions to purchase to upskill practitioners in their area. The new delivery model includes a digital toolkit and community of professionals working collaboratively to improve the mental and physical health of pregnant women and new mothers ultimately also improving women’s quality of life.

2. Your training commission:

You commissioned one cohort of This Mum Moves Ambassadors for 24 participants as part of the Moving Mums Initiative. Please find below a report on your event, including data collected from the participants.



Please find below a report on your event, including data collected from the participants.

Date of event:

Monday 17th June 2024 – delivered virtually using the ZOOM platform

Additional places were offered for the same training programme on: Monday 10th June and Thursday 19th September 2024

Facilitators:

- Dr Marlize De Vivo – Active Pregnancy Foundation
- Carly Green – Institute of Health Visiting

With technical support for Zoom from Taffie Tamba – Institute of Health Visiting

Management of places:

Participants were identified, names collated locally, and details shared with the iHV.

Following this we contacted each participant and asked them to register to access the event using our Eventbrite booking system.

Preparation for the training:

Participants received some preparatory information. We have removed the e-Learning for Healthcare module from the pre-training period and now ask Ambassadors to complete this following attendance. This was sent to Ambassadors with their post-training information.

Evaluation data received:

Pre-training evaluation data was received from 20 participants. Post-training evaluation data was received from 20 of the 29 participants who attended.

Participants receive up to 3 reminders to complete feedback, and this includes a personalised email – this process was completed for both pre and post evaluation data collection.



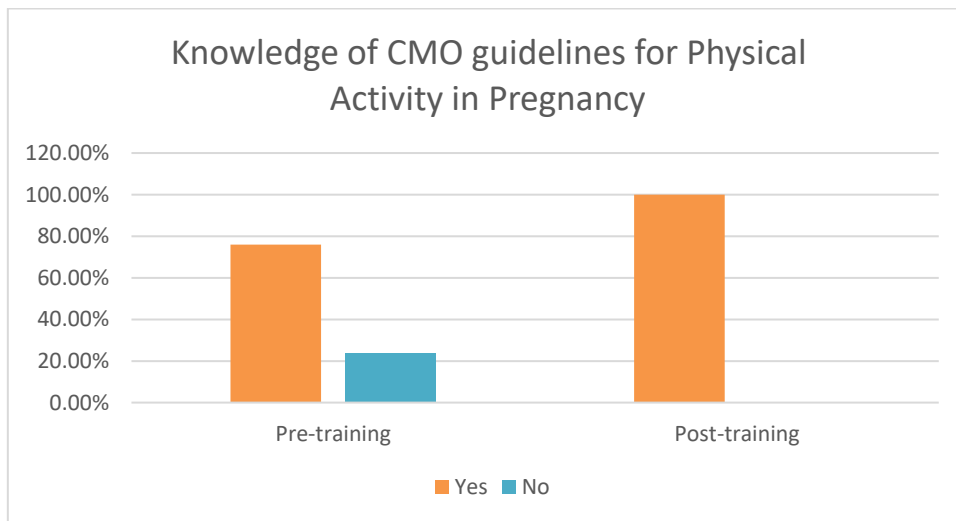
Feedback on delivery of the training commissioned:

Section a) – Attendance

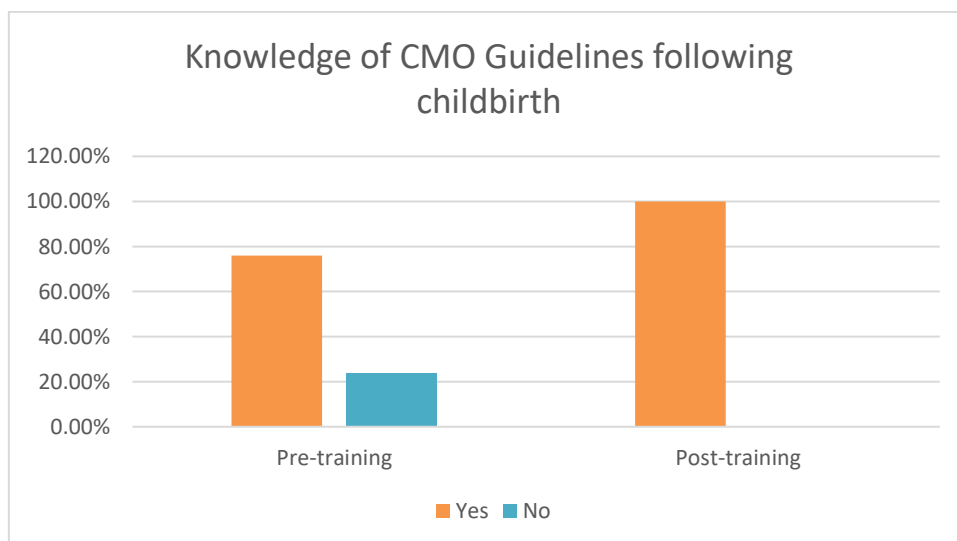
Number of places offered: 29	Number of participants attended: 29
Pre-training evaluations: n = 25	Post-training evaluations: n = 20

Section b) – Knowledge

1. Are you aware of the Chief Medical Officers (CMO; 2019) guidelines for physical activity in pregnancy?

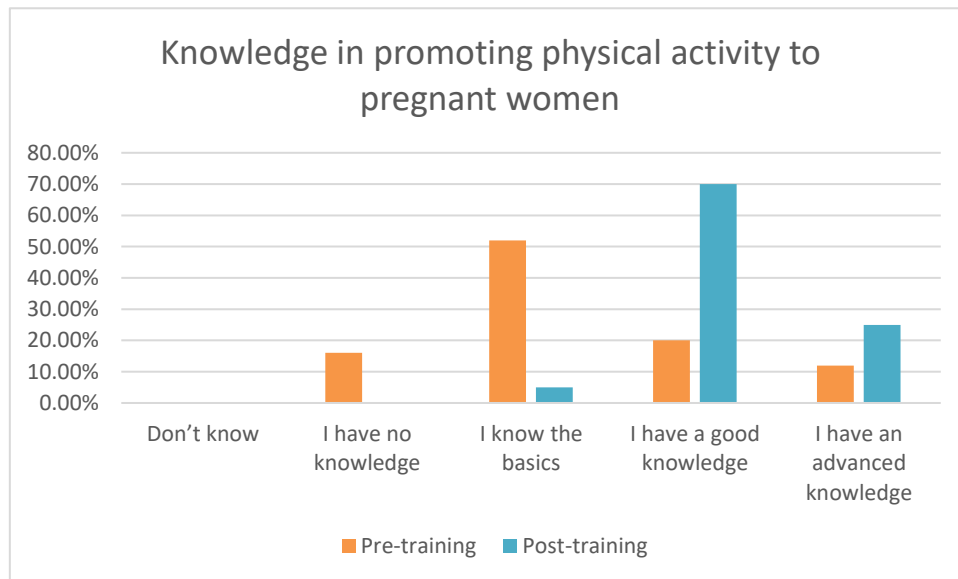


2. Are you aware of the Chief Medical Officers (CMO; 2019) guidelines for physical activity following childbirth?

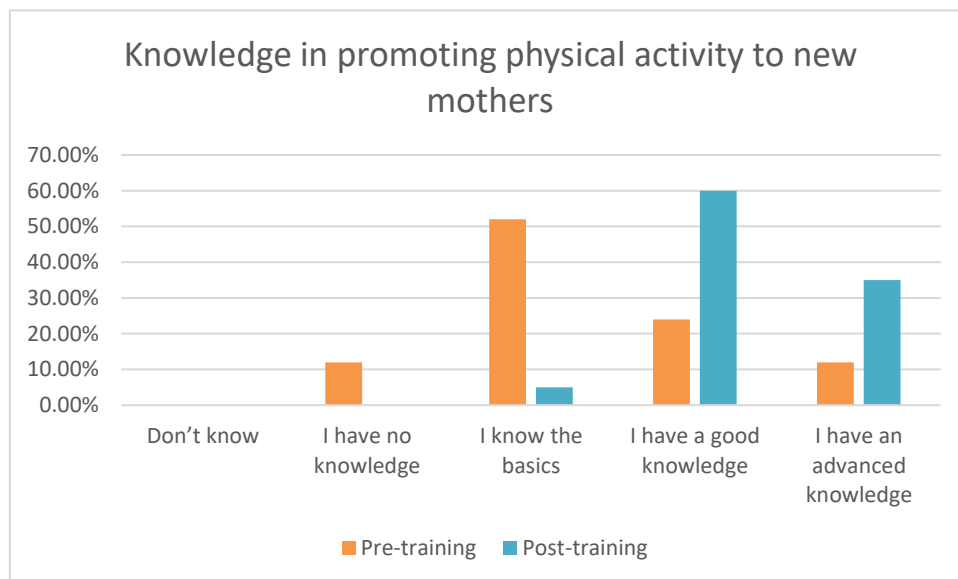




3. How knowledgeable are you in promoting physical activity to **pregnant women**?

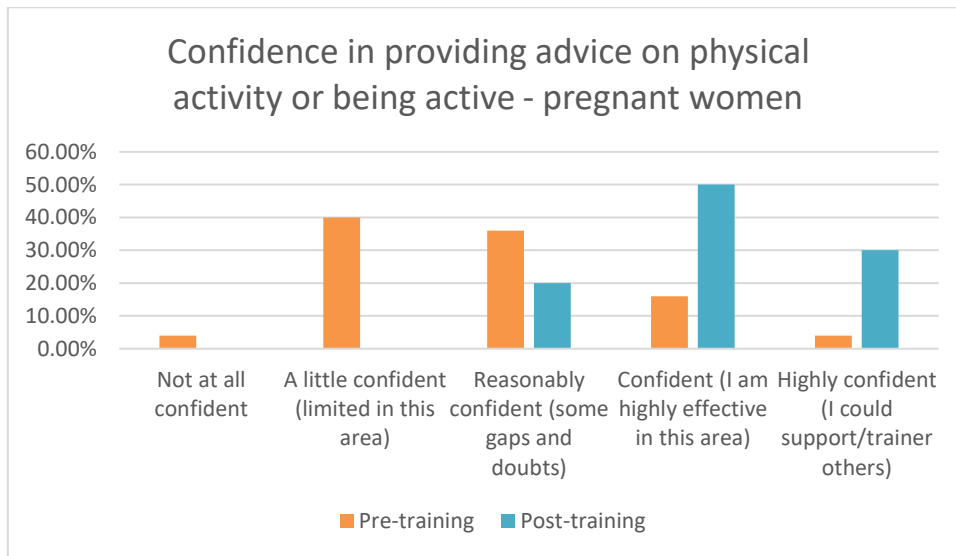


4. How knowledgeable are you in promoting physical activity to **new mothers**?

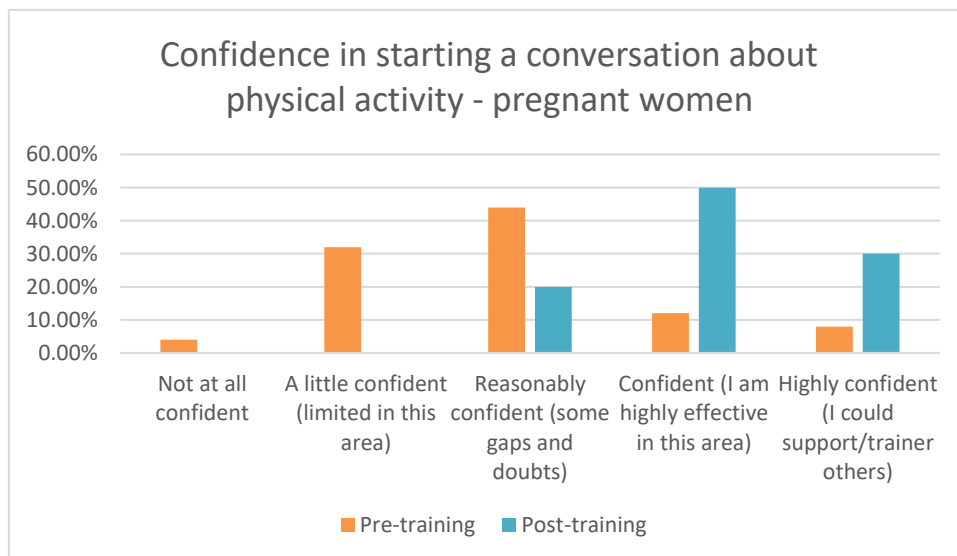


Section c) Confidence

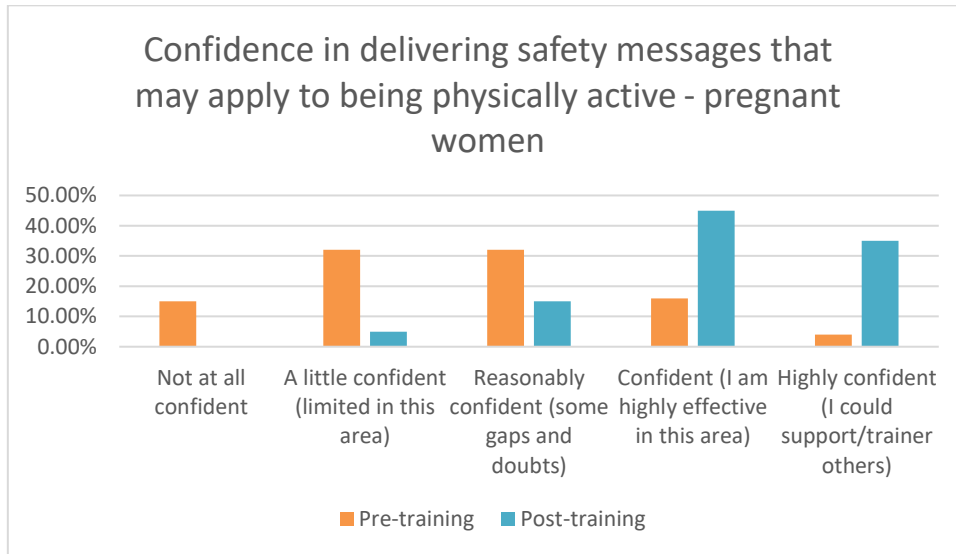
1. When working with **pregnant women** to what extent do you feel confident in providing advice on physical activity or being active?



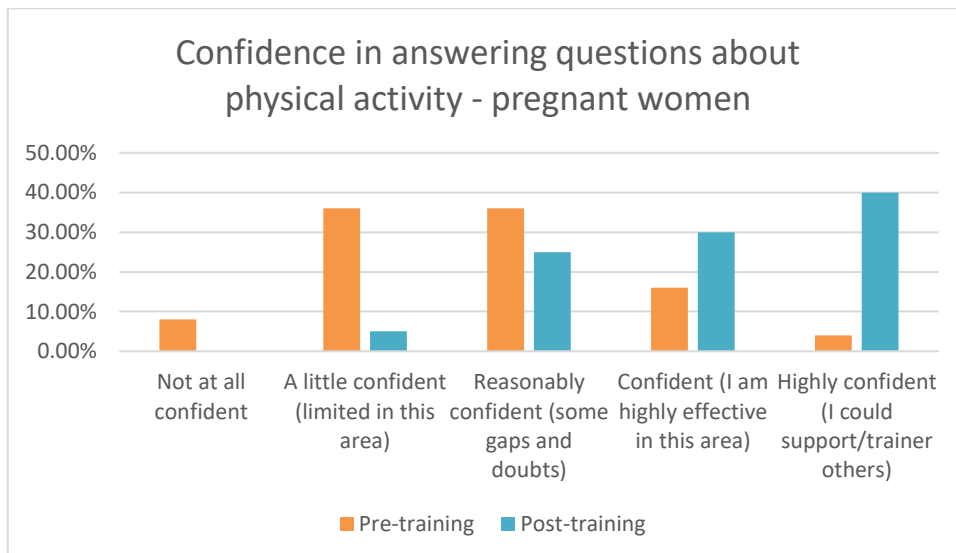
2. When working with **pregnant women** to what extent do you feel confident in starting a conversation about physical activity?



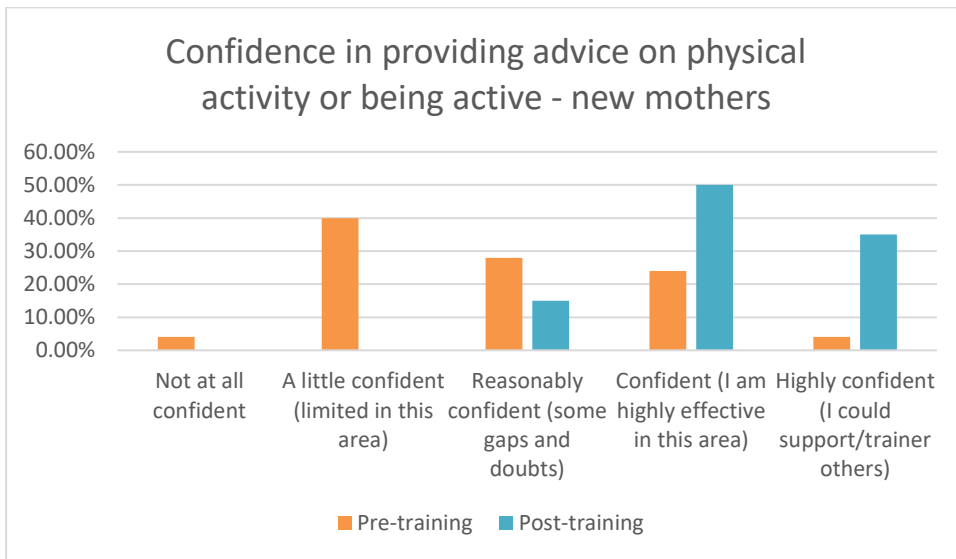
3. When working with **pregnant women** to what extent do you feel confident in delivering the safety messages that may apply to being physically active?



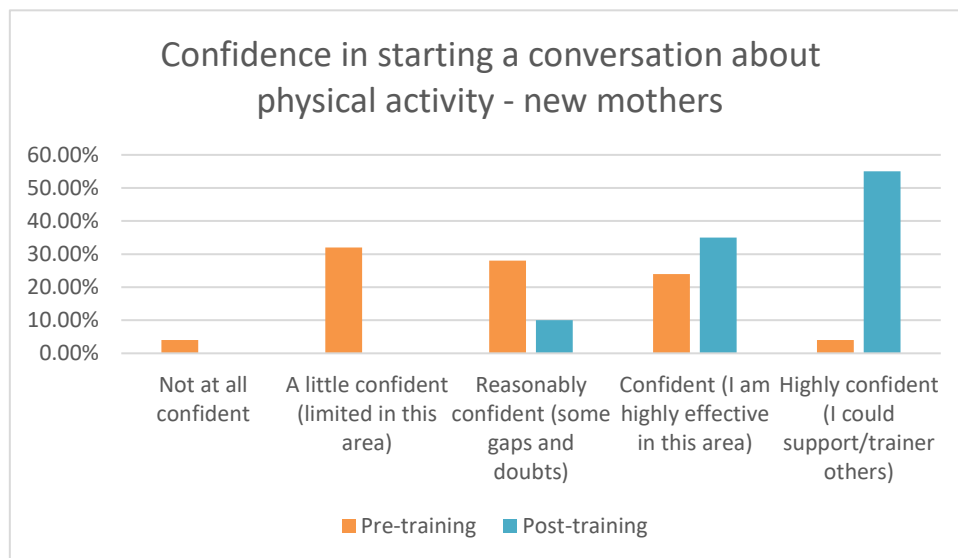
4. When working with **pregnant women** to what extent do you feel confident in answering questions about physical activity?



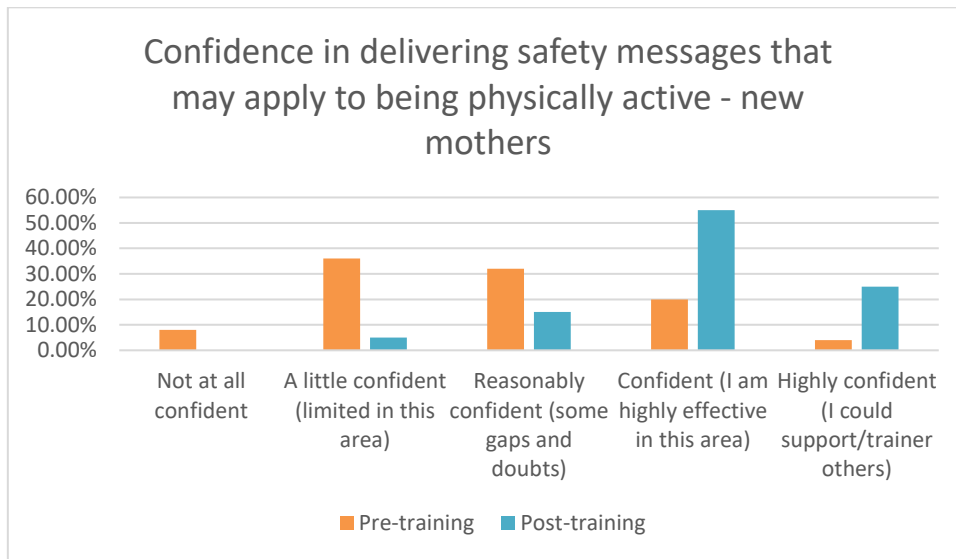
5. When working with **new mothers** to what extent do you feel confident in providing advice on physical activity or being active



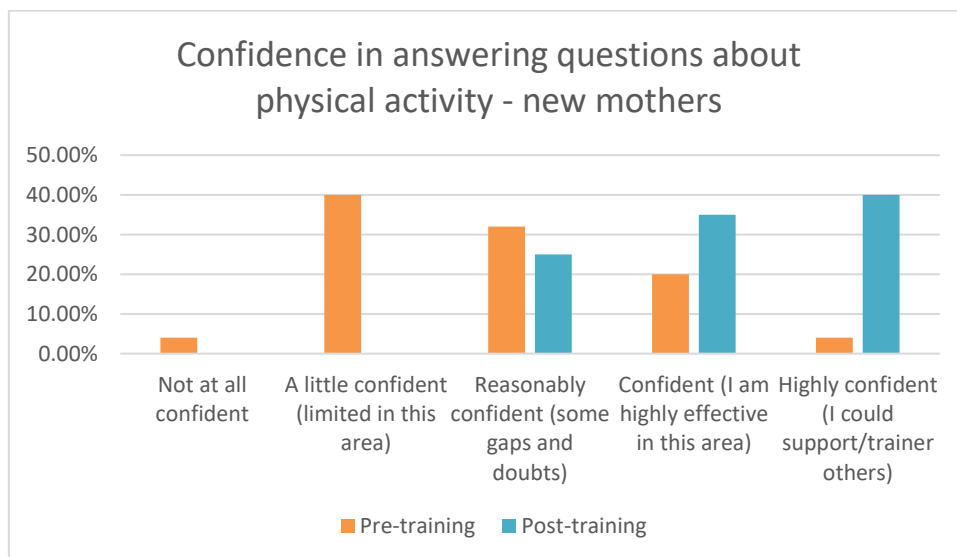
6. When working with **new mothers** to what extent do you feel confident in starting a conversation about physical activity?



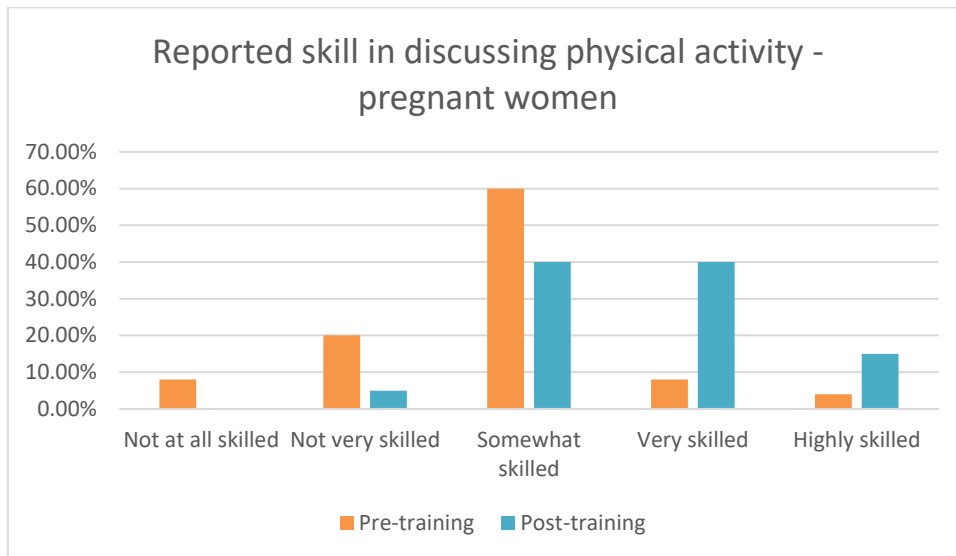
7. When working with **new mothers** to what extent do you feel confident in delivering the safety messages that may apply to being physically active?



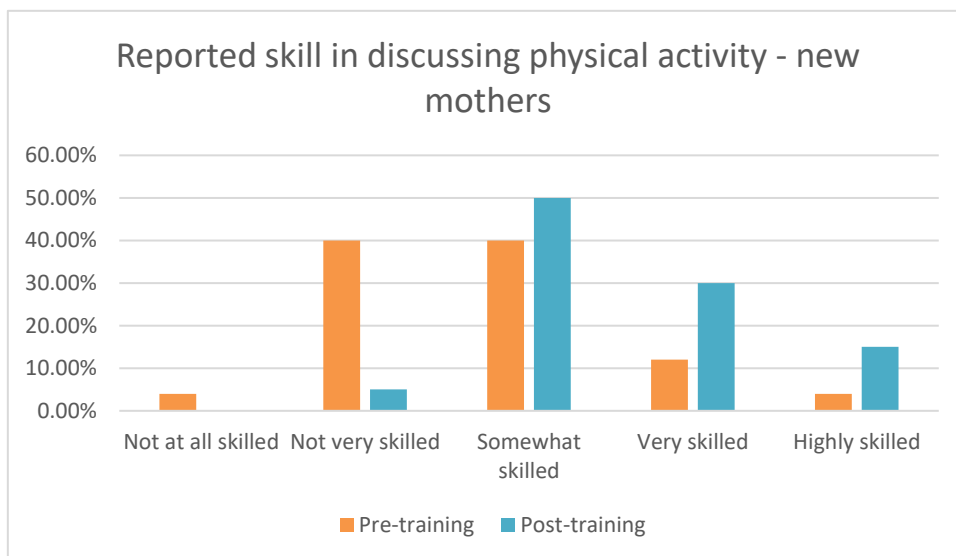
8. When working with **new mothers** to what extent do you feel confident in answering questions about physical activity?



9. How skilled do you now feel at discussing physical activity with **pregnant women**?



10. How skilled do you now feel at discussing physical activity with **new mothers**?



Section d) – Delivery

Participants are asked to comment on the delivery of the training programme in their post-training evaluation.

- 1. The training event was well-delivered in terms of administration during the event (e.g. ease of access to event, support during the event from the team with any connection issues)**



Strongly agree	Agree	Not sure	Disagree	Strongly disagree
80%	15%	5% (1 participant)	0	0

2. The facilitators were encouraging, respectful and inclusive in their delivery of the programme online

Strongly agree	Agree	Not sure	Disagree	Strongly disagree
85%	15%	0	0	0

3. The online teaching methods used were engaging and varied to appeal to a range of learning styles

Strongly agree	Agree	Not sure	Disagree	Strongly disagree
60%	40%	0	0	0

4. Please offer us an overall rating for this training event

Excellent	Good	Ambivalent	Needs some improving	Needs much improving
70%	25%	5% (1 participant)	0	0

Section e) –Participant comments

1. Can you identify any specific new learning or information from the training received?

Comments included:

- *All of it!*
- *Resources, sign posting and supporting evidence*
- *Where to access evidence-based guidance*
- *Squeezy app new to me, specific guideline advice. useful reminder of opportunity at 8 week check!*
- *More in depth knowledge on the CMO guidelines especially in relating to the exceptions*
- *Guidelines and questionnaire available for assurance and educating*



- *I learnt how to use social media to raise awareness and how to use new knowledge in everyday conversations*
- *Build on what I already knew, and confirmed some questions I had*
- *pregnant women not to lay on back for exercise until after semesters 1*
- *"The use of the Digital toolkit and How? meaningful conversations. VBA/making every contact count. starting the conversations*
- *All the positive benefits to been physically active - The differences between physically active and exercise*
- *CMO guidelines, that there is no medical clearance to be active, awareness of the resources that are available*
- *Exercise around pregnancy and childbirth is entirely down to the individual and there is no need for medical 'clearance'. Postpartum women can start exercising again as soon as they feel ready. Balance and joint mobility are affected during pregnancy.*
- *150 Mins suggested exercise*
- *For me this training provided me with clarity on what exercise is appropriate for pregnant women, I feel that I can now give advice and have answers to questions on the guidelines of physical activity*
- *Increased confidence to inform*
- *Everything! I knew so little beforehand. Thank you*
- *Safety tips contradictions*

2. Following this training is there anything you will now do differently in your approach to pregnant or new mothers?

Comments included:

- *All of it. But particularly the guidelines and realising how much there actually is out there to support my learning in this.*
- *Has equipped me with a range of resources to signpost people to*
- *Yes absolutely more confident now to raise the topic and know where to get evidence based advice from*
- *Signpost to guidance and groups inc. local <https://www.blazetrails.org.uk/>*
- *I will certainly now bring up the subject in my new role where I am more likely to have contact with new mums*
- *Using questionnaire in practice and following/advising on the guidelines. Using online tools to share information*
- *It will give me confidence on how to approach and work with pregnant and new mothers and also give me skills*
- *Able to answer or signpost/ address any questions I get asked from service users who may be pregnant or postpartum. Able to adapt exercise accordingly*
- *It will give me the confidence to speak to clients about exercise and moving more. May put on activities for pre/postnatal women at SOAR*



- *Been confident and knowledgeable about been physically active and encourage mums to either carry on been active or start to become more active and this will in turn impact the positive benefits on their mental health and wellbeing before and after pregnancy*
- *More confidence in encouraging people to be active, being able to articulate the benefits and signpost to resources*
- *NA*
- *More opportunities*
- *I currently work with new mothers, I believe now I can plan exercise classes that are appropriate, and also start conversations regarding exercise now that I can offer advice.*
- *Increased confidence to inform*
- *I would now be able to talk to them about exercise when I previously wouldn't have mentioned it at all*
- *Confidence of recommendation*

Analysis of feedback data

Content

The data collected prior to the training revealed a wide range of pre-existing knowledge and confidence in the topic area whilst working with pregnant and new mothers, with low confidence generally across the learning outcomes. There was a significant, positive shift in learning post-training, which was very encouraging observation.

Delivery

The feedback indicated a high level of overall satisfaction with the programme delivery. This included the pre-training administration, facilitators approach and the online teaching methods used. We were very pleased to receive an overall rating of 4.85 out of 5 for the training.

This report now closes the data collection for the Sheffield participants. We will actively respond to enquiries from Ambassadors at any point and offer access to the Physical Activity toolkit to any participants of their cascades of awareness. If you receive any queries from them, please do forward to the following email address: Training@ihv.org.uk



With best wishes,

Philippa Bishop

Head of Learning & Development - Institute of Health Visiting

On behalf of the This Mum Moves Partnership