

## RSM MULTIPLE BIRTHS CONFERENCE

**'More than one: multiple birth and the challenges of pregnancy, care and early parenting'**

This conference was organised by the Maternity and Newborn Forum of the Royal Society of Medicine (RSM) in association with the Multiple Births Foundation (MBF) and the Twins and Multiple Births Association (Tamba). The event was held at the RSM on 15<sup>th</sup> May 2018 and the speakers included renowned experts on various issues relating to multiple births. The EBMBC had a high profile at the conference with Jane Denton chairing the morning sessions and Merryl Harvey and Laura Maguire presenting papers in the afternoon.



**The EBMBC Team: (left to right)**  
**Laura Maguire – Senior Lecturer at BCU, Katrina Alcock – MBF Administrator, Jane Denton and Professor Merryl Harvey - Co-leads of the EBMBC.**

The conference was a great opportunity to learn about various aspects relating to multiple births including managing pregnancies, ultrasound scanning, bereavement care, the longer term challenges for families and the role of various health care professionals working with multiple birth families.

## FUNDING FROM THE BURDETT TRUST

We are delighted to announce that the Burdett Trust for Nursing has awarded the Elizabeth Bryan Multiple Births Centre a grant to undertake a collaborative study with the Institute of Health Visiting.

A survey will be undertaken of health visitors working in the United Kingdom to establish their experiences supporting multiple birth families.

If you are a health visitor working in the UK please look out for further information about the survey in early 2019.

## OVER £3000 RAISED TO SUPPORT MULTIPLE BIRTH FAMILIES

Mum of twins and runner Sharon Threlfall has raised £3200 for the EBMBC's sister organisation, the Multiple Births Foundation (MBF) by nominating it to be her running club's charity of the year.

The MBF supported Sharon during a complex pregnancy in 2011 and have provided ongoing support ever since. The fit and health family are all keen runners with the boys inheriting their mother's passion by regularly taking part in the Hertford Junior parkrun.

MBF Director Jane Denton said "We are delighted with the donation from the club which will be used towards our work with multiple birth families which includes providing information and advice during pregnancy, after delivery and right through childhood."



**Sharon and her sons receiving the cheque from Ware Joggers Chair Robert Waddingham.**

**Sharon Threlfall, Jake Threlfall, Acer Threlfall, Robert Waddingham (left to right)**

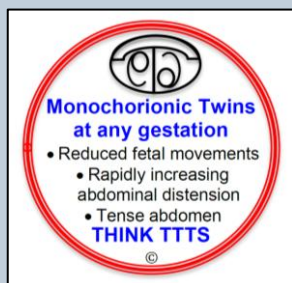
# JOIN OUR SPECIAL INTEREST GROUP

The EBMBC has established a Special Interest Group (SIG) for health and allied professionals. The SIG aims to establish a network of professionals who work with multiple birth families and to be a forum for members to share information with each other. If you are interested in being a member of the Special Interest Group please visit [www.bcu.ac.uk/ebmbc](http://www.bcu.ac.uk/ebmbc).

## MULTIPLE BIRTHS ONLINE MODULE

If your role brings you into regular contact with multiple birth families, then this is the module for you. *The individualised care of multiple birth families from conception to 1 year* is our brand new online module and draws on evidence, policies and research about supporting multiple birth families. For further information visit [www.bcu.ac.uk/courses/cpd-multiple-birth-families](http://www.bcu.ac.uk/courses/cpd-multiple-birth-families) or call us on 0121 331 5185.

## RAISING AWARENESS OF TWIN TO TWIN TRANSFUSION



A new initiative from the Maternity team at Newcastle upon Tyne Hospitals NHS Foundation Trust is being used to raise awareness of twin to twin transfusion syndrome (TTTS) amongst both staff and mothers. Twin to twin transfusion syndrome is a potentially fatal complication affecting around 15% of monochorionic pregnancies. One twin, known as the donor twin, becomes anaemic and

growth restricted. The other twin, known as the recipient, risks heart failure from the increased circulating volume. Without treatment, this condition proves fatal for both twins in around 90% of cases. With appropriate referral and treatment, survival rates improve. While monochorionic twins are monitored closely for signs of TTTS via ultrasound scan, it is important that both mothers and health care professionals are aware of the signs and symptoms of TTTS so that timely diagnosis and appropriate referral for treatment is organised.

To ensure a greater awareness of TTTS, the Newcastle team designed a sticker which is now placed prominently in the notes of all women with monochorionic twins. It lists the common symptoms of TTTS and the need to take urgent action with prompt senior clinician review if suspected. Most importantly the sticker is also put in handheld notes which empowers women to self-refer if they have any concerns. This strategy has also been supplemented by posters / flowcharts placed in areas of high clinical turnover such as the Maternity Assessment Unit or Antenatal Clinic.

The Newcastle team members who have been involved in the project are Rhona Collis, Sandra Bosman, Olivia Hicklenton, Dr Philippa Marsden and Dr Jen Johnson. To find out more about the initiative or to start using the sticker in your practice, please contact Multiple Births Midwife Sandra Bosman on 0191 282 9526 or mobile 07730 536276.



**Maternity Team: (left to right)**  
Rhona Collis - Risk Management  
Midwife, Sandra Bosman - Multiple  
Births Midwife, Olivia Hicklenton -  
Midwife, Dr Philippa Marsden -  
Consultant Obstetrician.

## UPDATE FROM TAMBA

Tamba's Maternity Engagement Project has enrolled 30 maternity units across England to participate in a quality improvement project. The aim of the project is to explore the antenatal care landscape for multiple pregnancies and to test the hypothesis that increased NICEQS46 adherence is associated with significantly improved outcomes for our families. The [Tamba NICE Works report](#) explores the key interim findings derived from initial baseline audits. These audits have found a correlation between greater adherence to NICEQS46 and improved clinical outcomes.

As part of the project and with support from NICE, Tamba produced a simple audit tool which has been used to assess the participating units. As part of Tamba's ongoing drive to improve the care that multiple pregnancies receive, they have also developed a self-audit version that allows units to self-assess how well they adhere to QS46 and how their performance compares to national data.

For more information about Tamba's Maternity Engagement Project and to get involved, please contact Melanie Burley at [support-team@tamba.org.uk](mailto:support-team@tamba.org.uk).