



**MAKING
EVERY**

**CONTACT
COUNT**

**CONVERSATIONS
TODAY CAN CHANGE
THEIR TOMORROW**

CLIENT RECORD MATERNITY SERVICES



<input type="checkbox"/> Hospital	<i>Hospital Name</i>	
	<i>Unit/Ward/Department</i>	



BMI Chart (Kgs/m²) for use with the Weight Management Treatment Algorithm



Seirbhís Sláinte Níos Fearr á Forbairt | Building a Better Health Service



A Quick Reference Guide For Primary Care Staff
(See www.icgp.ie/weightmanagement or www.hse.ie for additional online resources)

Underweight (<18.5 kgs/m ²)		Healthy weight (18.5 - 24.9 kgs/m ²)				Overweight (25 - 29.9 kgs/m ²)				Obese Class I (30 - 34.9 kgs/m ²)				Obese Class II (35 - 39.9 kgs/m ²)				Obese Class III (> 40 kgs/m ²)		
Stone	lbs	4' 10"	4' 11"	5' 0"	5' 1"	5' 2"	5' 3"	5' 4"	5' 5"	5' 6"	5' 7"	5' 8"	5' 9"	5' 10"	5' 11"	6' 0"	6' 1"	6' 2"	6' 3"	kgs
7st 2lbs	100	10.9		19.6	18.	18.3	17.8	17.2	16.7	16.2	15.7	15.2	14.8	14.4	14.0	13.6	13.2	12.9	12.5	45.5 kgs
7st 7lbs	105			20.5	19.9	19.2	18.6	18.1	17.5	17.0	16.5	16.0	15.5	15.1	14.7	14.3	13.9	13.5	13.2	47.7 kgs
7st 12lbs	110						19.5		18.3	17.8	17.3	16.8	16.3	15.8	15.4	14.9	14.5	14.2	13.8	50 kgs
8st 3lbs	115	24.1		22.5	21.8	21.1	20.4	19.8	19.2	18.6	18.0	17.5	17.0	16.5	16.1	15.6	15.2	14.8	14.4	52.3 kgs
8st 8lbs	120	25.1	24.3	23.5	22.7	22.0	21.3	20.6	20.0	19.4	18.8	18.3	17.8	17.3	16.8	16.3	15.9	15.4	15.0	54.5 kgs
8st 13lbs	125	26.2	25.3	24.5	23.7	22.9	22.2	21.5	20.8	20.2	19.6	19.0	18.4	18.0	17.5	17.0	16.5	16.1	15.7	56.8 kgs
9st 4lbs	130	27.2	26.3	25.4	24.6	23.8	23.1	22.4	21.7	21.0	20.4	19.8	19.2	18.7	18.2	17.7	17.2	16.7	16.3	59.1 kgs
9st 9lbs	135	28.3	27.3	26.4	25.6	24.7	24.0	23.2	22.5	21.8	21.2	20.6	20.0	19.4	18.9	18.3	17.8	17.4	16.9	61.4 kgs
10st 0lbs	140	29.3	28.3	27.4	26.5	25.7	24.9	24.1	23.3	22.6	22.0	21.3	20.7	20.1	19.5	19.0	18.5	18.0	17.5	63.6 kgs
10st 5lbs	145	30.4	29.3	28.4	27.5	26.6	25.7	24.9	24.2	23.5	22.8	22.1	21.5	20.8	20.3	19.7	19.2	18.7	18.2	65.9 kgs
10st 10lbs	150	31.4	30.4	29.4	28.4	27.5	26.6	25.8	25.0	24.3	23.5	22.9	22.2	21.6	21.0	20.4	19.8	19.3	18.8	68.2 kgs
11st 1lbs	155	32.5	31.4	30.3	29.3	28.4	27.5	26.5	25.5	25.1	24.3	23.6	22.9	22.3	21.7	21.1	20.5	19.9	19.4	70.5 kgs
11st 6lbs	160	33.5	32.4	31.3	30.3	29.3	28.4	27.5	26.7	25.9	25.1	24.4	23.7	23.0	22.4	21.7	21.2	20.6	20.0	72.7 kgs
11st 11lbs	165	34.6	33.4	32.3	31.2	30.2	29.3	28.4	27.5	26.7	25.9	25.1	24.4	23.7	23.1	22.4	21.8	21.2	20.7	75 kgs
12st 2lbs	170	35.6	34.4	33.3	32.2	31.2	30.2	29.2	28.3	27.5	26.7	25.9	25.2	24.4	23.8	23.1	22.5	21.9	21.3	77.3 kgs
12st 7lbs	175	36.7	35.4	34.2	33.1	32.1	31.1	30.1	29.2	28.3	27.5	26.7	25.9	25.2	24.5	23.8	23.1	22.5	21.9	79.5 kgs
12st 12lbs	180	37.7	36.4	35.2	34.1	33.0	32.0	31.0	30.0	29.1	28.3	27.4	26.6	25.9	25.2	24.5	23.8	23.2	22.5	81.8 kgs
13st 3lbs	185	38.7	37.4	36.2	35.0	33.9	32.8	31.8	30.8	29.9	29.0	28.2	27.4	26.6	25.9	25.1	24.5	23.8	23.2	84.1 kgs
13st 8lbs	190	39.8	38.5	37.2	36.0	34.8	33.7	32.7	31.7	30.7	29.8	28.9	28.1	27.3	26.6	25.8	25.1	24.4	23.8	86.4 kgs
13st 13lbs	195	40.8	39.5	38.2	36.9	35.7	34.6	33.5	32.5	31.5	30.6	29.7	28.9	28.0	27.3	26.5	25.8	25.1	24.4	88.6 kgs
14st 4lbs	200	41.9	40.5	39.1	37.9	36.7	35.5	34.4	33.4	32.3	31.4	30.5	29.6	28.8	28.0	27.2	26.4	25.7	25.1	90.9 kgs
14st 9lbs	205	42.9	41.5	40.1	38.8	37.6	36.4	35.3	34.2	33.2	32.2	31.2	30.3	29.5	28.7	27.9	27.1	26.4	25.7	93.2 kgs
15st 0lbs	210	44.0	42.5	41.1	39.8	38.5	37.3	36.1	35.0	34.0	33.0	32.0	31.1	30.2	29.4	28.5	27.8	27.0	26.3	95.5 kgs
15st 5lbs	215	45.0	43.5	42.1	40.7	39.4	38.2	37.0	35.9	34.8	33.7	32.8	31.8	30.9	30.0	29.2	28.4	27.7	26.9	97.7 kgs
15st 10lbs	220	46.1	44.5	43.1	41.7	40.3	39.1	37.8	36.7	35.6	34.5	33.5	32.6	31.6	30.7	29.9	29.1	28.3	27.6	100 kgs
16st 1lbs	225	47.1	45.5	44.0	42.6	41.2	39.9	38.7	37.5	36.4	35.3	34.3	33.3	32.4	31.4	30.6	29.7	28.9	28.2	102.3 kgs
16st 6lbs	230	48.2	46.6	45.0	43.5	42.2	40.8	39.6	38.4	37.2	36.1	35.0	34.0	33.1	32.1	31.3	30.4	29.6	28.8	104.5 kgs
16st 11lbs	235	49.2	47.6	46.0	44.5	43.1	41.7	40.4	39.2	38.0	36.9	35.8	34.8	33.8	32.8	31.9	31.1	30.2	29.4	106.8 kgs
17st 2lbs	240	50.3	48.6	47.0	45.4	44.0	42.6	41.3	40.0	38.8	37.7	36.6	35.5	34.5	33.5	32.6	31.7	30.9	30.1	109.1 kgs
17st 7lbs	245	51.3	49.6	47.9	46.4	44.9	43.5	42.1	40.9	39.6	38.5	37.3	36.3	35.2	34.2	33.3	32.4	31.5	30.7	111.4 kgs
17st 12lbs	250	52.4	50.6	48.9	47.3	45.8	44.4	43.0	41.7	40.4	39.2	38.1	37.0	35.9	34.9	34.0	33.1	32.2	31.3	113.6 kgs
18st 3lbs	255	53.4	51.6	49.9	48.3	46.7	45.3	43.9	42.5	41.2	40.0	38.9	37.7	36.7	35.6	34.7	33.7	32.8	31.9	115.9 kgs
18st 8lbs	260	54.5	52.6	50.9	49.2	47.7	46.2	44.7	43.4	42.1	40.8	39.6	38.5	37.4	36.3	35.3	34.4	33.5	32.6	118.2 kgs
18st 13lbs	265	55.5	53.8	51.9	50.2	48.6	47.0	45.6	44.2	42.9	41.6	40.4	39.2	38.1	37.0	36.0	35.0	34.1	33.2	120.5 kgs
19st 4lbs	270	56.5	54.6	52.8	51.1	49.5	47.9	46.4	45.0	43.7	42.4	41.1	40.0	38.8	37.7	36.7	35.7	34.7	33.8	122.7 kgs
19st 9lbs	275	57.6	55.7	53.8	52.1	50.4	48.8	47.3	45.9	44.5	43.2	41.9	40.7	39.5	38.4	37.4	36.4	35.4	34.4	125 kgs
20st 0lbs	280	58.6	56.7	54.8	53.0	51.3	49.7	48.2	46.7	45.3	43.9	42.7	41.4	40.3	39.1	38.1	37.0	36.0	35.1	127.3 kgs
20st 5lbs	285	59.7	57.7	55.8	54.0	52.2	50.6	49.0	47.5	46.1	44.7	43.4	42.2	41.0	39.8	38.7	37.7	36.7	35.7	129.5 kgs
20st 10lbs	290	60.7	58.7	56.8	54.9	53.2	51.5	49.9	48.4	46.9	45.5	44.2	42.9	41.7	40.5	39.4	38.3	37.3	36.3	131.8 kgs
21st 1lbs	295	61.8	59.7	57.7	55.9	54.1	52.4	50.7	49.2	47.7	46.3	44.9	43.7	42.4	41.2	40.1	39.0	38.0	36.9	134.1 kgs
21st 6lbs	300	62.8	60.7	58.7	56.8	55.0	53.3	51.6	50.0	48.5	47.1	45.7	44.4	43.1	41.9	40.8	39.7	38.6	37.6	136.4 kgs
21st 11lbs	305	63.9	61.7	59.7	57.7	55.9	54.1	52.5	50.9	49.3	47.9	46.5	45.1	43.9	42.6	41.5	40.3	39.2	38.2	138.6 kgs
22st 2lbs	310	64.9	62.7	60.7	58.7	56.8	55.0	53.3	51.7	50.1	48.7	47.2	45.9	44.6	43.3	42.1	41.0	39.9	38.8	140.9 kgs
22st 7lbs	315	66.0	63.8	61.8	59.8	57.7	55.9	54.2	52.5	50.9	49.4	48.0	46.6	45.3	44.0	42.8	41.6	40.5	39.5	143.2 kgs
22st 12lbs	320	67.0	64.8	62.6	60.6	58.7	56.8	55.0	53.4	51.8	50.2	48.8	47.4	46.0	44.7	43.5	42.3	41.2	40.1	145.5 kgs
23st 3lbs	325	68.1	65.8	63.6	61.5	59.6	57.7	55.9	54.2	52.6	51.0	49.5	48.1	46.7	45.4	44.2	43.0	41.8	40.7	147.7 kgs
23st 8lbs	330	69.1	66.8	64.6	62.5	60.5	58.6	56.8	55.0	53.4	51.8	50.3	48.8	47.4	46.1	44.8	43.6	42.5	41.3	150 kgs
23st 13lbs	335	70.2	67.8	65.6	63.4	61.4	59.5	57.6	55.9	54.2	52.6	51.0	49.6	48.2	46.8	45.5	44.3	43.1	42.0	152.3 kgs
24st 4lbs	340	71.2	68.8	66.5	64.4	62.3	60.4	58.5	56.7	55.0	53.4	51.8	50.3	48.9	47.5	46.2	45.0	43.7	42.6	154.5 kgs
24st 9lbs	345	72.3	69.8	67.5	65.3	63.2	61.2	59.3	57.5	55.8	54.1	52.6	51.1	49.6	48.2	46.9	45.6	44.4	43.2	156.8 kgs
25st 0lbs	350	73.3	70.8	68.5	66.3	64.1	62.1	60.2	58.4	56.6	54.9	53.3	51.8	50.3	48.9	47.6	46.3	45.0	43.8	159.1 kgs
25st 5lbs	355	74.4	71.9	69.5	67.2	65.1	63.0	61.1	59.2	57.4	55.7	54.1	52.5	51.0	49.6	48.2	46.9	45.7	44.5	161.4 kgs

Making Every Contact Count Client Record - Maternity Services



The Making Every Contact Count Client Record - Maternity Services has been developed for healthcare professionals to use as part of the implementation of the Making Every Contact Count programme in Maternity Services. The Making Every Contact Count programme is about healthcare professionals using their routine consultations with patients/clients as opportunities to raise the issue of lifestyle behaviour change and support their patients/clients to make healthier choices for improved and positive health outcomes.

The Making Every Contact Count Client Record - Maternity Services is a critical element of the programme and ensures that each healthcare professional can document the specific Brief Intervention that they have undertaken with a patient/client. The Record addresses Brief Interventions for the four preventable risk factors for chronic disease – smoking, alcohol, physical inactivity and diet.

The Making Every Contact Count Client Record- Maternity Services is a paper based version of the MECC client record which is integrated into the Maternal & Newborn Clinical Management System (MN-CMS)

Why have we created a Client Record - Maternity Services?

Recording **every** Brief Intervention

1. Is good clinical practice.
2. Helps to prompt and promote Brief Interventions as part of routine practice.
3. Supports consistent delivery of Brief Interventions across all services.
4. Facilitates patient follow-up.
5. Supports compliance with Safer Better Healthcare Standards.
6. Supports monitoring of the implementation of the Making Every Contact Count programme across services.
7. Supports evaluation of the Making Every Contact Count programme to inform future service design improvements.

How to use the Making Every Contact Count Client Record

The Making Every Contact Count Client Record Book contains 25 patient/client records.

The perforated white sheet (original) is used to record the Brief Intervention by the healthcare professional during a consultation. The yellow sheet is the duplicate copy.

A new record will be completed if further Brief Interventions are delivered to the patient/client during follow-up visits.

The column on the left has the questions on risk factors for chronic disease; the column on the right has details on the intervention/action taken by the healthcare professional in response to the presence of a particular risk factor(s).

You do not have to complete all sections of the Client Record with a patient/client during a single consultation; taking a patient-centred approach allied to your clinical judgement will determine the appropriate conversation at each and every clinical consultation.

As you will remember from the training programme, it is important to always ask permission before you begin a Brief Intervention with your patient/client.

In some consultations, you may raise a particular risk factor relating to their current health issue or reason for their visit – once the patient/client has indicated their willingness to engage..... *'I notice you have quite a bad cough, can I ask do you smoke?'*

In some consultations, you might in the first instance ask about all four preventable lifestyle behaviours to get an overview of a patient's/client's chronic disease risk; and based on the outcome of this exercise **and** on the patient's willingness and readiness to engage you may

- undertake one intervention based on their stated preference;
- undertake more than one intervention based on their stated preferences;
- not undertake any intervention as the patient/client has declined the invitation to engage.

'We are asking all our patients about their lifestyle behaviours, would it be ok if I asked you a few questions?'

The training programme advises that healthcare professionals should use their clinical judgement to determine the most appropriate time during the consultation to instigate a conversation with patients/clients about lifestyle behaviour change.

Midwives are especially well placed to deliver Brief interventions to pregnant women as part of their routine practice.

It is important to ask women about their lifestyle behaviours at every opportunity (but at least once within each trimester) and to record any advice given. This ensures that lifestyle behaviour change is deemed important throughout the pregnancy and not just at the initial visit.

On completion of the patient/client clinical consultation

1. Remove the **white sheets (original)** from the Client Record Book and insert into the **patient/client file**. The appropriate placement within the file will be decided by services locally.
2. The **yellow sheets** (copy) remain in the Client Record Book.
3. Always check that the patient's/client's personal details are not on the duplicate copy.
4. Completed Client Record Books should be stored in a secure location locally for audit purposes.

Additional Client Record Books can be ordered from www.makeeverycontactcount.ie/MECCClientRecordBook

The Making Every Contact Count programme can be accessed at www.makeeverycontactcount.ie. The Making Every Contact Count team can be contacted at makeevery.contactcount@hse.ie



Making Every Contact Count Client Record - Maternity Services

Patient Name: _____
Date of Birth: _____

Age range: < 18 years 18-25 26-44 45-64
Diagnosed condition(s): YES NO ASTHMA
BLOOD PRESSURE COPD DIABETES HEART FAILURE

Staff Discipline:

TOBACCO USE

Do you smoke any Tobacco Products?
Yes, Daily
Yes, Occasionally [Less than daily]
Stopped during this pregnancy
Ex-Smoker [Stopped prior to this pregnancy]
Never smoked
Unknown

Carbon Monoxide breath (CO) test PPM

If the CO level is above 4 - assess if the person is a smoker, if not, passive smoking or other CO source maybe the cause - consider medical review

TOBACCO INTERVENTION

If smoker, were any of the following actions taken?
No Action taken
Given brief advice or brief intervention
Referred by HC staff to HSE Tobacco Cessation Specialist
Referred to Doctor for pharmacotherapy

Date: ____ / ____ / ____ Signature: _____

ALCOHOL USE

1. How OFTEN do you have a drink containing alcohol? (current situation) Score
Never 0
Monthly or less 1
2-4 times a month 2
2-3 times a week 3
4 or more times a week 4
2. How MANY standard drinks (10g) of alcohol do you have on a typical day when drinking?
None 0
1-2 0
3-4 1
5-6 2
7-9 3
10 or more 4
3. How OFTEN do you have 6 or more drinks (10g) on one occasion.
Never 0
Less than monthly 1
Monthly 2
Weekly 3
Daily or almost daily 4

ALCOHOL TOTAL SCORE AT BOOKING

Alcohol Total Score at booking reference:
Total Score 0 = No Risk
Total Score 1-3 = Low Risk
Total Score 4-5 = Risky
Total Score 6+ = High Risk

ALCOHOL INTERVENTION

SCORE 0
Reinforced no alcohol in pregnancy as the safest option
No action documented
SCORE 1-3
Given brief advice or brief intervention that no alcohol in pregnancy is the safest option
No action documented
If SCORE is 4 -5
Given brief advice or brief intervention that no alcohol in pregnancy is the safest option and referred to Cons Obstetrician/Specialist services
No action documented
If SCORE is 6 or more
Given brief intervention to CUT DOWN and referred to Cons Obstetrician/ Specialist services
No action documented

• If you are pregnant or think you could become pregnant, the safest approach is not to drink alcohol at all, to keep risks to your baby to a minimum
• Drinking in pregnancy can lead to long-term harm to the baby, with the more you drink the greater the risk.



Date: ____ / ____ / ____ Signature: _____

PHYSICAL ACTIVITY

In the past week, how MANY days have you been physically active (PA) for a total of 30 mins or more?

- 0 days (sedentary)
- 1-4 days (inadequate)
- 5-7 days (adequate)
- Unable to be physically active
- No information

If four days or less, in a typical week have you been PA for at least two & a half hours (150 minutes) moderate activity?

- Yes (adequate)
- No (inadequate)
- No information

PHYSICAL ACTIVITY INTERVENTION

For all patients reporting Sedentary or Inadequate PA

- No action documented
- Given brief advice/brief intervention
- Directed to national guidelines on physical activity (leaflet, web)

Physical Activity Guidelines for adults is at least 30 minutes of moderate intensity activity 5 days per week

Physical activity may include: walking/cycling for recreation or to get to and from places; gardening; and exercise or sport which lasts for at least 10 minutes

Date: _____ / _____ / _____

Signature: _____

BODY WEIGHT

Pregnancy Overview

Current Pregnancy

Weeks gestation _____/40

Current weight _____

Pre- Pregnancy weight _____

Height _____

Pre-pregnancy BMI _____

NUTRITION INTERVENTION

Tick all actions you have taken:

- Given brief advice/ brief Intervention (key nutrition messages for pregnancy)
- Directed to national guidelines on healthy eating in pregnancy (leaflet, web)
- No action documented

Information on healthy eating available at

<https://www2.hse.ie/wellbeing/child-health/healthy-eating-during-pregnancy.html>

Date: _____ / _____ / _____

Signature: _____