

ORAMMA: Operational Refugee And Migrant Maternal Approach

D2.2 Layman version of the final
report



The ORAMMA Project

Consortium

- 3rd Health Programme 2014-2020
- Topic: PJ-01-2016 Migrants' health: Best practices in care provision for vulnerable migrants and refugees
- Project's duration: 27 months (January 2017 – March 2019)



University of West Attica, Midwifery Department, Athens, Greece – Project Coordinator



Sheffield Hallam University, Faculty of Health and Wellbeing, United Kingdom



Radboud University Medical Center, Department of Primary & Community Care, The Netherlands



Hellenic Mediterranean University, Department of Social Work, Crete, Greece



European Midwives Association, Belgium



European Forum for Primary Care, The Netherlands



CMT Prooptiki, Athens, Greece

Our Vision

1. **Promote safe pregnancy and childbirth** through efficient provision of access to and use of quality skilled care for all migrant and refugee women and their newborn babies.
2. **Strengthen the migrant and refugee maternal healthcare** in primary care settings.
3. **Promote community-based healthcare models** for migrant and refugee populations.

Aim

The aim of this project is to improve the outcomes of pregnancies in migrants, asylum seekers and refugees, by **training health and social care providers on cultural competences** and providing support by other migrant women, called **Maternity Peer Supporters**. The Maternity Peer Supporters is a woman with migrant background herself, who acts as a cultural bridge between the pregnant migrant and the midwife.

The ORAMMA project developed, pilot implemented and evaluated by comparative analysis an **integrated and cost-effective approach on safe motherhood provision for migrant, asylum seeking and other refugee women**, taking into consideration:

- best practices,
- the special risks and characteristics of the target group
- the transferability of the model in different healthcare systems across the EU: from camp sites in Greece, to the National Health Service in the United Kingdom, and the community-based midwifery model in Netherlands.



Specific Objectives

1. **Map the European & national context** of perinatal healthcare for migrant/ refugee women.
2. **Identify the best practices** in the field of perinatal health care for migrant/ refugee women and **develop an integrated approach**
3. **Develop a practice guide** with recommendations and guidelines about perinatal health care for migrant/ refugee women
4. **Develop training handbook and implement e-learning training** of the guidelines addressed to health professionals
5. **Increase capacity building in communities** and empowerment of migrant and refugee women
6. **Pilot implement and assess the ORAMMA approach in three EU settings** and provide policy recommendations

General Philosophy

The ORAMMA project has as a general philosophy the **provision of integrated perinatal care to migrant and refugee women** by a midwifery- led multidisciplinary team of experts that are aware about the specific needs of this women and are culturally competent. During the provision of care, women are supported by Maternity Peer Supporters, who play an important role as both mediators and as peer supporters for the mother during the clinical care pathway. Maternity Peer Supporters are also trained according to the ORAMMA approach and aware about maternity care issues, and having the same cultural background with the women, are able to empower migrant and refugee mothers on decision making during perinatal period.



The ORAMMA Multidisciplinary Team

Steps for an integrated perinatal care for migrant and refugee women

The ORAMMA multidisciplinary team is consisted of:

- **Midwives:** their role is (a) the pregnancy assessment and management, (b) the perinatal depression and mental health assessment, (c) the antenatal testing and (d) directing to other HCPs.
- **General Practitioners:** their role is (a) the physical healthcare assessment & management and (b) directing to credible resources and support services
- **Social Care Providers:** their role is the assessment & management of pregnant woman and her family needs of daily living and psychosocial situations
- **Maternity Peer Supporters:** their role is (a) cultural mediation, (b) “Propagating key” role and capacity building in their community and (c) support & advocacy to migrant and refugee mothers

Step 1 Desk Research

- Focus Groups
- National Reports
- Action Plans
- Systematic Reviews

Step 2 ORAMMA Tools’ Development

- Approach
- Practice Guide
- Personal Operational Plan & My Maternity Plan

Step 3 Training of HCPs & MPSs

- Development of training handbooks for HCPs & MPSs
- E- learning

Step 4 Pilot Implementation

State of the Art & ORAMMA Approach Development (WP4)

The overall aim of the State of the Art activities is to gain a holistic knowledge of (a) the current settings & situation in Europe on addressing migrants'/refugees' women health needs, (b) the best practices in perinatal healthcare for migrant & refugee women and (c) the emerging needs in healthcare provision & in healthcare capacity building for the healthcare professionals.

WP Leader: University of West Attica

Outputs

- 1. Practice Guide for perinatal healthcare for migrant, asylum seeking and refugee women:** A practice guide for HCPs which contains recommendations and guidelines about the specific needs of migrant/ refugee mothers. It compiles evidence and good practices to apply to the antenatal, intrapartum and postnatal care of new migrant, asylum seeker or refugee women. This has been developed through various rigorous approaches including systematic reviews of evidence, consultation and consensus among an interdisciplinary team of experts in the field. Highlighting specific issues experienced by migrant women during perinatal period, this provides supporting evidence; good practice and quality standard recommendations to enable the delivery of sensitive and equitable perinatal care for these vulnerable women.
- 2. Integrated Approach for healthcare provision in perinatal period for migrant asylum seeking and refugee women:** The framework with all the characteristics of the proposed model of healthcare. It specifies the rationale and all the characteristics of the ORAMMA integrated approach to migrant and refugee women maternity healthcare.
- 3. Perinatal Personal Operational Plan & My Maternity Plan:** It is the basic tool for the maternal care provision for migrant and refugee women. It includes sections to be filled in which will provide all the necessary information both for the woman and the team treating her: (a) personal information and contact details, (b) medical history related to pregnancy and childbirth, (c) the perinatal care plan (conditions, medicines, preferences for birth, etc.), (d) the assessment of the professionals of the team, (e) useful information for the women, such as the benefits and impact of the PPOP for her and her family



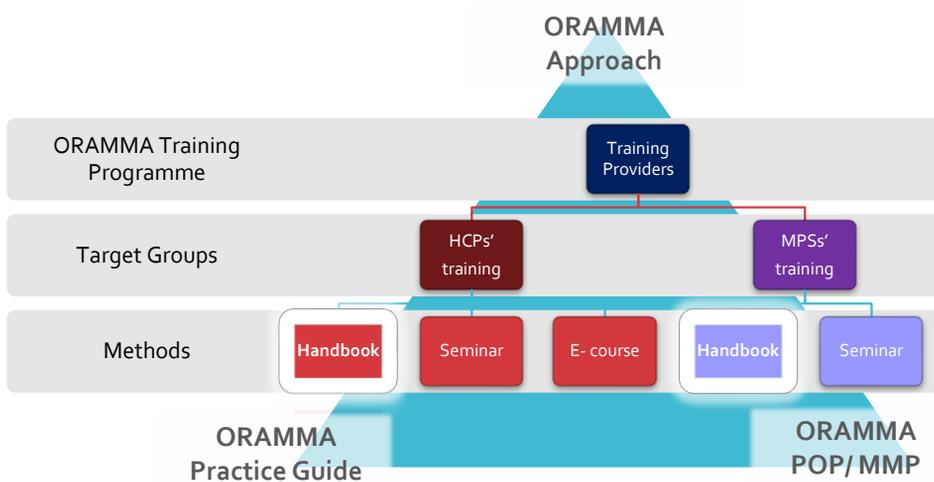
Community
Capacity
Building,
Propagating
Key Members
&
Empowering
Migrant And
Refugee
Women
(WP5)

The overall aim of the WP is to train Health Care Professionals and Maternity Peer Supporters and build their capacities on the specific needs of the target population.

The activities included are:

- Development of training handbooks for maternity peer supporters and health and social care providers
- Training seminars addressed to maternity peer supporters and health and social care providers
- E- learning course addressed health and social care providers

WP Leader: Sheffield Hallam University



59 Health & Social Care Providers and **43** Maternity Peer Supporters obtained knowledge and skills on the maternal care of migrant and refugee women.

Outputs

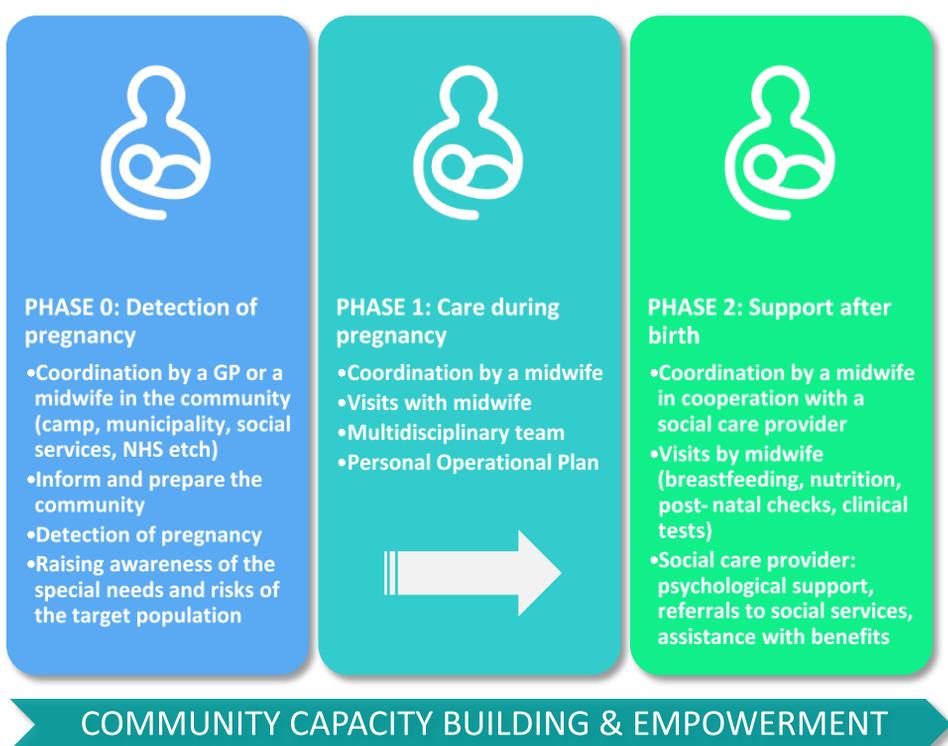
- 1. Training handbook for Maternity Peer Supporters:** it is a handbook that contains all the educational material that can be used for the training/capacity building activities related to the maternity peer supporters.
- 2. Training handbook for Health and Social Care Providers:** It is a handbook that includes all the educational material to be used for the training course on perinatal healthcare for migrant and refugee women.
- 3. E-course:** The e-learning course aims to train health professionals and give them knowledge and skills for the implementation of the migrant and refugee maternal care. The course incorporates knowledge tests, video lectures, presentation material.

Pilot Implementation & Assessment (WP6)

The pilot implementation of the proposed model was conducted in three different European settings: in camps/ hotspots and primary health care settings in Greece, through the NHS in the UK and in municipality-based services in Netherlands. The purpose of the three settings has been made in order pilot test the model in the much different health systems throughout Europe.

WP Leader: University of West Attica

The pilot was implemented in 3 phases, as follows:



Outputs

72 migrant and refugee mothers were provided with care according to the ORAMMA Approach

27 health and social care providers were included in the multidisciplinary teams

35 maternity peer supporters provided support to migrant and refugee mothers during the pilot implementations

Findings

- 🔍 Maternity Peer Supporters **provide strong support** in many areas:
 - *Improved access to care and communication*
 - *Information and practical support*
 - *Emotional support*
- 🔍 It is incredibly important that Maternity Peer Supporters **speak the same language** as the women they support.
- 🔍 Barriers are **time and contributions required** from MPSs, health and social care providers **not understanding role** of MPSs
- 🔍 Health and social care providers found the **training** on the social issues migrant women face, adjusting for low literacy levels, and communication skills most helpful.
- 🔍 **Cultural competency** of health and social care providers improved at all sites.

Recommendations

- ✓ **Further dissemination** of the ORAMMA project findings with educators and professional associations.
- ✓ Amplify the voices of migrant women **and share project findings with migrant communities.**
- ✓ **Integrate into international education resources** and global projects.
- ✓ **Repeat the project on a larger scale** to demonstrate generalizability.
- ✓ **Gather evidence on the wider impact of the approach:** health workers, community, policy.

ORAMMA Online



Website

www.oramma.eu



E- learning course platform

www.oramma.eu/e-course/

"The Content of this document, represents the views of the author only and is his / her sole responsibility; it cannot be considered to reflect the views of the European Commission and / or the Consumers, Health, Agriculture and Food Executive Agency or any other body of the European Union. The European Commission and the Agency do not accept any responsibility for use that may be made of the information it contains."