



**Lancashire and
South Cumbria**
Health and Care Partnership

**Maternity and
Newborn Alliance**



ESSENTIAL MATERNITY TRAINING

PERSONAL TRAINING PLAN

ESSENTIAL MATERNITY TRAINING PLAN

INTRODUCTION

Welcome to the Lancashire and South Cumbria Local Maternity and Neonatal System's Essential Maternity Training Personal Training Plan interactive document.

We understand the importance of continuous professional development for midwives, maternity and perinatal medics, maternity support workers, and students in providing exceptional care to those who use maternity and perinatal services.

This interactive document serves as a valuable tool for mapping your essential maternity and neonatal care training needs, setting goals, and defining objectives.

Whether you are looking to enhance your communication skills, expand your knowledge in clinical areas, or develop leadership abilities within the maternity care setting, this document will guide you through the process. It allows you to identify areas for growth, create personalised training plans, and track your progress over time.

We encourage you to take full advantage of this resource to enhance your skills and knowledge, ensuring that you provide the highest standard of care to the women and families in our community.

By mapping your training needs, setting clear goals, and working towards achieving them, you will contribute to the continuous improvement of maternity and neonatal care in Lancashire and South Cumbria.

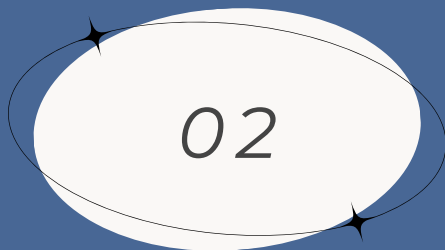


5-STEP PROCESS



STEP ONE

REVIEW THE NATIONAL AND LOCAL ESSENTIAL MATERNITY TRAINING REQUIREMENTS. REFER TO THE CORE COMPETENCY FRAMEWORK.



STEP TWO

REVIEW YOUR OWN PERSONAL TRAINING ACTIVITY. COMPLETE THE TRAINING CHECKLIST WITH DATES OF YOUR LAST TRAINING.



STEP THREE

REVIEW YOUR CONFIDENCE, KNOWLEDGE AND SKILLS IN RELATION TO THE CORE COMPETENCY PRIORITY AREAS.



STEP FOUR

SET SOME PERSONAL SMART OBJECTIVES AND GOALS. USE THE TOOLS SHARED TO CAPTURE YOUR INTENTIONS.



STEP FIVE

SECTION YOUR OBJECTIVES INTO THE ACTION MATRIX TO IDENTIFY THE PRIORITIES FOR EACH OF YOUR GOALS.

YES. / NO. / DATE

CHECKLIST

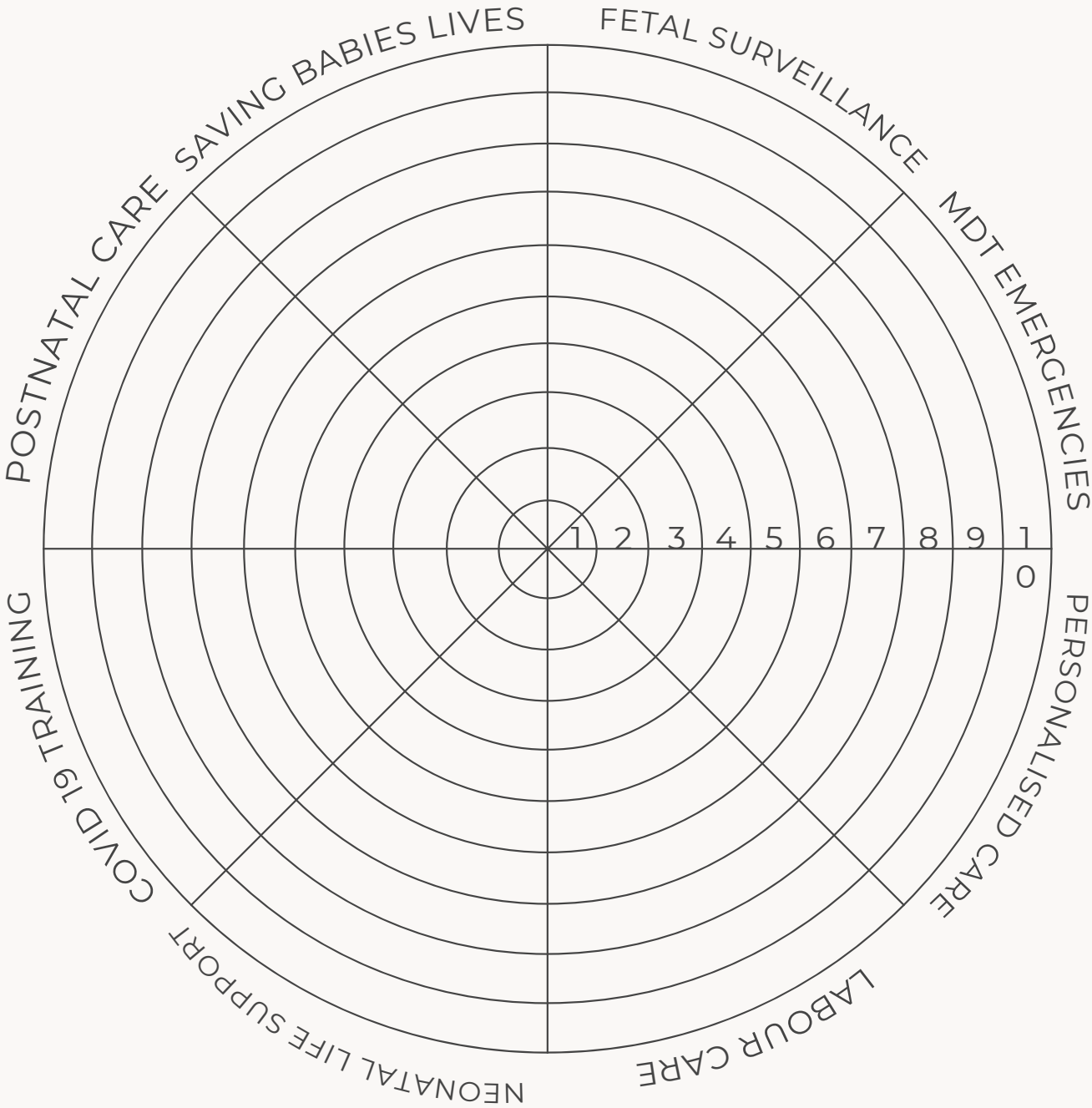
CHECK OFF THE TRAINING YOU HAVE COMPLETED INCLUDING DATES.

01	SAVING BABIES LIVES BUNDLE TRAINING DATE:	YES <input type="checkbox"/>	NO <input type="checkbox"/>
02	FETAL SURVEILLANCE IN LABOUR TRAINING DATE:	YES <input type="checkbox"/>	NO <input type="checkbox"/>
03	MATERNITY EMERGENCIES AND MDT TRAINING DATE:	YES <input type="checkbox"/>	NO <input type="checkbox"/>
04	PERSONALISED CARE TRAINING DATE:	YES <input type="checkbox"/>	NO <input type="checkbox"/>
05	LABOUR CARE TRAINING DATE:	YES <input type="checkbox"/>	NO <input type="checkbox"/>
06	NEONATAL LIFE SUPPORT TRAINING DATE:	YES <input type="checkbox"/>	NO <input type="checkbox"/>
07	COVID 19 TRAINING DATE:	YES <input type="checkbox"/>	NO <input type="checkbox"/>
08	POSTNATAL CARE TRAINING DATE:	YES <input type="checkbox"/>	NO <input type="checkbox"/>

CORE COMPETENCIES SELF-EFFICACY

WHEEL

THIS WHEEL IS A GREAT TOOL THAT HELPS YOU BETTER UNDERSTAND YOUR PERSONAL SELF-EFFICACY, CONFIDENCE, KNOWLEDGE AND SKILLS IN RELATION TO THE CORE COMPETENCY FRAMEWORK. THINK ABOUT THE 8 COMPETENCY CATEGORIES BELOW, AND RATE THEM FROM 1 - 10 IN TERMS OF YOUR PERSONAL CONFIDENCE, KNOWLEDGE AND SKILLS WITH 1 BEING LOW, 10 HIGH.



ESSENTIAL TRAINING GOALS

GOALS

FOR EACH OF THE CATEGORIES BELOW, WRITE DOWN THINGS YOU ARE DOING WELL AND WHERE YOU NEED IMPROVEMENT. TAKE THE TIME TO REFLECT ON THESE, AND WRITE A GOAL FOR EACH CATEGORY. THE SMART GOALS SHEET ON THE NEXT PAGE CAN HELP YOU TO WRITE THESE

CATEGORY	WHAT I'M DOING WELL	WHERE I NEED IMPROVEMENT	MY GOALS
SAVING BABIES' LIVES			
FETAL SURVEILLANCE IN LABOUR			
MATERNITY EMERGENCIES/ MDT TRAINING/ NLS			
PERSONALISED CARE			
LABOUR/ POSTNATAL CARE			
COVID 19			

SMART

TRAINING GOALS

WHEN SETTING GOALS, MAKE SURE IT FOLLOWS THE SMART STRUCTURE. USE THE QUESTIONS BELOW TO CREATE YOUR GOALS.

S

SPECIFIC

WHAT DO I WANT TO ACCOMPLISH?

M

MEASURABLE

HOW WILL I KNOW WHEN IT IS ACCOMPLISHED?

A

ACHIEVABLE

HOW CAN THE GOAL BE ACCOMPLISHED?

R

RELEVANT

DOES THIS SEEM WORTHWHILE?

T

TIME BOUND

WHEN CAN I ACCOMPLISH THIS GOAL?

UNDERSTANDING

GOALS

ACHIEVING OUR GOALS IS DEPENDENT ON WHETHER WE TAKE ACTION. USE THE TABLE BELOW TO UNDERSTAND THE "WHY" OF YOUR GOALS.

GOAL:

WHAT WILL THIS GIVE YOU?



AND WHAT WILL THIS GIVE YOU?



AND WHAT WILL THIS GIVE YOU?



AND WHAT WILL THIS GIVE YOU?



SO, WHY IS THIS GOAL IMPORTANT?

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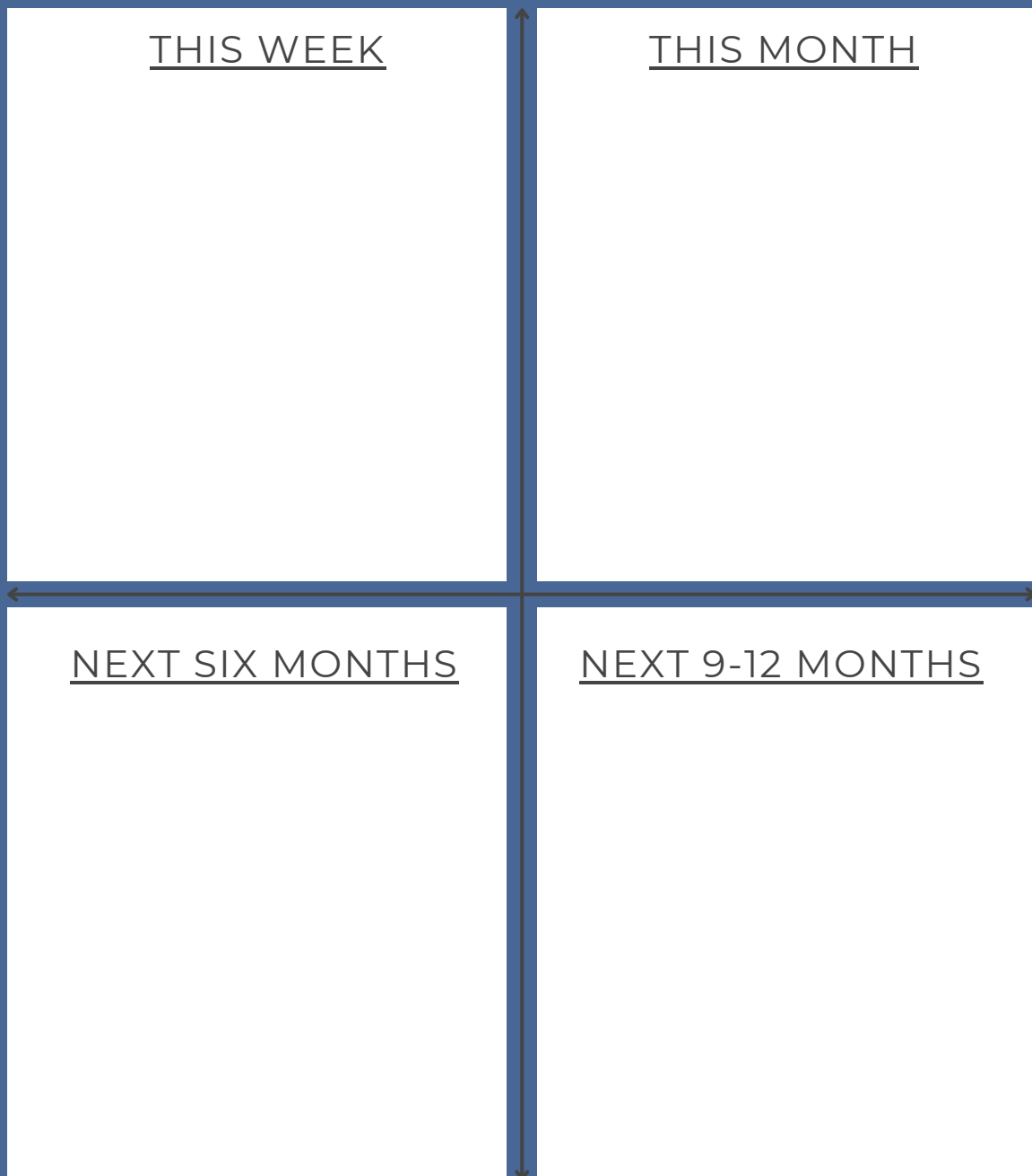


SO, WHY IS THIS GOAL IMPORTANT?

ACTION PRIORITY

MATRIX

THE ACTION PRIORITY MATRIX IS A GREAT WAY TO VISUALISE WHAT TASKS TAKE PRIORITY OVER OTHERS, AND HOW TO BEST ALLOCATE YOUR TIME TOWARDS THEM.



YOUR GO TO

RESOURCE LIST

ELEARNING FOR HEALTH

elearning for healthcare was formed in April 2007 to deliver a range of programmes for healthcare providers. In 2013, elfh transitioned to Health Education England and continues to develop elearning programmes to support the health and care workforce.



LOCAL MATERNITY RESOURCE HUB

This is your local maternity and neonatal system website that has areas to support your essential maternity training needs. Explore the training and development section of the resource for more information.



CORE COMPETENCY FRAMEWORK

A framework to address known variation in training and competency assessment and ensure that training to address significant areas of harm are included as minimum core requirements for every maternity and neonatal service.



HEALTH EDUCATION ENGLAND

Our [Ockenden Immediate and Essential Actions](#) catalogue provides a central location for resources to support maternity services to deliver the Ockenden recommendations and support the health and wellbeing of staff. It includes links to e-learning, toolkits and publications.

