

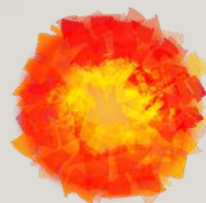


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Recovery



THE UK
SEPSIS
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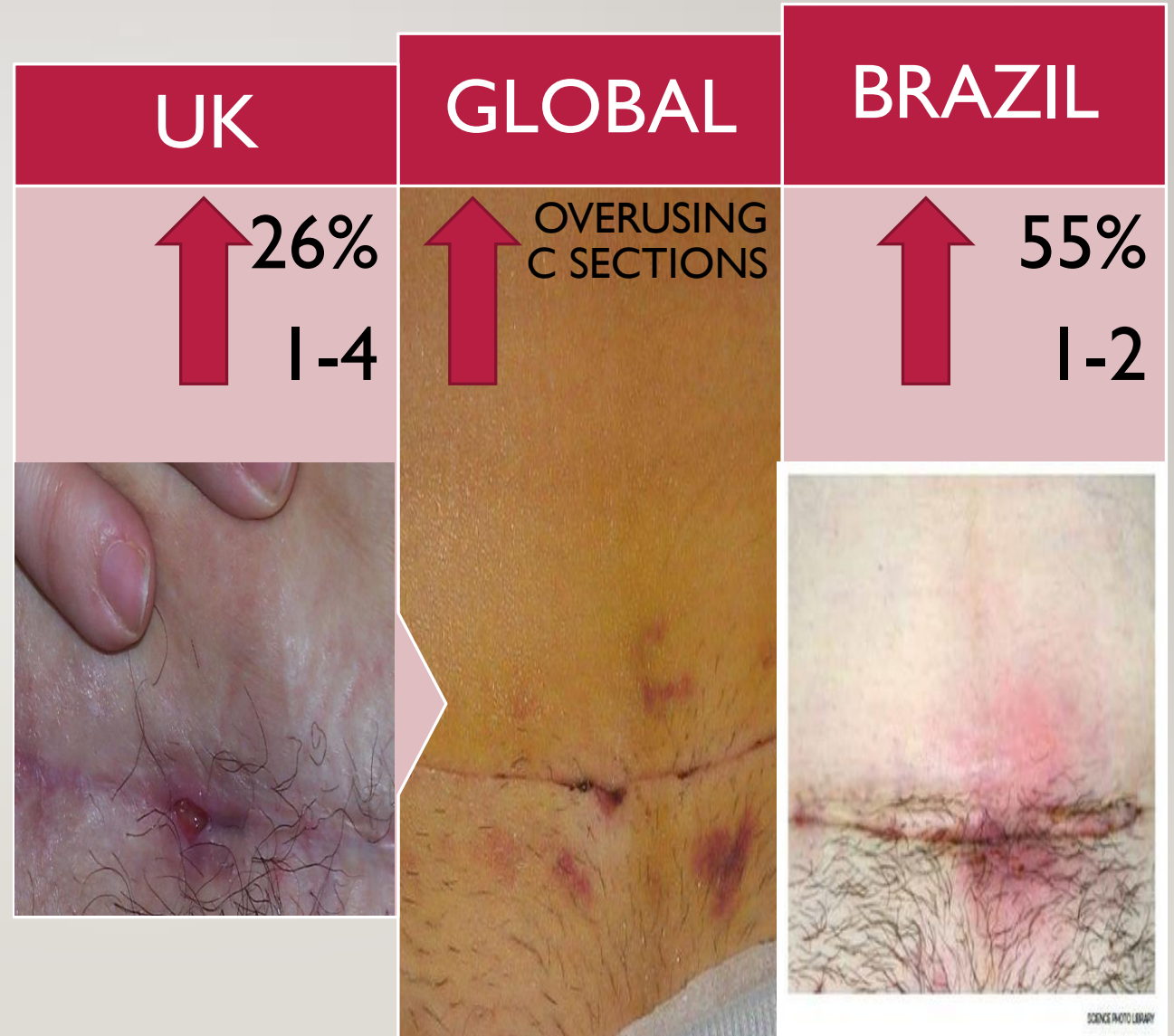




World Health Organization

1. INTERVENTIONS TARGETED AT WOMEN When considering the educational interventions and support programmes, no specific format (e.g. pamphlet, videos, role play education) is recommended as more effective. **Five Guide is something new!**
2. INTERVENTIONS TARGETED AT HEALTH-CARE PROFESSIONALS Implementation of evidence-based clinical practice guidelines- **Consistent and Sustainable health promotion**

Source: <https://www.who.int/reproductivehealth/guidance-to-reduce-unnecessary-caesarean-sections/en/>

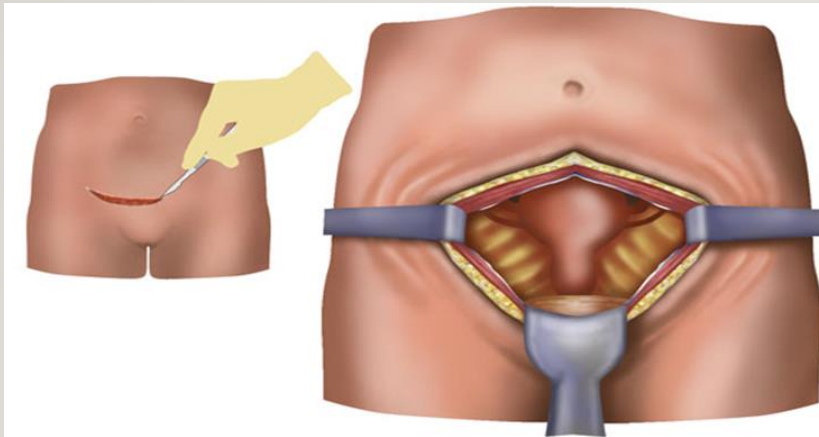


SCIENCE PHOTO LIBRARY

WHAT IS FIVE GUIDE?

WHO CAN BENEFIT FROM USING IT?

- https://www.youtube.com/watch?v=EwbLFdjHH_0
- A 7 minute video
- Usable and transferable information within the hour
- From practitioner to patient to partner (3P's)



Five Guide is an innovative visual tool to enhance caesarean section recovery.

Five Guide is a nurse developed commitment to Better Births for all.
A visual health promotion tool to use with women who have caesarean section.
Five Guide is the visual narrative of our anatomy that improves womens
knowledge and understanding of the five layer healing process.

These are:

1. Skin > 2. Fat > 3. Muscle > 4. Peritoneum > 5. Womb

Five layers could take up to 5-6 weeks to heal.
Clinicians using just their hand as a visual symbol engages women in
their own internal healing process. Inspiring all who care for surgically
delivered women to use a consistent and sustainable tool.

For more information please contact
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 youtu.be/EwbLFdjHH_0

Supported by



SUSTAINABLE, CONSISTENT & GLOBALLY TRANSFERABLE OUTCOMES



1. Understand the principles of Five Layer healing process.
2. Patient becomes aware of risk factors and potential complications of Caesarean Section recovery, infection, risk factors, future pregnancy, physical and mental health recovery, bonding, breast feeding etc.
3. Appreciate the role a clinician has in enhancing C-Section recovery, public health messages.
4. Feel competent to discuss the management of recovery with women ,partners, colleagues, using a consistent & Sustainable visual tool.
5. All those involved become equipped with the knowledge and skills to enhance the therapeutic needs of a surgically delivered woman.

ONE HAND ONE CONSISTENT AND SUSTAINABLE HEALTH MESSAGE

“visual, always at hand”; (Midwife)

“powerful and easy to remember”; (Health Visitor)

“each time I now use it, it reminds me every woman needs to hear the same information!” (Midwife)

‘I wish I had known this 12 days ago’;(Mother)

“each time she goes to try to Hoover, I remind her by holding up my hand, she has 5 layers healing!”(Partner)

Post partum Sepsis video 2: <https://www.youtube.com/watch?v=cphHeFQvVxY>



The image shows a wooden surface with several hand-shaped cutouts in various colors: pink, yellow-green, blue, orange, and teal. The cutouts are arranged in a circular pattern, with the text 'Thank You' and 'Time to discuss...' placed on the yellow-green and blue cutouts respectively. The cutouts have a slightly textured, felt-like appearance.

Thank You

Time to discuss...