



**We support
twins, triplets
and more...**

News release

Wednesday January 15th

New data released from Twins Trust Quality Improvement project

- 23% reduction in neonatal admissions
- 18% reduction in neonatal deaths
- 7% reduction in stillbirths
- 6% reduction in emergency C-sections

Twins Trust Maternity Engagement Quality Improvement Project continues to see positive results after two years.

This world-first project is aimed at improving care for families of twins, triplets or more and has already saved babies' lives, reduced neonatal admissions and reduced the need for emergency C-sections.

As part of the project, Twins Trust specialist midwives experienced in delivering and looking after mums pregnant with twins, triplets or more, visit maternity units to carry out an audit.

Following this, they will make suggestions and demonstrate how care and procedures can be improved in line with multiple birth clinical guidance issued by NICE (QS46).

Midwives talk about Twins Trust twin-specific growth charts available, and the NICE-endorsed care proforma which sets out what pregnant mums should expect when it comes to antenatal care.

The units were audited again after 12 months for the initial results, and again after another year when Twins Trust involvement ended, to see if results remained positive.

These latest results two years on and from 27 maternity units we have worked with are positive, proving that following the guidance works. However, three of these units failed to see improvements in perinatal data and we are investigating the reasons behind this.

Latest data shows that multiples are still over one and a half times more likely to end in a stillbirth and over three times more likely to end with a neonatal death. Babies from a multiple birth (as opposed to a singleton birth) are seven times more likely to need neonatal care.

Jane Gorringer who heads up the Maternity Engagement Quality Improvement project at Twins Trust, said: “We’ve seen a massive 23% reduction in neonatal admissions and that’s just from 27 maternity units.

“This is huge in terms of giving babies the best start in life, it is also a massive cost saving to the NHS.

“Crunching the numbers shows that if all 157 units in England followed NICE QS46 multiple birth guidance, every year emergency C-sections could be reduced by 634, neonatal admissions reduced by 1,308 and all this could save the NHS £8 million.

“And after five years, across the UK, up to 100 stillbirths could be prevented each year.”

Twins Trust has signed up 10 more units to take part in the project and wants to reach every maternity unit in the UK, with plans already taking shape in Scotland.

Twins Trust research showed that if you become pregnant with twins or more it is essentially “pot luck” if your local maternity unit is geared up for multiple births.

Keith Reed, CEO, said: “We know from the latest National Maternity and Perinatal Audit that at least 90 units self-report that they need to improve the care they provide in multiple pregnancies. We are aiming to work with and support them all over next three years.

“And we urge the NHS to ensure local maternity teams are aware that this project can make a considerable contribution to meeting the Department of Health’s Better Births ambition.”

Notes to Journalists

For further information on multiple births please contact Alyson Chorley alysonchorley@twinstrust.org or pressoffice@twinstrust.org call 01252 332344 / 07791 383494.

Twins Trust is the only UK-wide charity dedicated to improving the lives and wellbeing of families with twins, triplets or more. Representing 20,000 members and 100 local clubs in the UK, Twins Trust provides help and support to both parents and professionals to meet the unique challenges faced by multiple birth families. We invest in research to save lives, change lives and create better futures for multiple birth families. We also run a unique quality improvement project at Maternity Units to encourage and help with adherence to NICE QS46.

For further information, please visit www.twinstrust.org

1. Follow us on: Twitter/Facebook/Insta @twinstrust
2. For confidential and emotional support for families with multiples, please call Twinline which is staffed by trained volunteers that are parents of multiples and can offer support on sleeping, feeding, crying, behaviour, discipline, school issues or special needs. It is free to call on 0800 138 0509 and is open Monday to Friday from 10am–1pm and from 7pm–10pm.