



Meet the Webinar Team

Lesley will be the presenter



Lynsey and Heather on the Q & A



Marion is the organiser



Handouts from FNP Webinar Family Nurse Partnership Facilitating PIPE using Telehealth 21 May 2020

This webinar was recorded and will be uploaded to TURAS, if you want to review anything or recommend it to a friend!

Learning outcome



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- Outcome: by the end of this session participants will be able to critically explore how PIPE can be delivered using telehealth

Before we start, let's just take a moment to confirm the technical aspects of delivering telePIPE. Let's get our geek on!

Let's do a tech check: Clearly before you can do a PIPE using telehealth you need to be able to video call your client.

What do you need to consider?

Connectivity

- Is there a place in your house/office that is better for wi-fi? This can often be physically nearer to the router.
- If you are using Near Me or MS Teams and most other platforms you can test your connection prior to the call.
- Please do remember to confirm your own Boards information governance and digital policies for recommended platform
- Consideration of data use for your client. NB some providers are removing the data use cap for access to NHS services so you may find that if you use Near ME/Attend Anywhere that data use will be minimal.

Bandwith

- If you are planning to show a PIPE film, avoid live streaming as this will slow both yours and your client's connection down and may be unusable.

Practicalities

- Could you use a tripod/some way to enable you to carry out the demonstration so that your client can still see you?
- Make sure you have everything to hand to make life easier for you

Let's start at the very beginning.....



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- Build on your existing skills
- Carefully consider your client
- Carefully consider the baby, age and stage of development and how easy it will be for your client to engage

The beginning...a very good place to start.

Let's take this one step at a time. As we always do with PIPE we like to take a structured, constructivist approach building on what you already have.

Remote working may feel very strange at first, our skills in building therapeutic relationships will remain as central to our work. In our everyday contact with our clients, we use skills such as active listening, reflection, empathy and containment and these will still be essential.

What we are hoping to focus on is the moments rather than minutes! If parents can experience positive moments with their child this will develop into minutes

You will likely have a client in mind. It may be worth trying this with a client you have been working with for some time. A client you have a strong therapeutic relationship will also be more compassionate towards your new way of working and is likely to be very familiar with PIPE topics. This will also mean that your client is likely to be familiar with the steps of PIPE and feel able to engage with you virtually.

Think about the baby, age and stage of development. Is your client going to be able to engage with you? Consider reassuring your client that you will be delighted to pause the PIPE any time she has to attend to her baby. This may seem obvious however this ensures your client doesn't worry about stopping and will stay focused on the baby.

If you are a little nervous about PIPE over telehealth maybe you could start with a PIPE in pregnancy first. You may feel this would be easier to start with.

You can also explore some of the PIPE's that have less focus on the demonstration element such as **Love is sometimes a rocky road, Emotional refuelling**

Let's keep it simple and....short!
K.I.S.S



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Planning here is the key. It may even be helpful to skills practice with a colleague what you plan to say. Do this over teams, or even an old fashioned phone call.

- Really think about what concept you want/need to share. Keep this the focus.
- Consider: I want my client to learn “.....” from this PIPE
- Have the lesson plan right beside you. If it helps, write out a wee “mini script” to help you keep on track.
- Remember you know your client and your client knows you so try to relax and just enjoy being with your client and her baby. She won't remember what you did or didn't say but she will remember that you took the time to be with her during this time...even though you were not completely sure of how it would go. We're living the parallel process here
- You are also offering an opportunity for containment and reciprocity. This is more important than ever and the containment you offer your client will enable her to find her own solutions (link to 5 client principles).
- By agenda matching your virtual visit and adding in interactive activities you will increase the impact of your visit.
- In addition to this adding in interactive activities increases our ability to retain and recall information, this is often referred to as the “forgetting curve”. Revisiting learning and adding in activities significantly increases the potential for retaining the learning. Hence the 8 emotional threads in PIPE, “chunking” the information into 4 easy steps (which can be further broken down over two visits) and adding in activity...all designed to improve retention and recall.

You may find this introduction to the work of Ebbinghaus interesting.

<https://www.youtube.com/watch?v=SCsQHe-NpaM>

So what do I need?

PIPE TRAILER!!!



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One of the things we have learned about PIPE is that it is most effective when we are able to use the resources the client already has.

As part of your planning, consider what “kit” do I need? What will my client have already? Is there something you could support your client to make? e.g. put dry pasta/rice in a plastic tub/milk carton, noisy pots and pans/wooden spoon.

If you need to, use a parent handout you can send in advance with any facilitators and share on screen during your call.

You may find it helpful to print/copy any handouts onto a different colour paper so that they are easy to find for the client in amongst her facilitators. Remember that you would usually only need ONE handout.

If you want to use topic animal artwork it might be easier to share this on screen and chat through rather than send to the client. One way to do this is to seek some support from your amazing data manager/administrators.

Ask them to print off the animal artwork as a single page and scan this to you. You can then share on your screen easily.

So what else do you need? **Bravery and Enthusiasm!**

We have reviewed the 11 PIPE films on TURAS and to deliver these PIPES you would need very few materials. These are listed for you below:

- Stacking cups (recycle different plastic tubs)
- Blocks/shape sorter
- Paper and pencil/crayons
- Bubbles
- Shaker or rattle (pasta/rice in a tub)
- Cars

Recommended PIPEs from How to Read Your Baby/PIPE



JOY AND
LAUGHTER



PATTERNS AND
EXPECTATIONS



PLAYING IS
LEARNING



ATTACHMENT

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Recommended PIPEs

Joy and Laughter has wonderful ideas of things parents can do with their child and have some fun too! Many of these activities are in the theme of a Teddy Bear Picnic. It explores shared emotion, both positive and negative. This topic helps parents to understand the difference between sharing emotions and being emotional, probably quite a key piece of learning for us all

Patterns and Expectations is so important right now because all our normal established patterns and routines have been disrupted. This topic can support parents in creating new routines for themselves and their children. Humans do better when they know what is coming and this is a time of uncertainty.

Playing is Learning explores how children learn through play and I find it encouraging because us adults are also becoming present to the mastery cycle. It helps parents understand what mastery is and how it feels. We all love the feeling of success and this is even more crucial during these challenging times

Attachment is what happens when we get through both the good times and the hard times together. This also offers a reminder that children may need their “cosy” or blankie close at hand just now!

Where can I find more information?

- TURAS page
- Clinical Practice/PIPE
- LOTS of information can be found here including guidance on TelePIPE
- This is also where you will find the films



Remember: each PIPE on TURAS has a lesson plan already written for you, the password for the films is **PIPE**.

You **CAN** share this with clients if necessary.

Summary and Call to Action

- The basics: consider your client and her baby first
- Remember the 8 emotional concepts are threaded through every PIPE
- Keep it simple and short....use the resources that are available
- The education team are here to help

