

Health care with compassion

The ORAMMA project develops an integrated, woman-centred, culturally oriented and evidence-based approach for all phases of migrant and refugee women perinatal healthcare.

The ORAMMA approach supports a holistic treatment of these vulnerable groups, focusing on their needs, addressing in a compassionate way the challenges that migrant and refugee women face.

Pilot and recommendations

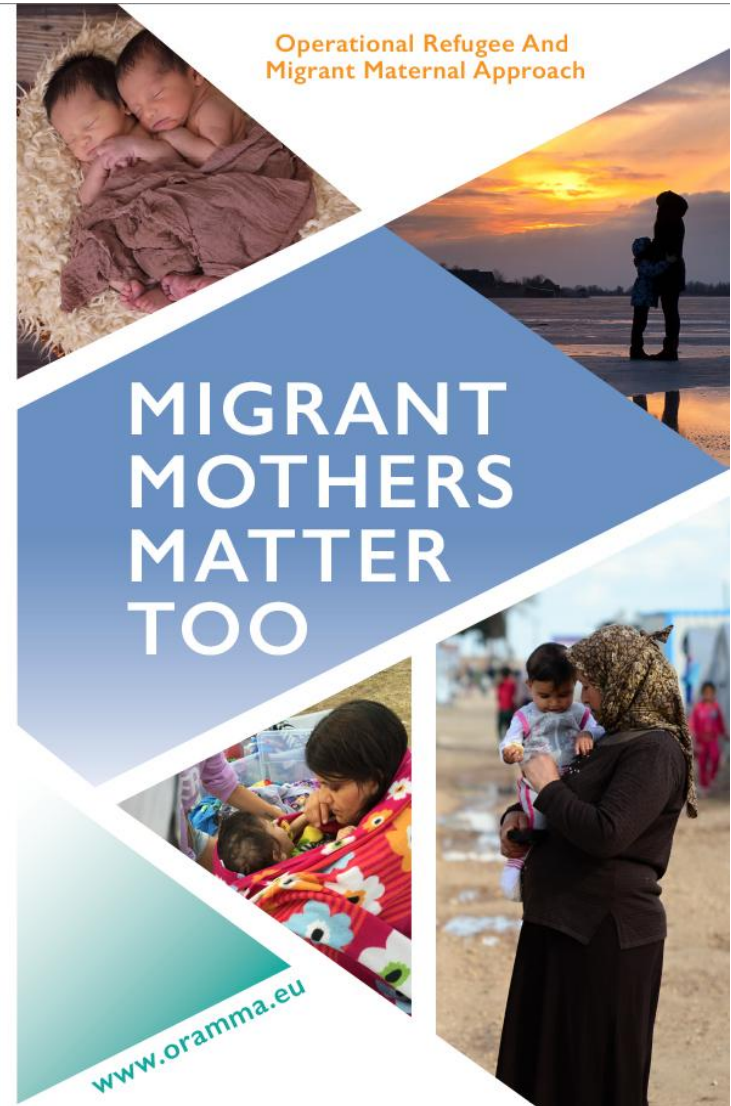
The ORAMMA approach and tools will be piloted and assessed in various European settings (in the UK, the Netherlands and Greece), in order to provide recommendations on the perinatal healthcare of migrant and refugee women and get feedback of its effectiveness and efficacy.



Mapping of perinatal healthcare for migrants and refugee women in Europe

The ORAMMA project gathers information on the present situation and the current size of the migrant and refugee population, the needs of the target groups and the needs of the healthcare professionals, the existing practices, social services and operational structures of healthcare provision, as well as special issues such as

legislation or other country-specific matters to be taken into consideration. As a result, a summative report on perinatal healthcare for migrant and refugee women within the EU and national context will be used for the development of the model, the pilot implementation and the design of the training course.



Operational Refugee And Migrant Maternal Approach

MIGRANT MOTHERS MATTER TOO

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Safe journey to motherhood

The **ORAMMA** project develops an integrated, woman-centred, culturally oriented and evidence-based approach for all phases of migrant and refugee woman's perinatal healthcare journey including detection of pregnancy, care during pregnancy and birth and support after birth. This approach will be implemented by multidisciplinary teams of experts, namely midwives, social workers and general practitioners, with the active participation of women from migrant and refugee communities which will ensure a safe journey to motherhood.



Integrated model on perinatal healthcare for migrant and refugee women

Phase 0: Detection of pregnancy

- Coordination by a health professional in the community (camp, municipality, social services, NHS, etc.)
- Detection of pregnancy
- Raising awareness of the special needs and risks of the target group

Phase 1: Care during pregnancy

- Coordination by the midwife (including chronic diseases, communicable diseases, health risks, cultural issues, etc.)
- Multidisciplinary team
- Personal operational plan
- Visits with midwife

Phase 2: Support after birth

- Coordination by the social worker
- Visits by midwife (breastfeeding, nutrition, post-natal check, clinical tests)
- Social worker: psychological support, referrals to social services, assistance with benefits

Community Capacity Building & Empowerment

ORAMMA - the core project tools

- ▶ The evidence-based guidelines for perinatal care for migrant and refugee women, aimed at health providers, individual health professionals working with the target group, and other community-based services.
- ▶ The **ORAMMA** approach including all the characteristics of the perinatal healthcare model; the role of the multidisciplinary team, the specifications of perinatal care phases, decision trees and/or algorithms for the implementation of the model.
- ▶ The Perinatal Personal Operational Plan covers the pregnant woman's general health, psychosocial and perinatal assessment with action plan and aims to provide all the necessary information both for the woman and the team treating her.

Cultural awareness across borders

Involvement of women from the target population and training them to assist and act as advocates for pregnant women during the whole perinatal and antenatal period, in a role of intercultural mediators is a key aspect of the **ORAMMA** project.



This highly innovative concept encourages these women to have a more defined role than a role of an interpreter to mediating, actively assisting and providing support to migrant and refugee pregnant women. Developing an education package will facilitate learning with a two-way knowledge transfer between health professionals and community, which will, increase cultural awareness.

Working together for a better community



The **ORAMMA** approach will be implemented in communities with migrant and refugee populations. Selected key members from these communities will disseminate the approach into these communities and motivate them to actively take part. The project involves close cooperation between health professionals and the migrant and refugee communities. This framework will include training activities for both target groups and will raise awareness of migrant and refugee women on a rights-based knowledge.

