

INFORMATION FOR PATIENTS

The PANDA (Pregnancy, Alcohol and Drug Antenatal) Clinic

The PANDA Clinic is an antenatal clinic for women/birthing people who are using or have used drugs and/or alcohol. You will be referred to the clinic by your midwife and will be seen by a range of professionals who will be involved in your care. The purpose of the clinic is to make sure that you and your baby remain well and have the appropriate support all in one place.

Most pregnant women are concerned about the wellbeing of their baby. If you are using, or have used drugs or alcohol, you may be concerned about the impact this may have on your baby. With the right advice and support you can still have a normal pregnancy and a healthy baby. The clinic allows you to get expert, non-judgmental advice and support.

What actually happens at clinic?

Your appointment may last up to two hours, especially if it is your first appointment. You are welcome to bring someone with you for support. Remember that you will be discussing both your pregnancy and your drug and/or alcohol use so even if you bring someone with you, you can still be seen on your own.

You will have an antenatal check up with the midwife and the obstetrician, which may include an ultrasound scan. If you need any blood tests these will be discussed with you and carried out with your consent.

If your partner also wants help with their drug and/or alcohol use, the specialist midwife can also offer them advice and provide information about the appropriate service for them.

At around 32 weeks pregnant you may be offered the opportunity to make plans for the birth and after care of you and your baby with your health workers.

How often will I attend the PANDA Clinic?

You will attend the clinic at regular intervals so that the health of you and your baby and your drug misuse can be monitored. The frequency will be unique to you.

As part of the clinic there is a multi-professional meeting held every four weeks giving the opportunity for your obstetrician and specialist midwife to meet other health professionals to share information to support you and your baby.

These may include:

- Health visitor
- Social worker
- Safeguarding children midwife
- Liaison drug worker.

How will I know what is said at the meeting?

Records are taken at the meeting and the specialist midwife can share with you what has been discussed at the multi-professional meeting.

Consent

We will ask for your consent to share information from this meeting with other professionals. If there is anyone in particular that you do not want information shared with, you must tell us. However, you need to know that if we feel your unborn baby or other children (if you have them) are at risk of significant harm, we will need to share this information with other professionals without your consent.

What information is shared?

The information shared relates to your pregnancy, drug and/or alcohol use and any other issues that might affect the welfare of you or your unborn baby.

This will include:

- Whether you are attending appointments.
- How you are coping with your treatment plan.
- Whether you have a support network available from family and friends.
- If Social Care have been involved with your family.
- Information about your partner.

- Information about any previous pregnancies and children.

I am worried about Social Care

One of the reasons pregnant women may not access services is because they are frightened that Social Care will become involved, and their children will be removed from their care.

Using drugs or alcohol is not, on its own, a reason for your baby to be removed from your care. Health professionals always assess whether women may need extra help to care for their baby.

We believe that using drugs and/or alcohol does not make you a bad parent. We know many women who use drugs and/or alcohol are able to look after their children well and provide them with the love and care they need.

If we are concerned about your ability to care for your baby or for any other children you may have, we will talk to you about this before we make a referral to Social Care. We will support you in your contact with Social Care.

If you require further information or need to change any appointments, please ring the Antenatal Clinic on 01623 622515, extension 3742.

Drug and Alcohol Services - useful contacts:

- **Change Grow Live**
Integrated Recovery Service
Telephone: 0115 896 0798
Email: notts@cgl.org.uk

Website:

<https://www.changegrowlive.org/nottinghamshire>

- **Hetty's**

Support if drug and alcohol misuse is happening in your home or affecting someone close to you.

Telephone: 08000 850941 or text 07896 228 547

- **Derbyshire Recovery Partnership**

Call to arrange an appointment to explore treatment options.

Telephone: 0845 308 4010

Website:

<https://www.derbyshirerecoverypartnership.co.uk/>

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you.

External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them.

If you require a full list of references for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

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