The Tommy's Pathway: Clinical Decision Support Tool Information for You

This information is for you if you are attending for maternity care at a hospital where the Tommy's Pathway is being used.

This document includes a lot of information, so we have included a summary of key messages here, which we hope you find to be helpful.

Summary of key messages included in this information:

- **The Tommy's Pathway: Clinical Decision Support Tool (also known as the Tommy's App) supports your midwife and/or doctor** in assessing your chance of having a preterm birth (when your baby is born early) and your chance of developing problems with the placenta during pregnancy (which can show as pre-eclampsia or prevent your baby from growing).
- **Understanding the chance of these problems developing early in pregnancy** means that your midwife/doctor can offer personalised care according to your individual needs. For some this means avoiding unnecessary appointments and for others this means ensuring the right care is offered at the right time to help lessen the chance of these problems developing.
- **The Tool uses information from your medical and pregnancy history**, your scan results, and other tests to assess your chance more accurately than the current checklist method.
- **It is important to note that the Tool does not 'decide your care'** and it does not replace the knowledge or clinical skills of your midwife or doctor, in informing you about your care recommendations. Your midwife or doctor will discuss options with you to plan your pregnancy pathway so that you can make informed decisions about your care and what is best for you and your baby.

Before you attend your first midwife appointment…

1. **Go to the homepage: www.tommysapp.org**
2. **Sign up to create your profile**
3. **Log in to enter your information**
4. **Add the name of the hospital you are attending for maternity care.** This will enable your midwife at your hospital to access your profile and discuss your information with you during your appointment.

More detailed instructions are also included at pages 5 & 6 of this document
You can find out more on the homepage at: www.tommysapp.org/information

What is the Tommy's Pathway: Clinical Decision Support Tool and what does it do?

The Tommy's Pathway is an online tool shared between women and pregnant people, midwives, and doctors to help improve maternity care. Its aim is to help ensure that each woman and pregnant person is offered the ***right care at the right time, no matter where they live,*** based on their individual needs.

It offers a **more accurate assessment** of each woman and pregnant person's chance of preterm birth (when your baby is born early) and of developing problems with the placenta that can show as pre-eclampsia and/or prevent your baby from growing.

Understanding the chance of these problems developing early in pregnancy, means that your midwife or doctor can offer personalised care according to your individual needs. For some, this means avoiding unnecessary appointments and for others, it means ensuring that the right care is offered at the right time.

Based on the results of your assessment, the Tool **offers care recommendations that are in line with best practice national clinical guidelines** and are **personalised to each woman and pregnant person**. This supports your midwife or doctor to provide the best care and work together with you to plan your pregnancy pathway.

What's that? National clinical guidelines are recommendations on how healthcare professionals should offer care. The recommendations are based on the best available evidence.

The Tool also has a personal log in just for you, where **you can view your profile and care recommendations at any time.** You can log in to your profile on a laptop, iPad or smart phone. **You can also view the Pregnancy Information Hub,** which shows you **evidence-based pregnancy information and guidance** published by trusted sources such as the NHS, the Royal College of Obstetricians & Gynaecologists and Tommy's Charity.

How does the Tommy's Pathway: Clinical Decision Support Tool Work?

The Tool uses **algorithms** to process the information gathered at your routine maternity appointments. These algorithms have been shown to be **more accurate than the current checklist method of assessing risk** and are now being used in the Tommy's Tool.

What's that? An algorithm is a process or set of rules used in calculations or assessments

The Tool uses information about you (i.e. your age, ethnic group, height, weight, smoking status) and your medical, pregnancy and birth history, as well as information gathered in your current pregnancy, such as your scan results, blood pressure and blood tests.

The Tool **balances all these social and medical factors together, to offer a more accuraten assessment of your chance of preterm birth or having problems with your placenta.** Because there are many factors, which are all considered together, your midwife may not be able to tell you any 'one thing' that has determined your chance, but they will be able to advise you on which factors might have contributed. **If you are concerned or have any questions, please discuss this with your midwife.**

Based on your assessment the Tool will then offer care recommendations in line with national clinical guidelines that are **personalised to your needs during pregnancy**. For some pregnant women and people, this will mean avoiding unnecessary appointments and for others this might mean being offered lose dose aspirin, additional scans, or referral to a specialist clinic. Your midwife will discuss your individual care recommendations with you at your appointment, and you will be able to view your care recommendations by logging into your profile on the online Tool.

Who is the Tommy's Pathway: Clinical Decision Support Tool for?

The Tool is for:

- **Maternity healthcare professionals (midwives and doctors) who look after women and pregnant people:** to support them in the best care, in line with national clinical guidelines**.**
- **Women and pregnant people**: to access their care recommendations and information directly, which they can do at any time throughout pregnancy by logging in to their profile at www.tommysapp.org, supporting them to make informed decisions about their care.

The Tool is currently available at participating hospitals only. This means where the maternity care professionals have been trained to use the tool. In the future, we hope it will be available to all women and pregnant people, and all maternity health care professionals across the UK.

What information will I be able to see?

You will be able to see:

- **Your personal and medical information that you have entered** directly on to your profile.
- **Your personalised care recommendations**: these recommendations will be shown on your 'Care Pathway Overview' when each assessment is run during your appointment with your midwife or doctor.

It is important to note that for the purposes of your maternity care only you and the healthcare professionals from the hospital named on your profile will be able to see your information. The Tommy's Pathway: Clinical Decision Support Tool is hosted by the NHS in line with strict information governance protection. You can read our Privacy Notice at www.tommysapp.org/privacy-notice

If you are attending for maternity care at one of the PARTNER Trial maternity units, your midwife will discuss this with you. You can view the PARTNER Trial website at https://partnertrial.blogs.bristol.ac.uk/ for information. You can also view the PARTNER Trial Privacy Notice at https://partnertrial.blogs.bristol.ac.uk/privacy-notice/ .

Please note: the following maternity units are not participating in the PARTNER Trial: Jessop Wing Sheffield, Ashford & St Peters and **Lewisham & Greenwich**.

What kind of assessments will be run?

Your midwife or doctor will complete an assessment during specific appointments including the following:

For **all** women and pregnant people:

- Your **booking appointment** (usually with your midwife), to review your medical history and **assess your chance of preterm birth.**
- Your midwife appointment at **around 15-16 weeks of pregnancy,** to **assess your chance of developing problems with your placenta** (this is called a Placental Function assessment).

For **some** women and pregnant people:

- Any unplanned visit to the hospital, such as if you experience a **change in your baby's movement** or any **stomach pain or strong tightenings,** to **assess signs of possible preterm labour**.
- Your midwife or doctor appointment **after your 36-week scan (if you need one)** to assess the best **timing of birth** for your baby.

What if I choose not to sign up to the Tool?

If you choose not to sign up to the Tool, this will not affect your care in any way. Your maternity team will use the Tool to assess your needs and offer you the same evidence-based care recommendations.

However, you will not be able to access your Care Pathway Overview and care recommendations or access the Pregnancy Information Hub using your own smart phone or internet device. You can access your hospital maternity records as normal.

If you change your mind later in your pregnancy, you can let your midwife know at any time and they can advise how you can gain access to your profile.

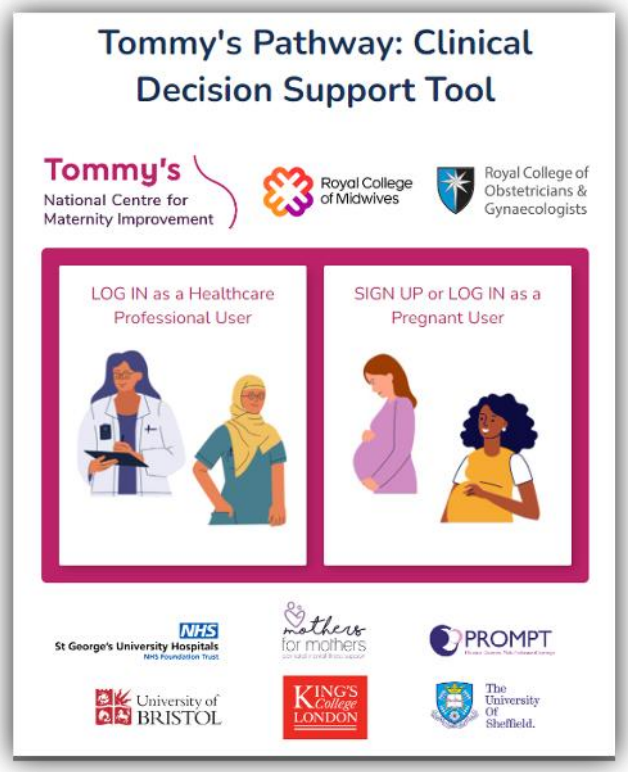
What do I have to do to sign up to the Tool?

To **SIGN UP** you will use your **personal email address** and create a **secure password.**

You will be guided through the information detailed below, but **should you need any more help, please ask your midwife.**

You will be asked to enter your **personal information** (including your name, date of birth, address), the **name of the hospital** where you are being cared for during your pregnancy and some information about you, your **medical history,** and any **pregnancy history.**

If you are unsure about any information you are asked to enter, or you make a mistake, do not worry! Your midwife will check all this information with you in your appointment.

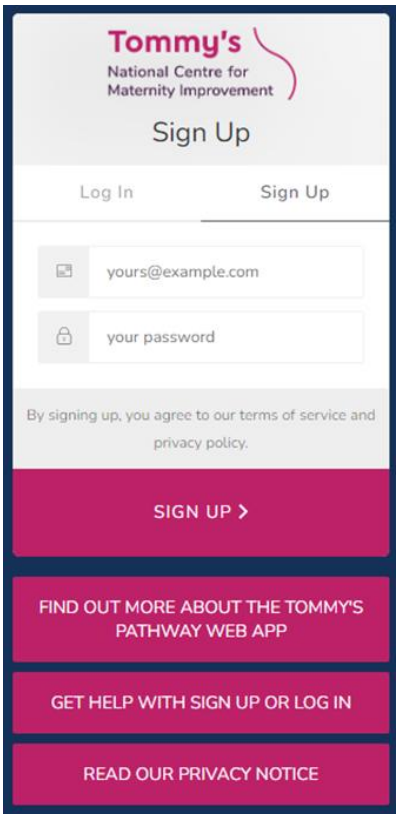


How do I access the Tool?

You can access the Tool online at the homepage by typing the following into your web browser:
www.tommysapp.org

Or you can scan the QR code below which will take to the tool homepage:

Then click to SIGN UP or LOG IN as a Woman or Pregnant User



How to SIGN UP…

1. **Go to the Tommy's Pathway homepage at www.tommysapp.org**
2. **Click 'SIGN UP / LOG IN as a Woman or Pregnant User**
3. **Click the SIGN UP tab**
4. **Enter your personal email address**

Tip! *This should be a personal email address at which you would like to use to receive communications about using the Tommy's Pathway*

5. **Enter a password of your choice**

Tip! *This should be personal to you to keep your account secure*

6. **Click the SIGN UP > button**

Tip! If the automated email is not in your inbox, check your junk/spam folder

How to CONFIRM YOUR ACCOUNT…

When you click sign up, you will be sent an automated email from tommysappsupport@rcog.org.uk asking you to **'confirm your account'**

1. **Go to the inbox/mailbox** of your chosen email address to find it
2. **Open the email and click once on 'Confirm my account'.**
3. **This will redirect you to a fresh webpage** where you can now **LOG IN**
4. **You can then discard the email as the link expires after it is used**

How to LOG IN…

Now that you have confirmed your account with your email address, you can log in using the secure password you chose for your profile during sign up.

1. **Go to the Tommy's Pathway homepage** at www.tommysapp.org
2. **Click 'SIGN UP or LOG IN as a Pregnant User'**
3. **Click the LOG IN tab**
4. **Enter your email address** (the one you used to SIGN UP)
5. **Enter your password** (the one used to SIGN UP)
6. **Click the LOG IN> button**

Follow the instructions on screen complete your profile and enter your details.

Uh-oh something went wrong…

Tip! If you get an **error message** at this stage, there are two key things to check that in most cases will be all you need to get back on track…

1. **Is my password correct** - **use the Set/Reset my password button** and follow the instructions on screen to reset your password at any time
2. **Am I using bookmarks / favourites to access the web page?** These are often a problem for secure websites and **instead you can use a desktop short cut or a home screen icon on your smart device** which means you are always opening up a fresh web page each time you access it.

Help is at hand!

You can find help and information about the Sign up/Log in process on the homepage…

Go to the homepage, click on 'SIGN UP or LOG IN as a Pregnant User'

click on 'GET HELP WITH SIGN UP OR LOG IN'

You can also contact our team for support at tool-support-partner@bristol.ac.uk .

Supporting Information

This information has been developed by the Tommy's National Centre for Maternity Improvement, a collaboration of maternity healthcare professionals, academics and women and pregnant people with lived experience.

This information has been reviewed by our dedicated patient and public involvement advisory group, to seek views from those with lived experience before being finalised and published.

This information notes that the Tommy's Pathway: Clinical Decision Support Tool supports midwives and doctors to offer care recommendations in line with national clinical guidelines. **These national clinical guidelines are:**

- NICE Antenatal Care Guideline which you can view online here: www.nice.org.uk/guidance/ng201
- Saving Babies Lives Care Bundle Version 3 which you can view online here: www.england.nhs.uk/publication/saving-babies-lives-version-three/