

# Multidisciplinary consultation (MDC) for vulnerable young families



medical – social – public domains



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## Aim of the project

What are the initial experiences with a **multidisciplinary consultation (MDC)** between **professionals** and **pregnant women or young families** living in three socio-economically deprived municipalities in South-Limburg, the Netherlands?

*In these municipalities, local coalitions work on **improving cooperation** between the medical, social and public domains.*

## Multidisciplinary consultation (MDC)

Aim of the MDC is delivering **timely care and support**, tailored to the **needs** of pregnant women and families with children aged 0-2 years in a vulnerable position.

**Participants** are **families** and professionals from:

- **medical domain** (e.g. midwife, maternity care, general practitioner)
- **social domain** (e.g. municipality, social work, mental health)
- **public domain** (e.g. youth health care, child day-care, library)

## Action research



### Methods

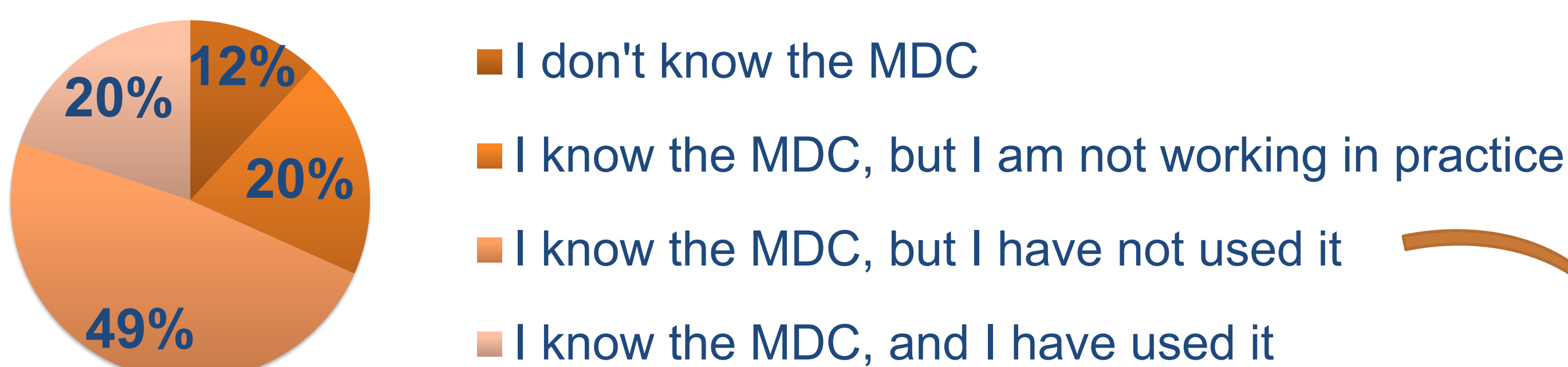
- Interviews (n=24)
- Registrations (n=23)
- Questionnaire to measure implementation (n=51)

## Quote youth consultant municipality

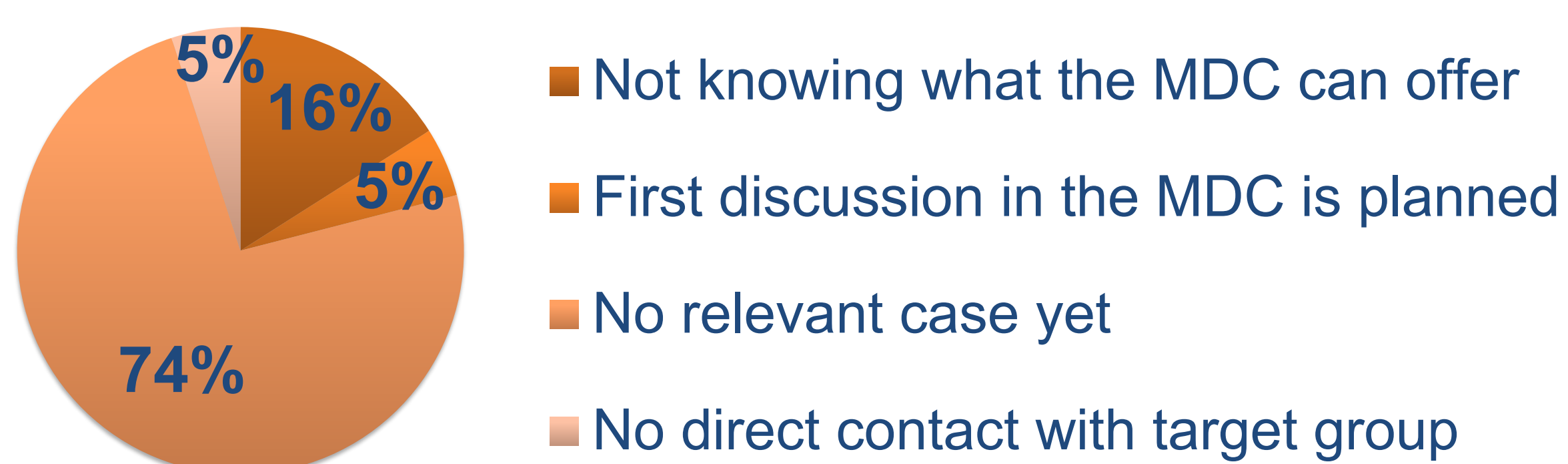
*"My wish would indeed be that professionals that signal vulnerabilities early on, really know where to refer the young families to. And that the use of care is also quickly arranged, you know. That everyone gets that help and especially at the start of your life on which you can build on in the future."*

## First results questionnaires and registrations 2022

### Professionals familiar with the MDC (n=51)



### Reasons for not using / referring to the MDC (n=19)



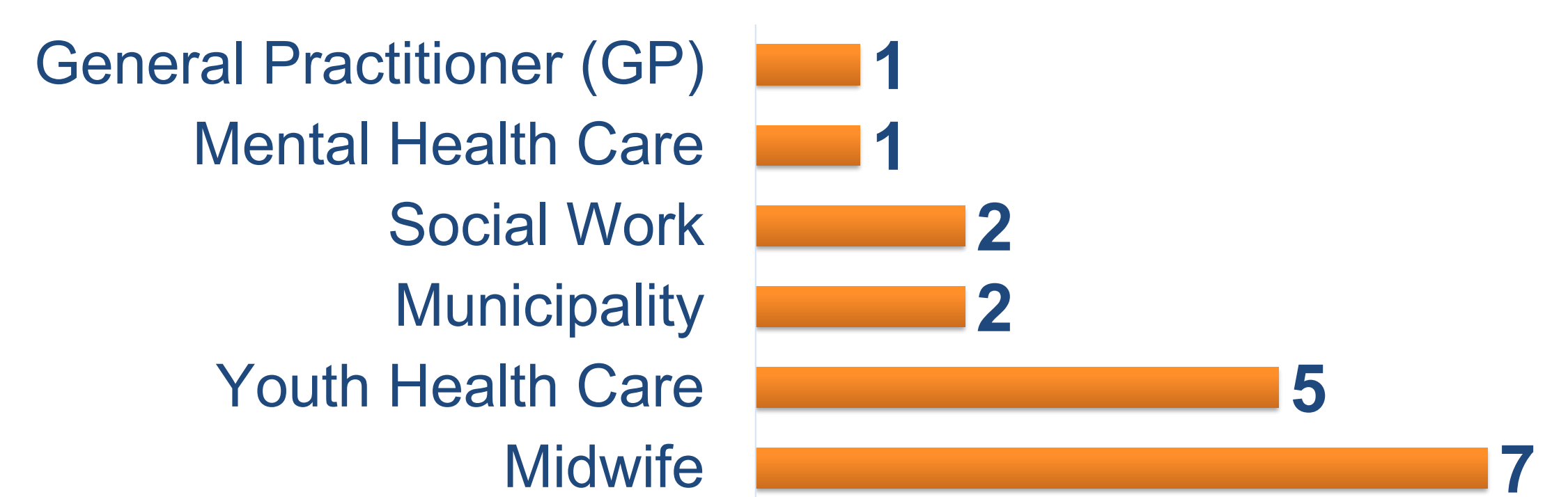
### MDC supports in providing good care to families (n=35)

**63%** (totally) agree

### Number of families registered for the MDC (n=23)



### Referring professional to the MDC (n=18)



### Requests for help discussed in the MDC (n=18)



## Conclusion and recommendations

Professionals familiar with the MDC experience it as added value: "A point has been created where you can refer to in case of vulnerabilities around pregnant women and young families". However, the number of applications is limited and often made by the same professionals. Most requests are related to housing and income/debt.

### Action points after 1 year of implementation of the MDC:

- Increase awareness among all professionals working with the target group, in the 3 pilot municipalities.
- Collect experiences of families by performing client journeys.

