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Multidisciplinary consultation (MDC) for vulnerable young families

medical – social – public domains

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Aim of the project

In three pilot municipalities local coalitions work on **improving cooperation** around **the first 1000 days of life** between: the medical, social and public domains.

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?

Multidisciplinary consultation (MDC)

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

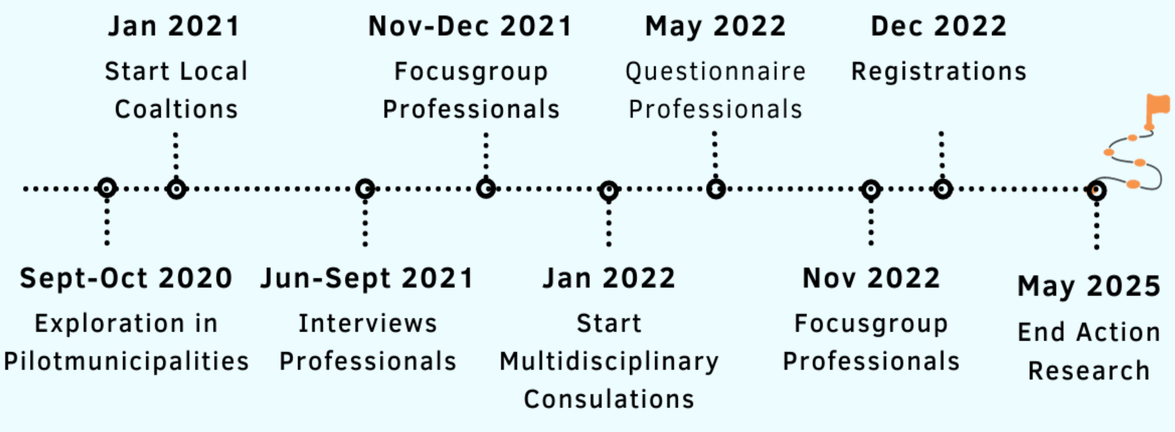
Participants of the MDC are **families** and professionals from:

- **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)

A practice-based action research with a mixed-methods design

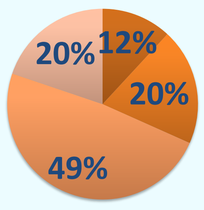
Methods 2021 - 2022

- Interviews (n=24)
- Questionnaire (n=51)
- Focusgroups (n=6)
- Registrations (n=23)
- Observations (n=24)



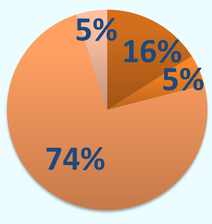
First results questionnaire

Professionals familiar with the MDC (n=51)



- I don't know the MDC
- I know the MDC, but I am not working in practice
- **I know the MDC, but I have not used it**
- I know the MDC, and I have used it

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



- Not knowing what the MDC can offer
- First discussion in the MDC is planned
- No relevant case yet
- No direct contact with target group

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

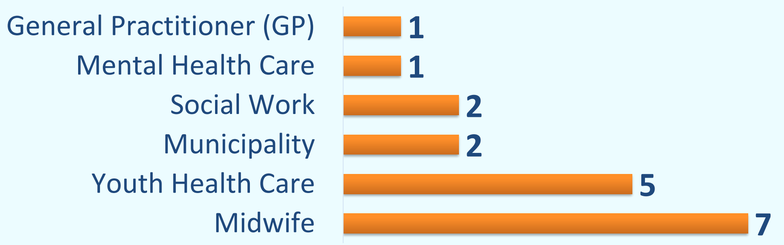
63% (totally) agree

Registrations 2022

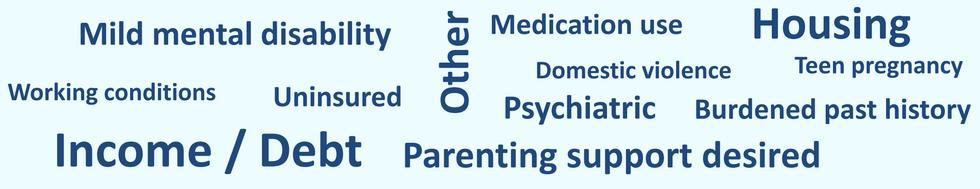
Number of families registered for the MDC (n=23)

11 Kerkrade | 7 Landgraaf | 5 Vaals

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.

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