Costs and benefits of community postnatal support workers: a randomised controlled trial

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Record Status
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Citation

Authors' objectives
This study aimed to measure the effect and the total cost per woman of providing postnatal support at home, based on a Dutch model. The research hypothesis was furnished by some existing evidence that postnatal support could reduce the risk of postnatal depression and encourage breastfeeding.

Authors' conclusions
Although women valued the service, there was no evidence of any health benefit at the 6-week or 6-month follow-up, no difference in use of NHS services, and the additional cost of the service provision would be around 180 GBP per woman.

Additional studies are required to identify the support-related outcomes of importance to postnatal women, and to compare the effectiveness of different models of antenatal and postnatal support.

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