

# Logic model

## FLY Mama

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# Logic model for FLY Mama

**Aim:** To understand the value and impact of six support bundles to support the physical and emotional healing and wellbeing for women and birthing people who have experienced perinatal trauma or loss.

## INPUTS

## ACTIVITIES

## OUTPUTS

## OUTCOMES

## IMPACTS\*\*

- PERINATAL TRAUMA AND LOSS SUPPORT

- FLY Mama staff

- Online website support from developers

- Clinical expertise: five pillars of health are woven through all the Support Bundles:

1. Education
2. Movement
3. Coaching
4. Energy
5. Connection

PERINATAL TRAUMA AND LOSS SUPPORT

Online support bundles

1. Stillbirth and Neonatal Death Support Bundle

2. Rainbow Baby Support Bundle

3. Early Pregnancy and Baby Loss Support Bundle

4. Termination for Medical Reasons Support Bundle

5. Life Limiting Diagnosis in Pregnancy Support Bundle

6. Life Limiting Diagnosis in Postpartum Period Support Bundle

### SATISFACTION WITH MODE OF SUPPORT

- Website content analysis (of functions, content, and timing)
- At least 50% of service users completing the bundle activities
- Acceptability and Impact Measure (AIM)
- Patient Attitudes Toward Innovation Survey (PATIS)

### PHYSICAL IMPACT

- Participant survey: physical support, sleep quality, triggers
- Pelvic Floor Impact Questionnaire (PFIQ-7)

### EMOTIONAL/WEELLING IMPACT

- DASS-21 (Depression & Anxiety & Stress) OR PHQ-9 (Depression) and GAD-7 (Anxiety)
- Participant survey: Self-esteem, body confidence
- Traumatic Grief Inventory / Grief Response Scale / Impact of Event Scale

### SOCIAL ENGAGEMENT IMPACT

- Participant survey: Social capacity
- Work & Social Adjustment Scale

### HEALTH SERVICES IMPACT\*

- Reduced number of appointments to bereavement services
- Reduced number of additional maternity appointments
- Reduced number of mental health-related hospital admissions
- Reduced number of medications prescribed for depression or anxiety
- Reduced number of GP appointments

\*Further work is needed with relevant health services to identify specific metrics/variables they collect and link to these categories.

### SATISFACTION WITH MODE OF SUPPORT

- High acceptability / satisfaction with website module
  - Content
  - Delivery methods
  - Module communications
- High acceptability toward bundle experienced
- Improved attitudes toward online support platforms
- Good fit with life commitments

### PHYSICAL IMPACT

- Improved physical support and recovery
- Improved sleep quality
- Improvement management of triggers
- Reduced pelvic floor issues

### EMOTIONAL/WEELLING IMPACT

- Reduced symptoms of depression
- Reduced symptoms of anxiety
- Reduced symptoms of stress
- Improved self-esteem and body confidence
- Reduced symptoms of grief

### SOCIAL ENGAGEMENT IMPACT

- Improved social capacity
- Improved capacity to work / obtain employment

### HEALTH SERVICES IMPACT

- Avoided use of bereavement services
- Avoided additional maternity appointments
- Avoided mental health-related hospital admissions
- Avoided use of medication
- Avoided GP appointments

\*\* Please note an assessment of long-term impacts would need a two or three-year evaluation.



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