

# NEWS RELEASE

## Communiqué



### National Multiple Births Awareness Day!

**May 28th**



[www.multiplebirthscanada.org](http://www.multiplebirthscanada.org)

Multiple Births Canada /

Naissance multiples Canada

PO Box 432

Wasaga Beach, ON

Canada L9Z 1A4

Tel. / Tél. : 1-705-429-0901

Fax / Téléc. : 1-705-429-9809

Toll Free / No. sans frais :

1-866-228-8824

[office@multiplebirthscanada.org](mailto:office@multiplebirthscanada.org)

[www.multiplebirthscanada.org](http://www.multiplebirthscanada.org)

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*Multiple Births*

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## Prenatal Education for Multiple Pregnancies

### National Survey Results Released

#### NEWS

October 15, 2011

**WINDSOR, ONTARIO** – Multiple Births Canada (MBC) released the findings of a national survey on prenatal education for multiple pregnancies today. It identified key knowledge gaps as well as a reliance by health care professionals on MBC resources.

The survey link was sent to 67 Canadian health units or health authority offices inviting their prenatal educators to participate in the online survey, of which 29 responded. The response rate of 43.3% included participation from British Columbia, Alberta, Saskatchewan, Manitoba, Ontario, and Quebec.

The survey was created as part of the awareness campaign for National Multiple Births Day 2011 announcing that **“Prenatal education and professional support must reflect the unique needs of Canada's multiple-birth community”**- the survey outlined key elements required in prenatal education for multiple pregnancies.

#### QUOTES

“As expected, most prenatal education is designed for singletons. If a prenatal educator has someone in the class expecting multiples they may touch on some multiples specific topics, however in the case of a 12 hour course, they may spend 1 hour on multiples-specific information. Thankfully there are a few multiples-specific prenatal courses offered in most major cities and available online and on DVD.”

*Gail Moore, National Multiple Births Awareness Day Chair*

#### QUICK FACTS

- Key knowledge gaps identified include a need to provide more specific written information, emotional support, determination of Zygosity, and post-delivery support.
- 68% of respondents do not provide information on Twin-to-Twin Transfusion Syndrome (TTTS) – a high-risk condition that can occur with monozygotic twins but can be better managed if identified early in the pregnancy.
- 48% of respondents do not cover what to expect in the Neonatal Intensive Care Unit (NICU) – yet 57% of twins and 98% of higher order multiples are born preterm (before 37 weeks) requiring the intervention of the NICU.
- 58.6% of respondents provide information about Multiple Births Canada directing parents to the wide range of educational resources available online at [www.multiplebirthscanada.org](http://www.multiplebirthscanada.org).

#### MEDIA CONTACTS

**Kimberley Weatherall, Acting Executive Director**

Toll Free: 1-866-228-8824

[kimberley.weatherall@multiplebirthscanada.org](mailto:kimberley.weatherall@multiplebirthscanada.org)

**Gail Moore, National Multiple Births Awareness Day Lead**

Phone: 1-705-647-2135

[gail.moore@multiplebirthscanada.org](mailto:gail.moore@multiplebirthscanada.org)