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Introducing a Birth Reflection Pathway in
Maternity Services

Background



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- **Collaboration between patient experience, health psychology and maternity teams**
- **New and innovative pathway to support women after birth**
- **Midwifery-led clinic where mothers can talk to a senior midwife about their birth experience**
- **Whole system pathway**
- **Incorporated specific prevention and detection training for midwifery staff**
- **Created regular, routine measurement**

Methodology



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MCA 5Ps Assessment

PATIENTS

PURPOSE

PROCESSES

PROFESSIONALS

PATTERNS

Microsystem

Date: _____

259

27

Focus Groups

- **Two focus groups – informed set up of service**
- **Designed to gather feedback from women who have been through our maternity services**
- **One group of women had been through current psychological pathway and one who had not**
- **Women continue to be involved with service – supporting set up of a birth reflection group**

Literature Search and Training



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- **Comprehensive literature search - women's experience of labour and the clinical evidence on perinatal PTSD**
- **Inclusion of patient specific feedback and birth stories from two focus groups**
- **Development of a bespoke trauma awareness training**
- **Provision of a one day workshop – now also delivered externally**
- **Evaluation of learning using self-reported feedback**

The clinics

- Midwifery led
- Started in September – Now booked until May
- Run twice a month in community based locations
- Appointments last 90 minutes
- Pathway developed for signposting if further support is needed

The Surveys

- **Currently survey women face to face on a monthly basis via our real time programme**
- **Have now implemented continuous feedback for all women using our maternity services:**
 - **Ante-natal – sent 4 weeks before delivery**
 - **Birth experience – sent 6 weeks post delivery**
 - **Post-natal – sent 12 weeks post delivery**
- **Gathering clinician specific data**

Impact



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- **Created a whole systems pathway**
- **Ensures joined up communication between the different clinical services**
- **Women can self-refer simply and quickly**
- **Training of 90 midwives – 100% rated it as very interesting and relevant to role**
- **Provides continuous feedback from women**

Patient comments

“very helpful service, filled in much needed gaps and will help my recovery immensely”

“Excellent communication. I felt listened to”

“this appointment has changed my relationship with my baby for the better”

Future Success

- **Starting a birth reflection community group for women**
- **To use feedback to inform and enhance the development of a permanent Birth Reflection Pathway**
- **Focus on evaluation of the service and analysis of the feedback**
- **We have a wish to extend the clinics to reach further across the Trust**
- **We will be running additional training session in Spring 2018**

What makes this stand out

- The work was done with the staff on the ground
- Women were involved from the beginning
- Excellent training
- We have created a pathway to support women that is robust, well supported and easily accessible
- We have created a unique feedback pathway for women using maternity services



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welcome to the birth reflection service



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Thank you

building
a caring
future

HOSPITAL | COMMUNITY | HOME