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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

**MCA 5Ps Assessment**

**PATIENTS**

**PURPOSE**

**PROCESSES**

**PROFESSIONALS**

**Microsystem**

**Date** \_\_\_\_\_

**PATTERNS**

**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



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- **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

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