

# BIRTH REFLECTIONS: Listening to women

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**AIM:** Provide a birth reflections service for women that have had or are due to have their baby at Walsall Healthcare NHS Trust

**Background:** Birth reflection provision varies across the country. Most are Midwifery led with 40.7% of those Midwives having no specific training to safely deliver an effective, safe de-brief. The Ockendon report, Morcombe Bay report, the NMC and recently the Birth Trauma report all specifically state the importance of each trust having a service that listens to women at the heart of their organisation.

To be safe and effective this service requires skill and lots of patience. Walsall is proud to have one of only a handful of trained Birth Trauma Practitioners to provide effective de-briefs that benefit women/partners.

**Method:**

Birth Reflections started with one day a week being set aside to establish the service. As the demand increased, we moved to two days a week. The service was so successful it is now a fulltime role able to offer more women/partners the opportunity to discuss their birth.

An evidence based Guideline and Standard Operating procedure (SOP) were written to underpin the service.

Meetings held with teams in each area in Maternity to inform about the new service. Including a referral pathway on Badgernet digital maternity records and a dedicated email established for external referrals.

Initially community Midwives identified women who had had a traumatic or difficult labour/birth and referred them for birth reflections.

To date staff in all maternity areas can identify and refer women which has led to a significant increase in referrals and women having the opportunity to discuss their birth.

Walsall Hospitals NHS Trust

## Reflections

Thinking about your birth?  
Do you want to talk it over?

The reflections Teams offer a Midwifery-led debriefing service

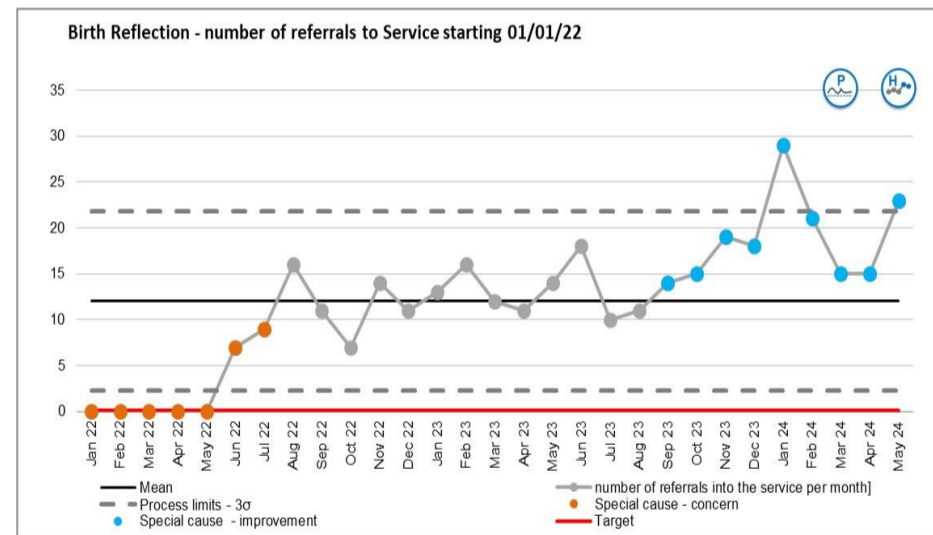
This is an opportunity for you to sit down with a Midwife and talk about your birth experience. This may provide clarity and understanding about your birth and enable you to express your feelings.

When? 6-12 weeks from birth. This allows you time to reflect on your birth experience and formulate any questions you may have.

Where? Appointments are available at Walsall Manor Hospital, and also at your home.

To arrange an appointment, please contact the Reflections Team on:

- Telephone - 07789878057
- Email - walsall.birthreflections@nhs.net



**Data:** The SPC chart above shows how the demand has grown from when the service was being developed, delivered 1 then 2 days per week. It varies with number of births.

The whole experience was so positive and has really given me an insight into what happened and why

Absolutely brilliant service for people like myself who had trauma at birth! Such a calm and relaxing environment and the lady who provided it to us both appointments was brilliant too

Quotes from those using the service

Now Birth Reflections is well established within Maternity providing a listening service post birth.

Antenatal support is now also available for previous trauma or women that had a poor experience to support them through their pregnancy.

**Conclusion:**

100% of families that have accessed Birth reflections rate it as effective and would recommend it.

Feedback leads to service improvements

## Maternity Specialist Midwife.

### Summary

An established listening service for families that birth at |WHT

Working in partnership

The Royal Wolverhampton NHS Trust  
Walsall Healthcare NHS Trust