

Birth Afterthoughts Service

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Information for maternity service-users and their families

Why do we have a Birth Afterthoughts Service?

Some birth experiences may leave women feeling traumatised, distressed, anxious or confused. For some women, the birth they experienced was very different from the birth they hoped to have, which can be hard to come to terms with. You can access the Birth Afterthoughts Service to talk about these feelings, and to better understand what happened to you during your birth. This can be soon after the birth, or several years later. During the appointment, we can also talk about how this impacts on future births.

How can it help you?

Debriefing helps you to:

- Tell the story of your birth experience and have the opportunity to express their feelings; positive or negative.
- Feedback about the care they received – this can help to improve the service we provide.
- Resolve unanswered questions about their birth, and help them to understand why things may have happened, or why decisions were made.

How to access the service

Referrals may be made anytime through your midwife or by sending an email to birthafterthoughts@jpaget.nhs.uk

- The Women's Experience Midwife will contact you to discuss the referral and book an appointment. You are welcome to bring your partner with you.
- At the appointment, the Women's Experience Midwife will go through your maternity records with you.
- Should you require further support, options for this can be discussed at the appointment.

Contact Details for Women's Experience Midwife

birthafterthoughts@jpaget.nhs.uk

Please be aware that there may be a waiting list for the Birth Afterthoughts Service. We will try to contact you as soon as possible but it may take a few weeks to contact you to arrange an appointment.

07391 408 325

01493 453313



Feedback

We want your visit to be as comfortable as possible. Please talk to the person in charge if you have any concerns. If the ward/ department staff are unable to resolve your concern, please ask for our Patient Advice and Liaison (PALS) information. Please be assured that raising a concern will not impact on your care. **Before you leave the hospital you will be asked to complete a Friends and Family Test feedback card.** Providing your feedback is vital in helping to transform NHS services and to support patient choice.

Trust Values	<p>Courtesy and respect</p> <ul style="list-style-type: none"> • A welcoming and positive attitude • Polite, friendly and interested in people • Value and respect people as individuals <p>So people feel welcome</p>	<p>Responsive communication</p> <ul style="list-style-type: none"> • Listen to people & answer their questions • Keep people clearly informed • Involve people <p>So people feel in control</p>
	<p>Attentively kind and helpful</p> <ul style="list-style-type: none"> • Look out for dignity, privacy & humanity • Attentive, responsive & take time to help • Visible presence of staff to provide care <p>So people feel cared for</p>	<p>Effective and professional</p> <ul style="list-style-type: none"> • Safe, knowledgeable and reassuring • Effective care / services from joined up teams • Organised and timely, looking to improve <p>So people feel safe</p>

	<p>The hospital can arrange for an interpreter or person to sign to assist you in communicating effectively with staff during your stay. Please let us know.</p> <p>For a large print version of this leaflet, contact PALS 01493 453240</p>
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