

# Birth trauma, advocacy and personalised care planning

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# Culture workshop

MDT event facilitated by an external speaker

- Ensured psychological safety in the room

- Created a rich learning environment

Session was based around a patient's story following a traumatic delivery

- Powerful conversation starter

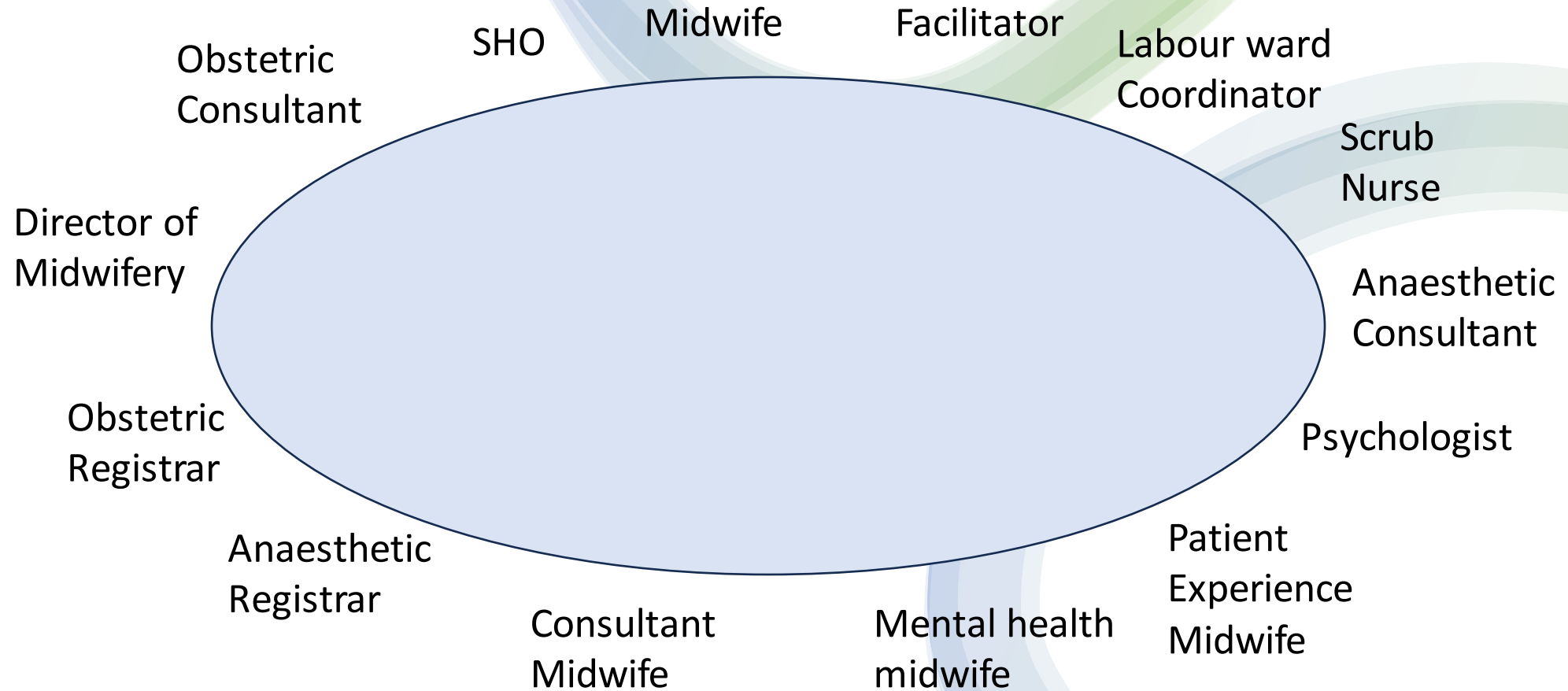
We then split into MDT groups of 5 to discuss

- Factors that contributed to trauma for this patient and others

- What can be done to try to improve this

The goal was to generate ideas that can be taken forward by the department

# Culture Workshop



# How do we play a role in creating trauma?

- In more than half of cases, poor treatment by staff play a part in the trauma
  - Patients voicing a concern but being ignored or laughed at
  - Repeatedly being asked for pain relief but told they can't have it
  - Not being told what is happening during an emergency
  - Being denied support
  - Having a procedure or examination without consent

4-5%

of women who give birth develop PTSD –  
approximately 30,000 a year.

1%

of birth partners develop PTSD after birth



BIRTH  
TRAUMA  
ASSOCIATION



# Impact of birth trauma

- Relationship with their baby
- Avoiding contact with medical professionals
- Relationship difficulties
- Physical problems
- Development of PTSD



# Birth Trauma Inquiry Launched in UK Parliament

\*PLEASE NOTE THE FINAL DATE FOR SUBMISSIONS IS TUESDAY  
2024\*

MASIC is calling on parents across the country to give their views and  
of birth trauma as a first ever parliamentary inquiry on the issue is la

## 'Overwhelming' response to birth trauma inquiry



# What staff factors contribute to birth trauma?

- Group think

# GroupThink

*Groupthink is a phenomenon that occurs when a group of **well-intentioned people** makes irrational or non-optimal decisions spurred by the **urge to conform** or the belief that dissent is impossible.*

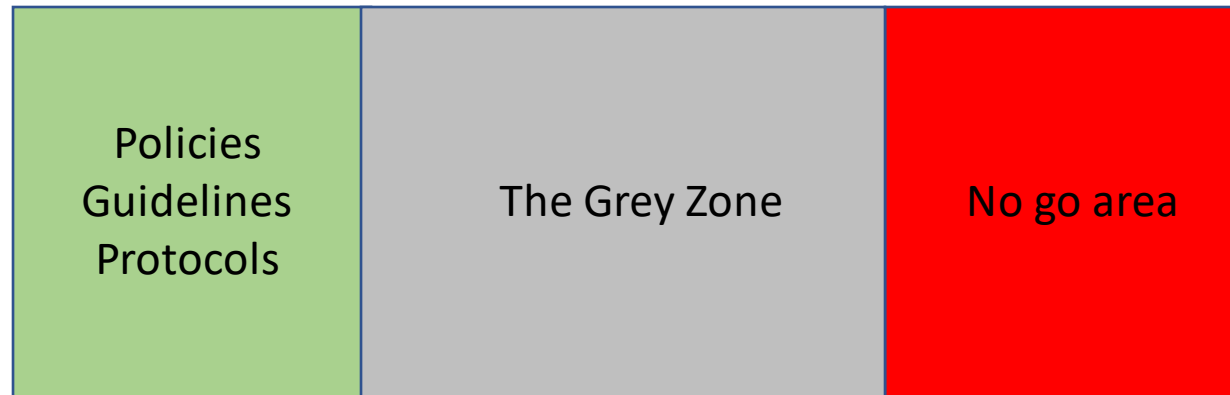
*The problematic or premature consensus that is characteristic of groupthink may be fuelled by a particular agenda—or it may be due to group members valuing harmony and coherence above critical thought.*



# What staff factors contribute to birth trauma?

- Group think
- Grey area

# The 'Grey' area



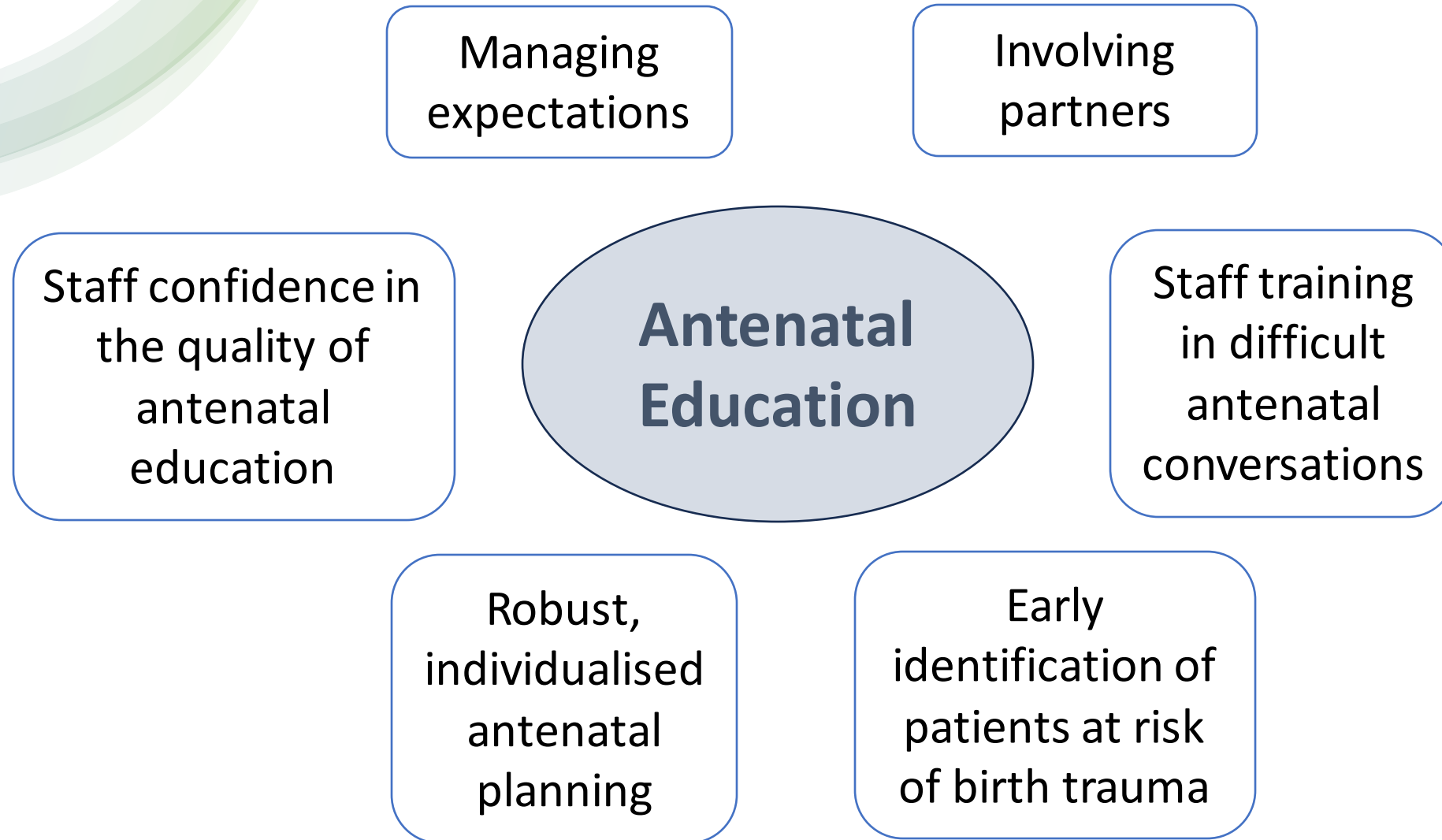
# What staff factors contribute to birth trauma?

- Group think
- Grey areas
- Bias

**STAFFING**

# What can prevent birth trauma?

- Antenatal education
- Ensuring informed consent
- Listening to women's concerns
- Offering pain relief when requested
- Informing women of their choices
- Explaining what is happening
- Showing sympathy when women are distressed



Specialist  
birth plans

Open and honest  
conversations

Interpreters and  
communication tools

Confidence in  
supporting people  
with specific needs

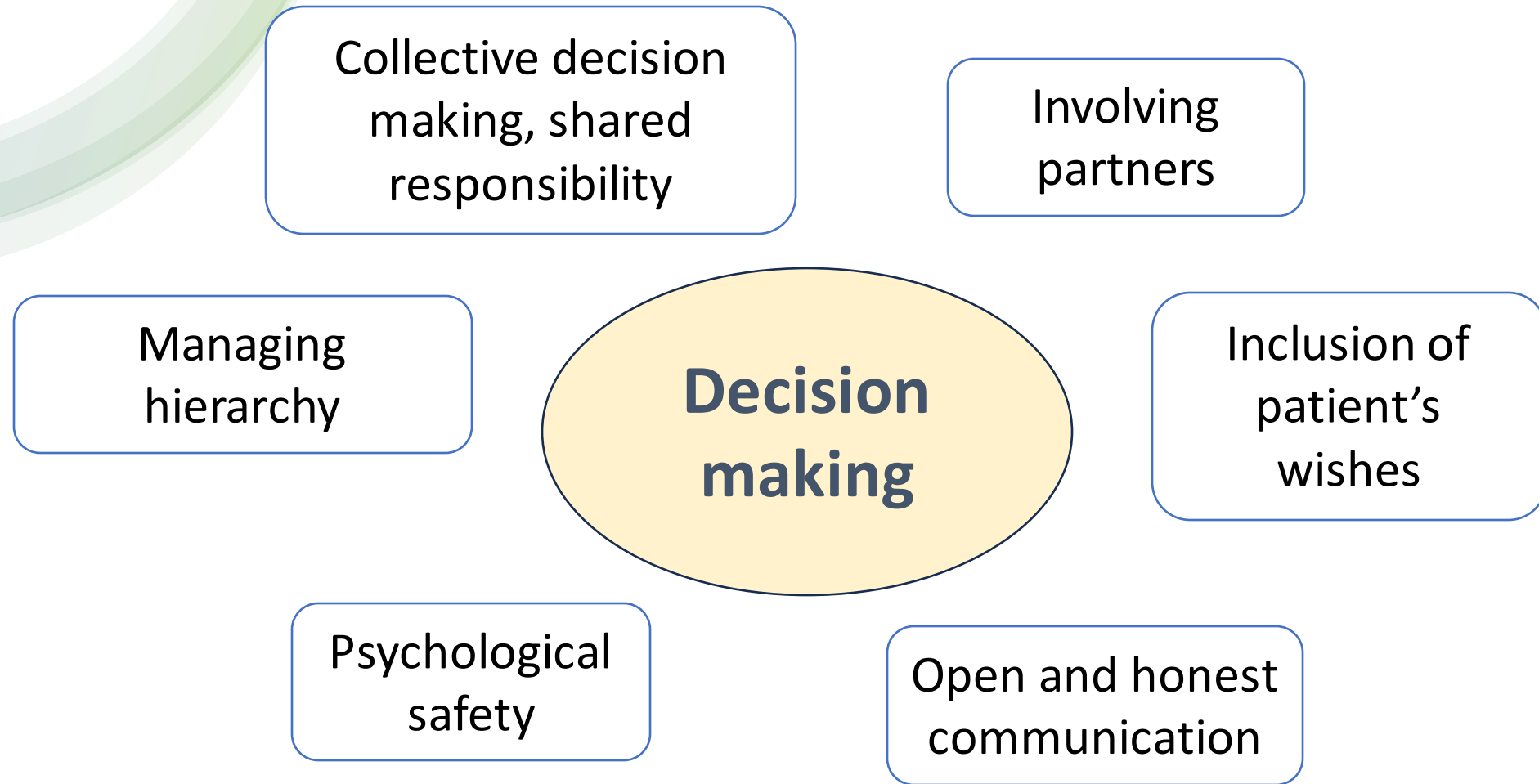
Collective decision  
making on "grey  
zone" decisions

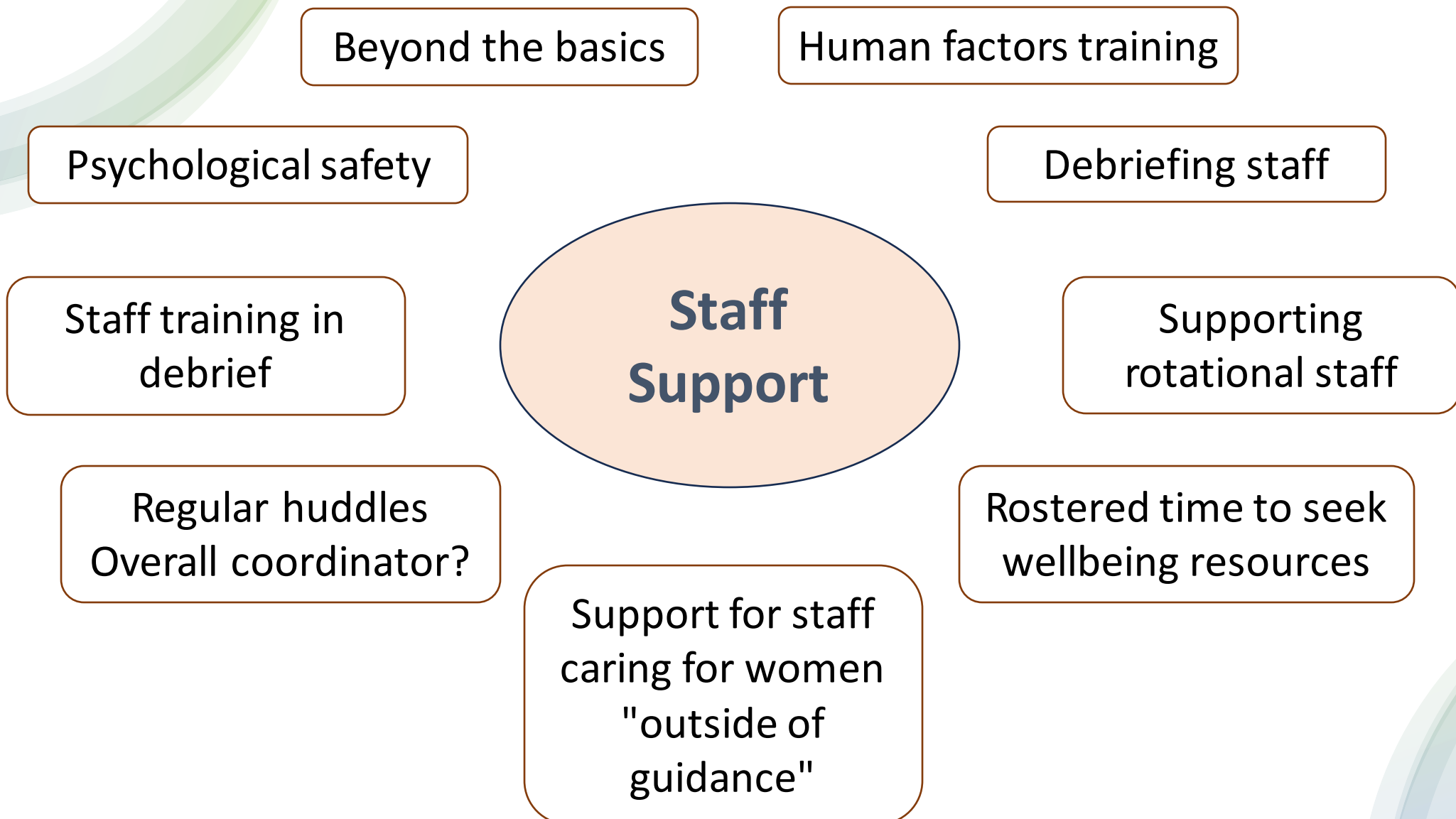
## Patient Advocacy

Human factors  
MDT simulation  
training

Training in supporting  
patients when things go  
wrong

Tools to reduce  
bias





Beyond the basics

Human factors training

Psychological safety

Debriefing staff

Staff training in debrief

Supporting rotational staff

**Staff Support**

Regular huddles  
Overall coordinator?

Rostered time to seek wellbeing resources

Support for staff caring for women "outside of guidance"



A word cloud on a checkered background. The word "improve" is the largest and most prominent, written in a dark purple, cursive font and oriented vertically. Other words are scattered around it in various colors and fonts. The words include: "solutions" (red, sans-serif), "positive" (blue, cursive), "interesting" (yellow, sans-serif), "experience" (red, cursive), "thinking" (red, cursive), "hierarchy" (dark purple, cursive), "change" (red, sans-serif), "listening" (dark purple, sans-serif), "thought" (blue, cursive), "patient" (yellow, sans-serif), "learning" (yellow, cursive), "staff" (red, sans-serif), and "enjoyed" (blue, cursive).

solutions  
positive  
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enjoyed  
**improve**

## Next steps – Birth trauma community of practice

- Improve antenatal education for women
- Education on debriefing women and staff
- Birth trauma themed academic half day ✓
- Development of a framework for ‘safe rule breaking’
- Time in the rota for wellbeing – enforced
- Improved psychological support for staff