



BIRTH TRAUMA ASSOCIATION

Preventing birth trauma

This video is presented by the tv broadcaster Anna Williamson.

Using interviews with a midwife and a consultant perinatal psychiatrist, as well as three parents who have experienced birth trauma, this video looks at the factors that make a birth traumatic – and how health professionals can prevent parents from feeling traumatised by birth.

Learning points

- Poor interpersonal care plays a major part in people developing birth trauma.
- Postnatal care is an important part of the birth experience – and poor care on the postnatal ward can lead to a woman developing birth trauma.
- Good communication and empathetic care can help prevent birth trauma.

Questions for discussion

- Reece said she felt traumatised by her treatment on the postnatal ward. What could have been done differently to prevent that trauma?
- Neya said that it was a psychologist who finally understood what she went through instead of brushing it off. What language can you use to acknowledge a woman's trauma?
- Katie talked about the importance of informed consent, and explaining information in language that women can understand. Is there terminology you use that could be rephrased to make it more accessible?

Participants

The experts featured in this video are Katie Colville, associate director of midwifery, NHS Grampian and Dr Rebecca Moore, consultant perinatal psychiatrist and co-founder of Make Birth Better. The parents are Reece Gibbons, Sophie Johnson and Neya Joshi.