
Overview

This standard is about enabling individuals to reflect and debrief on their experience of childbirth and working with them to review the support provided to help them cope with changes to their lives following childbirth.

The term 'individuals' refers to mothers, fathers/father figures and others who care for newborn babies. Where relevant, other people such as non-resident fathers, siblings, grandparents, other relatives or friends significant to the care of the newborn baby/ies should be involved in the review. Issues emerging from the debriefing should be passed to those responsible for the quality and provision of services to inform policy and planning. A caring and compassionate approach should be adopted in line with current healthcare guidance. Users of this standard will need to ensure that practice reflects up to date information and policies.

Enable individuals to reflect and debrief on their experience of childbirth

Performance criteria

You must be able to:

1. communicate with the individual in a supportive and approachable manner consistent with their:
 - 1.1 level of understanding
 - 1.2 culture and background
 - 1.3 preferred ways of communicating
 - 1.4 needs
2. encourage and support the individual to review and evaluate their experience of pregnancy and childbirth
3. encourage the individual to ask questions and express any concerns about their experience of pregnancy and childbirth
4. work in partnership with the individual to assess the outcomes of their pregnancy and childbirth in relation to their previously agreed goals and preferences
5. explore with the individual the nature of changes in their life following childbirth and discuss how they are feeling about it
6. respond sensitively to any issues raised and identify any issues that have not yet been resolved
7. explore what type of support the individual may require to cope with the changes
8. identify and agree any areas where support for the individual can be improved
9. obtain the informed consent of the individual for the actions to be undertaken on their behalf, and agree the information which may be passed to others
10. ensure that all relevant people are provided with the information they need to provide the individual with the support they require
11. pass full and accurate information to those who have overall responsibility for maintaining the quality of service when organisational constraints unduly affected the services offered
12. produce records and reports that are clear, comprehensive, and accurate, and maintain the security and confidentiality of information

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Knowledge and understanding

You need to know and understand:

1. legal, organisational and policy requirements relevant to your role and the activities being carried out
2. the nature, extent and boundaries of your work role and its relationship to others in the organisation
3. the roles of other health and social care practitioners and how they relate between and across agencies
4. the legal requirements and good practice guidelines on consent, and consent for children, young people and vulnerable adults
5. how to recognise and respond to the signs of injury, abuse or neglect and your responsibility in relation to raising concerns with the appropriate person or agency
6. local systems, procedures and protocols for safeguarding children, young people and vulnerable adults
7. the principle of information governance and the implications for your practice
8. how to work in partnership with individuals to enable them to make informed choices in the context of their own lives
9. the importance of focusing on people as individuals
10. how to communicate effectively with individuals to meet the needs of a socio-economic, culturally diverse population
11. how to respect the diversity and values of individuals
12. the best available evidence based practice and its role in improving services
13. the physiological, psychological and emotional changes that occur in women during pregnancy, birth and the postnatal period
14. the strategies and interventions to promote or maintain optimal health and well-being of women and their babies during pregnancy, birth and the postnatal period
15. the benefits of engaging key people in the care of the woman and their baby/ies
16. the strategies and interventions that may be required by individuals and families with additional needs
17. the development of babies and infants, including physiological, psychological and social development
18. the interdependent relationship of the health and well-being of the mother and her baby/ies
19. the health benefits to the mother and the baby/ies of breastfeeding and how to promote these
20. the impact of positive parenting on the emotional well-being of babies

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21. the impact of family and environment on the health and well-being of babies
22. how the needs of newborn babies may affect those who care for them
23. the factors that increase the risk of significant harm to women and their babies
24. the actions to take in response to concerns about the health and well-being of women and babies
25. why the ability to listen effectively is important
26. the importance of offering individuals the opportunity to reflect and debrief on their experience of pregnancy and childbirth
27. the importance of ensuring that a debriefing session is offered to individuals at a time and location suitable to all concerned
28. how to ensure that debriefing sessions are forward looking as well as reflective, and delivered as part of a co-ordinated, comprehensive and equitable service for individuals
29. how the reactions of individuals to their pregnancy and birth experiences can influence their emotional well-being, their relationship with their baby/ies and their future parenting relationships
30. the importance of being sensitive to the different experiences and needs of individuals, and providing opportunity to debrief separately if appropriate
31. the information individuals need in order to be able to make informed choices about the care of their newborn baby/ies
32. practitioners, agencies and services you can access for expert advice and support when required
33. how cultural or religious beliefs impact on child care practices and how to respond to these
34. the importance of encouraging individuals to express their feelings about changes to their lives following childbirth
35. the fears and concerns which individuals may have about the changes
36. methods of providing support to help individuals to manage the changes to their lives and relationships
37. other professionals, networks and agencies that are available to support the change process and how to access these
38. the importance of monitoring and reviewing progress in coping with change and how to do so effectively
39. the organisational constraints which may affect the care and support which it is possible to offer and to whom information about these should be passed
40. how to keep records in accordance with organisational policies and procedures

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External Links

This standard links with the following dimension within the NHS Knowledge and Skills Framework (October 2004):

Dimension: HWB5 Provision of care to meet health and wellbeing needs

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Developed by	Skills for Health
Version Number	2
Date Approved	January 2015
Indicative Review Date	January 2020
Validity	Current
Status	Original
Originating Organisation	Skills for Health
Original URN	SFHMCN25
Relevant Occupations	Nursing and Subjects and Vocations Allied To Medicine; Health Professionals
Suite	Maternity and Care of the Newborn
Keywords	Maternity; babies; baby; newborn; parents; mother; father