

Birth Reflection Service

Maternity Department Patient Information Leaflet



Introduction

The experience or perception of birth is a unique, natural and personal journey. It is not defined by style or type of birth.

Some women may benefit from a clinical debrief with senior midwifery or medical staff from the Trust. This may help bring some clarity and understanding to your birth process, particularly if you have unanswered questions.

To arrange this, please call the matron's secretary on 01384 456111 extension 2026 and request a clinical debrief. She will arrange for the matron to return your call.

Some women (or partners) may suffer trauma symptoms following birth, which will require more specialist birth reflection to help their condition.

Symptoms which may suggest that the birth reflection service might help

- Reliving aspects of the birth.
 - Flashbacks around birth experience.
 - Intrusive thoughts or images.
 - Nightmares.
 - Feeling anxious or panicky when you think of the birth.
 - An increase in physical symptoms like asthma, irritable bowel syndrome (IBS) and migraines.
- Avoiding feelings or memories.
 - Avoiding thinking of the birth because it is too distressing.
 - Avoiding activities, places or people that remind you of the birth.
 - If you find it difficult to remember important aspects of the birth.
 - Losing interest in activities you used to enjoy.
 - Disconnection from family and friends.

- Unable to express loving feelings towards your child, family or friends.
- No hopes or positive thoughts about the future.
- Alertness or feeling on edge.
 - Difficulty falling and staying asleep.
 - Feeling irritable and experiencing anger outbursts.
 - Finding it difficult to concentrate.
 - Constantly watching for danger.
 - Constantly feeling jumpy.
 - Self-destructive behaviour or recklessness.

At Russells Hall Hospital maternity unit, we hold a birth reflection clinic for antenatal or postnatal women who are currently dealing with these symptoms.

Our specifically trained midwives will:

- Listen to your unique birth experience in a sympathetic and non-judgemental way.
- Teach you breathing techniques to help you relax and reduce symptoms of anxiety and panic.
- Offer you a personalised guided visualisation/relaxation download to listen to after the session.
- Dissolve the strong negative emotions attached to the memory of your birth, so that you can remember your birth without experiencing feelings of anxiety and panic.
- Help rebuild your confidence after the trauma.
- Help you rebuild relationships and get your life back on track.

If you or another professional feel you require birth reflection, please telephone 01384 244358 and request a birth reflection appointment.

The birth reflection midwife will return your call and discuss whether the service will be suitable for you.

We recommend that this appointment is at least four weeks post birth, or anytime in the antenatal period of a following pregnancy.

If you have any questions, or if there is anything you do not understand about this leaflet, please contact:

01384 244358 and leave a message for the birth reflection midwife.

Russells Hall Hospital switchboard number: 01384 456111

This leaflet can be downloaded or printed from:

<http://dgft.nhs.uk/services-and-wards/maternity/maternity-information-leaflets/>

If you have any feedback on this patient information leaflet, please email dgft.patient.information@nhs.net

This leaflet can be made available in large print, audio version and in other languages, please call 0800 073 0510.

للحصول على هذه النشرة بحجم أكبر، وعلى شكل إصدار صوتي و بلغات أخرى، الرجاء الاتصال بالرقم 08000730510.

此宣传单可提供大字版本、音频版本和其它语言版本，请拨打电话：0800 073 0510。

Ulotka dostępna jest również w dużym druku, wersji audio lub w innym języku. W tym celu zadzwoń pod numer 0800 073 0510.

ਇਹ ਪਰਚਾ ਵੱਡੇ ਅੱਖਰਾਂ, ਬੋਲ ਕੇ ਰੀਕਾਰਡ ਕੀਤਾ ਹੋਇਆ ਅਤੇ ਦੂਸਰੀਆਂ ਭਾਸ਼ਾਵਾਂ ਵਿਚ ਵੀ ਪ੍ਰਾਪਤ ਹੋ ਸਕਦਾ ਹੈ, 0800 073 0510 ਤੇ ਫੋਨ ਕਰੋ ਜੀ।

Aceasta broșura poate fi pusă la dispoziție tipărită cu caractere mari, versiune audio sau în alte limbi, pentru acest lucru vă rugăm să sunați la 0800 073 0510.

یہ کتابچہ آپ کو بڑے حروف کی لکھائی، سمعی صورت اور دیگر زبانوں میں مہیا کیا جا سکتا ہے۔ برائے مہربانی فون نمبر 08000730510 پر رابطہ کریں۔