"I'm afraid of upsetting them further"

Student midwives' education needs in relation to bereavement care, and their experience of attending a bereavement education workshop.

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This Study was funded by the HSE

Introduction

- For most parents who attend maternity hospitals their experience is one of great joy, however many families will go through the devastating experience of miscarriage, stillbirth or neonatal death.
- Midwives play a key role in the care of bereaved families & need to be prepared to provide compassionate individualised care.

Aims

- To determine the knowledge and the skills that are required by Student Midwives to deliver bereavement care to parents following a pregnancy loss or perinatal death.

- To improve Student Midwives' level of confidence (knowledge and skill) in relation to bereavement care before and after participation in an educational training workshop in bereavement.

- To improve Student Midwives' level of self-awareness, organisational support and self-compassion in relation to bereavement care before and after participation in an educational training workshop in bereavement.

Methods

Grief as a unique journey

Information Pack
Information Book

Mementoes

Outcome evaluation

- 2 Questionnaires, at 3 time points:

  Prior to, following, and 3 months after the workshop.

The Perintatal Bereavement Support Survey (Kalu, 2013)

Evaluating Confidence, Self Awareness, Organisational Support

The Self-Compassion Scale – Short form (Raes, et al., 2016)

Evaluating Self compassion

Results [Outcome Evaluation]

Thirty nine of the 41 Higher Diploma and 4th year BSc midwifery students participated in the workshop and 38 of the participants completed the questionnaires at all 3 time points.

The ETWBC was effective in increasing student's confidence; Bereavement support skills [$F(2,72)=21.150$, $p<.000$, partial eta squared= 0.370] and Bereavement support knowledge [$F(1.6,60)=48.460$, $p<.000$, partial eta squared = 0.567] to provide bereavement care and these improvements were sustained at 3 months.

Doherty, J., Cullen, S., Casey, B., Lloyd, B., Sheehy, L., Brosnan, M., Coughlan, B. (2018). Bereavement care education and training in clinical practice: Supporting the development of confidence in student midwives. *Midwifery*, *66*, 1-9. doi:10.1016/j.midw.2018.06.026

Results [Outcome Evaluation]

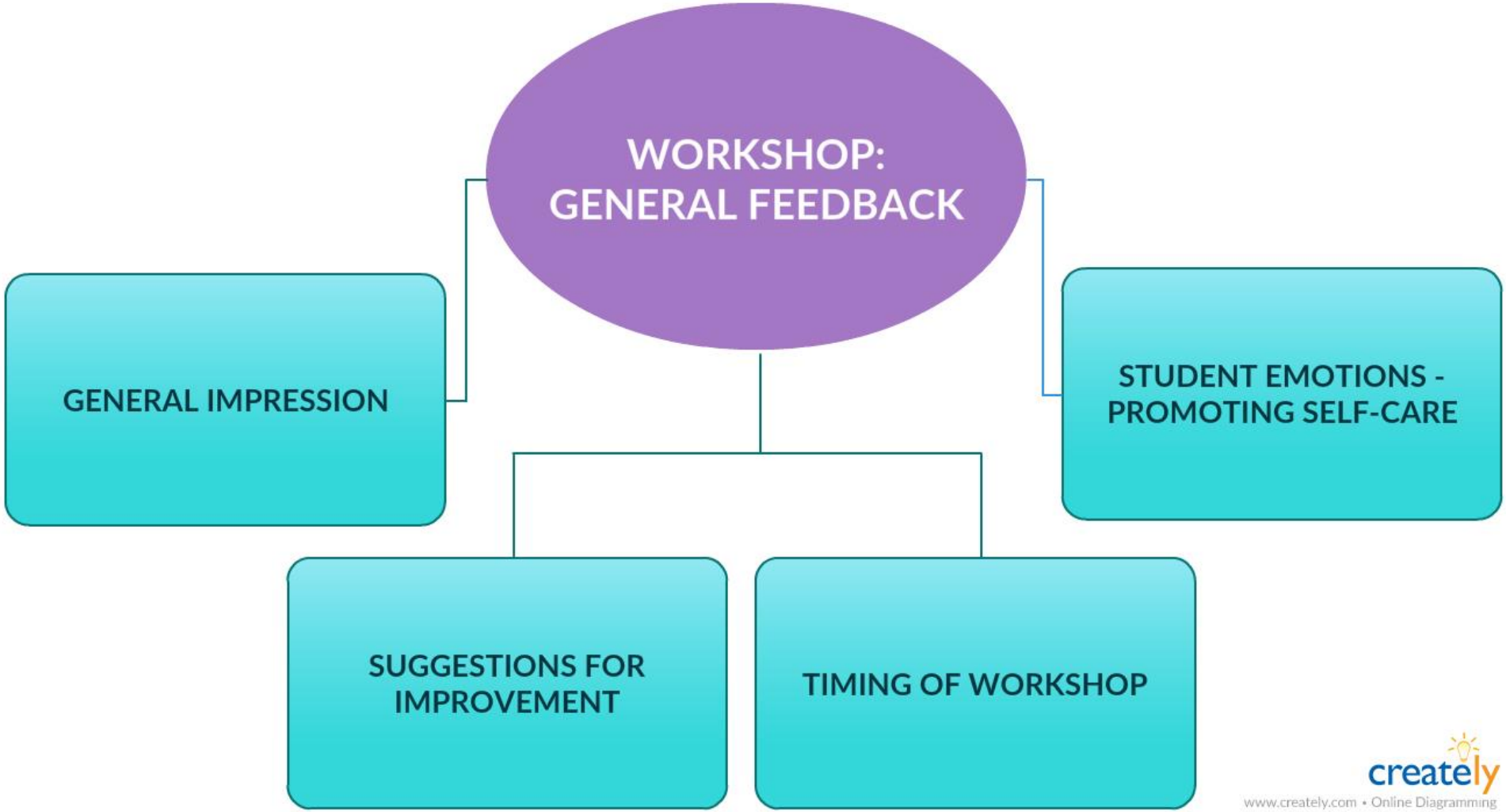
Improvements in Student Midwives' level of self-awareness of the needs of bereaved parents [$F(2,72)=20.311$, $p<.000$, partial eta squared = 0.361] and of their own personal needs [$F(1.7,61)=30.387$, $p<.000$, partial eta squared = 0.458] in relation to providing bereavement support were found and these improvements were sustained at 3 months.

There was no significant increase in the students' perceptions of organisational support or level of self-compassion throughout the study.

Process evaluation

- 2 Focus Groups (n=12)
- Analysed using Thematic Network Analysis

(Attride-Sterling, 2001)


WORKSHOP:
GENERAL FEEDBACK
GENERAL IMPRESSION
STUDENT EMOTIONS - PROMOTING SELF-CARE
SUGGESTIONS FOR IMPROVEMENT
TIMING OF WORKSHOP
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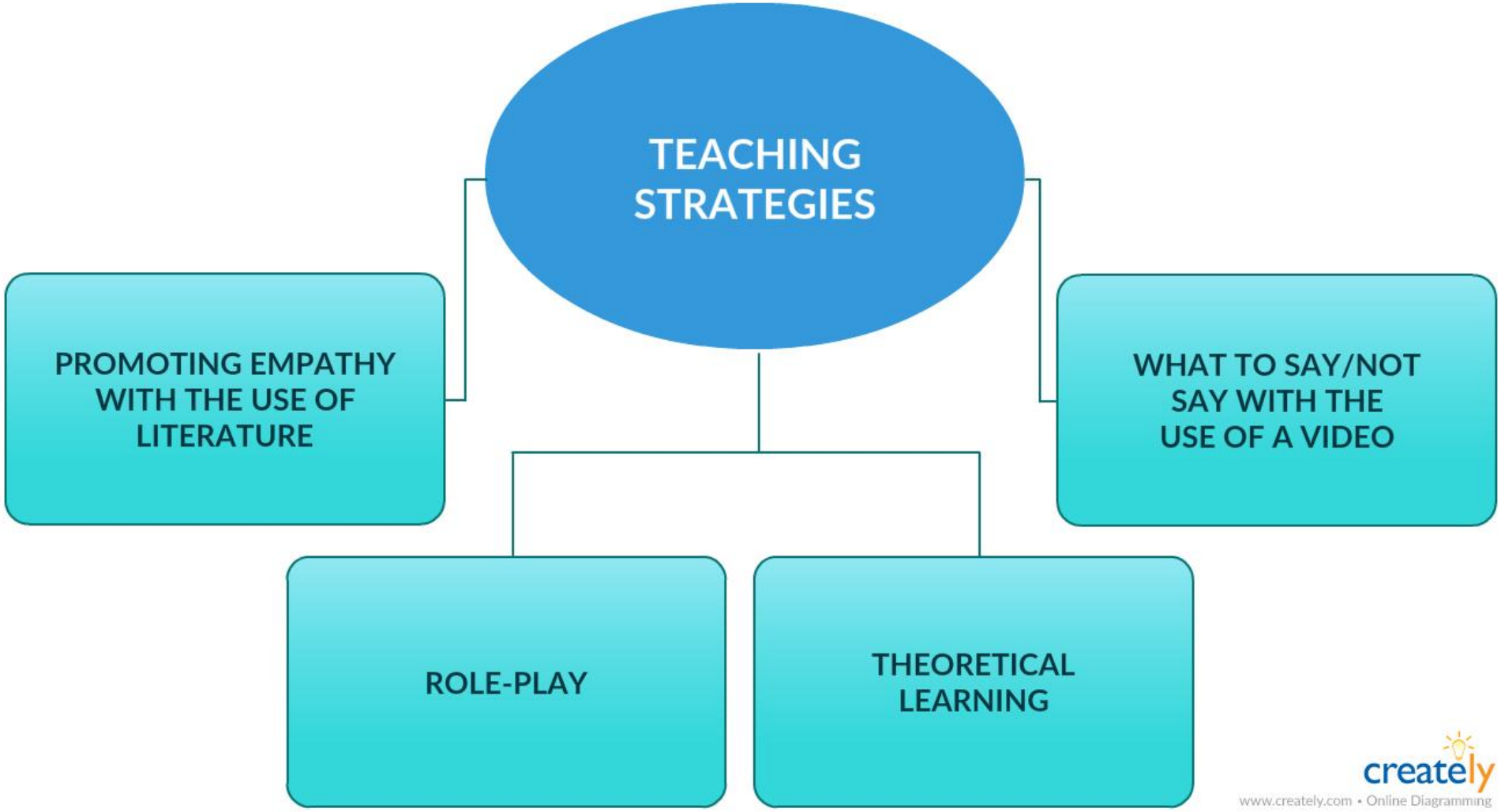
TEACHING STRATEGIES
PROMOTING EMPATHY WITH THE USE OF LITERATURE
WHAT TO SAY/NOT SAY WITH THE USE OF A VIDEO
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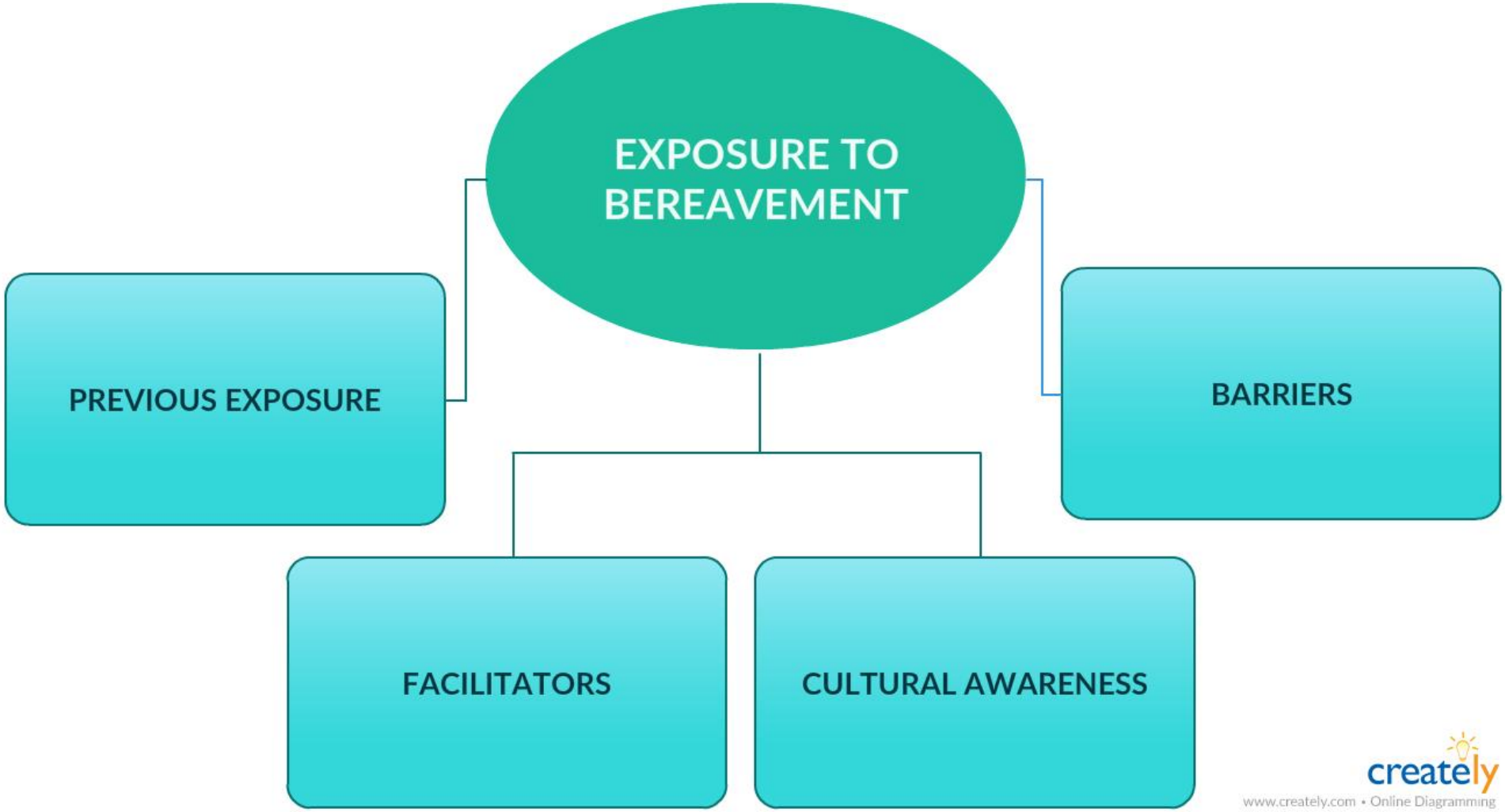
EXPOSURE TO BEREAVEMENT
PREVIOUS EXPOSURE
BARRIERS
FACILITATORS
CULTURAL AWARENESS
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Conclusion

- The results from this study show that student midwives lack confidence and exposure to provide bereavement care, and that participation in a workshop improved their confidence, in the absence of exposure.
- Although the students found the workshop beneficial, especially the role-playing element of the day, they maintained that lack of exposure was a severe barrier to gaining more confidence.
- The workshop is recommended for all student midwives and can be tailored for any healthcare setting

THANK YOU

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References on request