

Sands Bereavement Care Training for Health Visitors

Aim and Learning Outcomes

Aim of the Course

To enable health visitors to develop the knowledge, insight and skills to provide effective care and support to families who experience the death of a baby, before, during or shortly after birth.

Learning Outcomes

At the end of this session participants will be able to:

- Identify the unique impact of grief in relation to pregnancy loss and the death of a baby on bereaved families.
- Recognise the positive impact the health visitor can have on bereaved families' long-term health and wellbeing.
- Develop the skills and confidence to communicate sensitively and effectively with bereaved families.
- Enable bereaved families to access information and ongoing support from other sources and agencies.
- Understand how the mental health of the family can be significantly affected by the death of a baby and the potential impact this can have on all subsequent pregnancies and births.
- Recognise the importance of accessing support for themselves after caring for bereaved families.

Sands Bereavement Care Training for Health Visitors

Duration: One Day (9.30-16.30) - Morning Session

Time	Content
9.30-9.40 (10 minutes)	Introduction and Outline of the Day
9.40-9.45 (5 minutes)	Brief Overview of National Sands and Relevance of 'Listening to Parents' Study for Health Visitors
9.45-10.05 (20 minutes)	Group Introductions and Hopes for the Day
10.05-10.25 (20 minutes)	Introduction to Childbearing Loss
10.25-10.55 (30 minutes)	Parent's Personal Experience
10.55-11.10 (15 minutes)	Information about the Local Sands Group
11.10-11.30 (20 minutes)	Coffee
11.30-11.55 (25 minutes)	The Wider Impact of a Baby's Death
11.55-12.35 (40 minutes)	Sensitive and Effective Communication Skills
12.35-13.00 (25 minutes)	Responding with Empathy – Skills Practise
13.00-13.45 (45 minutes)	Lunch

Sands Bereavement Care Training for Health Visitors

Duration: One Day (9.30-16.30) - Afternoon Session

Time	Content
13.45-14.10 (25 minutes)	Returning Home After The Death of a Baby
14.10-15.00 (50 minutes)	Case Study
15.00-15.10 (10 minutes)	Grief and Mental Health
15.10 - 15.25 (15 minutes)	Tea
15.25-15.50 (25 minutes)	Care in Subsequent Pregnancies and Births
15.50-16.05 (15 minutes)	Support for Health Visitors
16.05-16.20 (15 minutes)	Setting Personal Objectives
16.20-16.30 (10 minutes)	Review of the Session and Evaluation
16.30	Close