

## **Pregnancy Loss and the Death of a Baby: Sands One-Day Workshop for Multi-disciplinary Groups – Aim & Learning Outcomes**

### **Aim of the Course**

To enable health professionals to develop the knowledge, insight and skills to provide high quality, sensitive care to parents 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 for parents and their families.
- Identify, develop and use techniques to deliver bad news and communicate sensitively and effectively with bereaved parents.
- Enable bereaved parents to make informed choices about:
  - The memories they create with their baby
  - What happens to their baby's body
- Recognise the impact of pregnancy loss and the death of a baby on health professionals and be able to access available support.
- Recognise the importance of on-going support for bereaved parents and the potential impact of their loss on all subsequent pregnancies.

**Pregnancy Loss and the Death of a Baby:  
Sands Training for Multi-disciplinary Groups – Session Plan  
Duration: One Day (9.30-16.30) - Morning Session**

<b>Time</b>	<b>Content</b>
9.30-9.40 (10 minutes)	Introduction and Outline of Day
9.40-9.45 (5 minutes)	Brief Overview of Sands Work Nationally
9.45-10.05 (20 minutes)	Group Introductions and Expectations
10.05-10.15 (10 minutes)	Feelings Associated with Expecting a Baby and a Childbearing Loss
10.15-10.25 (10 minutes)	The Unique Nature of Childbearing Loss
10.25-10.55 (30 minutes)	Parent's Personal Experience
10.55-11.10 (15 minutes)	Information about your Local Sands Group
<b>11.10-11.30 (20 minutes)</b>	<b>Coffee</b>
11.30–11.50 (20 minutes)	The Wider Impact of a Baby's Death
11.50-12.05 (15 minutes)	Childbearing Losses and the Professionals Involved
12.05–12.30 (25 minutes)	Supportive Listening Skills
12.30-13.10 (40 minutes)	Breaking Bad News and Reactions to Grief – Skills Practise
<b>13.10-13.55 (45 minutes)</b>	<b>Lunch</b>

**Pregnancy Loss and the Death of a Baby:  
Sands Training for Multi-disciplinary Groups – Session Plan  
Duration: One Day (9.30-16.30) - Afternoon Session**

<b>Time</b>	<b>Content</b>
13.55-14.15 (20 minutes)	Creating Memories and Remembering the baby
14.15-14.35 (20 minutes)	What Hinders? What Helps?
14.35 -15.15 (40 minutes)	Enabling Informed Choice - Skills Practise
<b>15.15 - 15.30 (15 minutes)</b>	<b>Tea</b>
15.30-15.45 (15 minutes)	Support for Professionals
15.45-16.00 (15 minutes)	On-going Care and Care in Another Pregnancy
16.00-16.20 (20 minutes)	Putting it into Practise (Personal Objectives or Best Practice Action Points)
16.20-16.30 (10 minutes)	Review of Session and Resources
<b>16.30</b>	<b>Close</b>