

## **Sands Enhanced Bereavement Care Training for Health Professionals (including student midwives and multi-disciplinary groups)**

One day interactive workshop for up to 20 participants

### **Aim and Learning Outcomes**

#### **Aim**

To enable healthcare professionals (including student midwives) who have previously attended bereavement care training, to further develop and embed their knowledge and skills in order to provide excellent bereavement care for 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:

1. Demonstrate the vital skills needed to communicate sensitively and effectively with bereaved parents and apply best practice when communicating uncertainty and delivering difficult news.
2. Apply enhanced knowledge and understanding when enabling bereaved parents to make informed decisions about memory making and post mortem examination.
3. Reflect on the personal impact of providing bereavement care after the death of a baby, and be able to identify self-care strategies.
4. Provide care for bereaved parents in subsequent pregnancies and births based on an awareness of the potential impact of grief on long-term wellbeing and mental health.
5. Recognise the importance of holding a review after the death of a baby and of offering parents the opportunity to be involved.
6. Understand the purpose of the National Bereavement Care Pathway which aims to ensure that all bereaved parents receive consistently high-quality bereavement care.

## Sands Enhanced Bereavement Care Training for Health Professionals (including student midwives and multi-disciplinary groups)

**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 the day
9.40-10.05 (25 minutes)	Group introductions and hopes for the day
10.05-10.10 (5 minutes)	Brief overview of Sands work nationally (includes film clip)
10.10-10.20 (10 minutes)	Reminder of the unique nature of childbearing loss
10.20-10.30 (10 minutes)	Introduction to the National Bereavement Care Pathway
10.30-10.55 (25 minutes)	The impact of providing bereavement care on professionals
<b>10.55-11.15 (20 minutes)</b>	<b>Coffee break</b>
11.15-11.25 (10 minutes)	Student midwife research study
11.25-11.55 (30 minutes)	Sensitive and effective communication skills (includes film clip)
11.55-12.25 (30 minutes)	Communicating uncertainty and delivering difficult news – simulation exercise
12.25-12.40 (15 minutes)	Best practice when communicating via an interpreter
<b>12.40-13.25 (45 minutes)</b>	<b>Lunch break</b>

## Sands Enhanced Bereavement Care Training for Health Professionals (including student midwives and multi-disciplinary groups)

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

<b>Time</b>	<b>Content</b>
13.25-13.40 (15 minutes)	One couple's experience of bereavement care (includes film clip)
13.40-14.15 (35 minutes)	Memory making (including taking the baby's body home)
14.15-14.35 (20 minutes)	Post mortem examination (includes film clip)
14.35-14.40 (5 minutes)	The importance of a review
<b>14.40-14.55 (15 minutes)</b>	<b>Tea break</b>
14.55-15.30 (35 minutes)	Care in subsequent pregnancies and births (including grief and mental health)
15.30-16.00 (30 minutes)	Self-care and support strategies for professionals
16.00-16.25 (25 minutes)	Setting personal objectives
16.25-16.30 (5 minutes)	Wrap up
<b>16.30</b>	<b>Close</b>