

# Working safely with those going through perinatal loss

## Bereavement care training for Obstetricians and Gynaecologists

3.5 hours - delivery via face-to-face workshops or online

2 hours – online delivery

### Overview

This training is an opportunity to build the confidence, knowledge and skills required to provide high quality care for patients going through miscarriage, termination for medical reasons, stillbirth or neonatal death. The session is skills-based training with a variety of opportunities for participants to learn through case studies and skills practice. The case studies are specifically selected to encourage doctors to consider their role in bereavement care and how they can effectively work with expectant parents and families.

Sands Trainers have a wealth of experience in creating a safe space for doctors to consider this sensitive topic. With the support of the trainer, participants will consider the emotional challenges of providing bereavement care and strategies to support staff wellbeing.

The list of outcomes for participants below is based on a full-day workshop and will be modified to fit the length of the session you require and the method of delivery.

- › Gain insight into the parent experience of pregnancy, birth and perinatal loss
- › Develop an understanding of grief in relation to perinatal loss and learn how to provide psychologically safe bereavement care
- › Identify, develop and use techniques to communicate sensitively and compassionately with bereaved parents
- › Recognise the potential impact of the quality of care on bereaved parents and their long-term wellbeing
- › Recognise the potential impact of the death of a baby on all subsequent pregnancies and the additional factors to consider in providing effective care.

Following the training all participants will receive a copy of the materials used and links to various helpful tools and resources.