Homerton Birth Debrief Services

Women, birthing people and their birth partners may need the opportunity to reflect and discuss their birth experience. At Homerton, we run a number of clinics which give the opportunity for this.

Referrals for all the clinics listed are made by completing the referral form and go via a single email address huh-tr.birthreflectionclinic@nhs.net. Referrals are then triaged and sent to the most appropriate clinic. Birth partners are also welcome to attend, and sessions are held either in person or virtually.

1. **Listening Clinic**

Run by: Senior Midwife, Paula Griffin

Who is it for? The focus is Midwifery care but the clinic will see women who have had obstetric input. It offers the opportunity to debrief, reflect, answer questions, fill in the blank spaces and take feedback.

2. **Birth Reflections Clinic**

Run by: Consultant Obstetrician, Kate Mayers

Who is it for? Women who have had complex intrapartum or postnatal care and who wish to discuss this with a Consultant Obstetrician.

3. **Reframing Birth Clinic**

Run by: Perinatal Mental Health Specialist Midwife and Perinatal Clinical Nurse Specialist

Who is it for? Women and partners who have experienced birth trauma which continues to impact on their daily living or future birth choices. They are encouraged to reflect on their feelings and experiences, rather than focus on their clinical care. Pregnant women are prioritised and sessions may include plans for future births.

If the woman is presenting with symptoms of perinatal mental illness please also refer to GP/ Perinatal Mental Health/ Talk Changes as appropriate.

Unsuitable for referral:

- Primarily wishes to make a complaint –refer to area matron immediately and/ or PALS
- Has specific questions around her obstetric care– refer to obstetric consultant.
- Is currently pregnant and planning birth outside of guidelines – refer to consultant midwife.