



Topic
Bereavement Care in Maternity Services During COVID-19 pandemic
Potential impact of COVID-19 in this topic area
<p>The tragedy of pregnancy loss will sadly continue through the pandemic and women and families will need access to high quality care.</p> <ul style="list-style-type: none">• Families may receive care from someone inexperienced in bereavement care provision• Families are isolated or distant from their wider networks of support such as family and friends and limited attendance and social distancing at funerals may add to their sense of isolation• Access to services such as funerals and cremations may be prolonged due to restrictions, resource and demand• Families may be anxious as to the cause of their loss• Access to peer support is limited or absent, for both health professionals and families <p style="text-align: center;">Information on accessing help and resources are outlined below</p>
Current key guidance for this topic – clinical care and advice for women
<ul style="list-style-type: none">• Supporting parents and families can be stressful and demanding following a pregnancy loss or when a baby dies. The reasons will be individual and may include staff having to manage their own emotions following their own experience(s) of loss; a feeling of professional failure following a baby death and anxiety caused by wanting to 'get it right', knowing this is a difficult time for parents. The current impact of COVID-19 could mean that some staff may be unable to offer the level of bereavement care they usually would, due to time pressures and availability of usual resources.• Pregnant women do not appear more likely to contract the infection than the general population. Pregnancy itself alters the body's immune system and response to viral infections in general, which can occasionally be related to more severe symptoms and this will be the same for COVID-19. Some women may be more anxious about the risks of stillbirth and access to monitoring, thus resulting in extra anxiety and distress, particularly for women who've had a previous loss. Further advice for pregnant women can be found here <p>With regard to vertical transmission (transmission from mother to baby antenatally or intrapartum), emerging evidence now suggests that vertical transmission is thought to be probable, although the proportion of pregnancies affected and the significance to the neonate has yet to be determined. Previous case reports from China suggested that there was no evidence for this and amniotic fluid, cord blood, neonatal throat swabs, placenta swabs, genital fluid and breastmilk samples from COVID-19 infected mothers have so far, all tested negative for the virus. A report published on Thursday 26 March 2020 describes a single maternal-neonatal pair in which the infant born to a COVID-19 positive mother was found to have SARS-COV-2 IgM in serum at birth. Since IgM does not cross the placenta, this is likely to represent a neonatal immune response to in utero infection (RCM, RCOG 2020)</p>
Essential Aspects of Care
<p>The care needs of families experiencing a bereavement or a pregnancy following a previous loss, will differ from other family's needs. Research and feedback from families has shown how important the care experience is within their bereavement and grief journey. Therefore, the following aspects of fundamental care are vital to continue to provide care that is responsive to their physical and emotional wellbeing, which should not be compromised, undermined or undervalued.</p>

Current Bereavement

- Communication is an essential human need and body language is a key element of providing an emotional response and demonstrating empathy. Use of a face mask is inhibitive to doing this appropriately and effectively. Where possible, delivering sad news and care giving should be undertaken with the use of a visor which maintains an appropriate level of PPE, yet enables maintenance of this key aspect of care.
- Not being left alone for long periods and ability to access emotional support both in and out with hospital.
- Choice in relation to care plan following bad news, including option for admission.
- Bereavement suites maintained for access.
- Option to give birth away from main labour ward.
- Access to support and information both from health professionals and family in relation to funeral planning and post-mortem.
- Ensure there is discussion and handover of care between health professionals, especially when transferring to community care. Parents need to be part of these discussions.
- Prioritisation of test results and post-mortem findings, which are communicated timely and in the most appropriate way by an experienced practitioner.
- Funeral arrangements offer clear information about the available level of support and choice, taking account of individual circumstances, and attendance of family and friends.
- The ability to spend time with their baby and undertake memory making should not be compromised. Consideration should also be given to having additional family visiting or taking the baby home.
- The use of cold cots in hospital or at home can give parents more time with their baby, COVID-19 is not a contraindication for using cold cots or taking the baby home.

Pregnancy care following previous Loss

- Provisions should be made to enable women to be accompanied at all appointments/attendances by their chosen partner for support.
- All indicated or planned care such as blood tests, scans, blood pressure, urine and growth assessment are maintained.
- Ability to access midwifery care or advice without delay and request this in their preferred approach.
- Early and easy access to appropriate assessment of fetal wellbeing if reporting either physical or emotional/mental health concerns.
- Appointment times are of a sufficient length to enable additional care for emotional needs.

Consider

- Access to care from a consultant, bereavement lead midwife or a midwife offering continuity.
- Any virtual means of communication must be appropriate, agreed by the family and sufficient to not compromise the quality or standard of care.
- Consideration of postponing, cancelling, or altering a planned appointment is discussed with the family and a joint plan is agreed.
- Postnatal community-based care is available according to need and clinical indications, with a jointly agreed approach and plan. Options should be available to have face to face contact, should the family consider this to best meet their needs.
- Clear information available on how to access bereavement care and support.

Current Evidence Base		
Stage	Type	Link
Caring for women experiencing early loss	e-learning	http://www.miscarriageassociation.org.uk/information/for-health-professionals/e-learning
Miscarriage association	webpage	https://www.miscarriageassociation.org.uk/information/for-health-professionals/guidance-miscarriages-occur-home/
Miscarriage, Ectopic and Molar Pregnancy Resources	webpage	https://www.nbcpscotland.org.uk/miscarriage/training-and-support/ www.nbcpscotland.org.uk/miscarriage/resources
Marking loss, making memories	webpage/video	https://futurehealthandwellbeing.org/ritualrespect https://www.sands.org.uk/support-you/remembering-your-baby https://www.sands.org.uk/professionals/bereavement-care-and-covid-19
Pregnancy care following previous loss	webpage	https://www.sands.org.uk/support-you/coronavirus-covid-19-updates/pregnancy-after-loss-during-covid-19-pandemic
After the loss: certificates, post mortem, cremation	download	https://www.bliss.org.uk/ https://www.sehd.scot.nhs.uk/cmo/CMO(2015)07.pdf https://www.sands.org.uk/ https://twinstrust.org/bereavement/support/resources.html
	video	Parent to Parent Post Mortem Authorisation
	video	Talking to parents about their decisions around burial or cremation after the death of their baby
	webpage	https://www.miscarriageassociation.org.uk/information/for-health-professionals/certification/
	webpage	http://www.healthliteracyplace.org.uk/tools-and-techniques/techniques/teach-back
Sands – National Bereavement Care Pathway for Pregnancy and Baby Loss	webpage	For England - www.nbcpathway.org.uk For Scotland https://www.nbcpscotland.org.uk/
NBCP	eLfH https://portal.e-lfh.or.uk	Bereavement care after pregnancy loss – learning for all Bereavement care after pregnancy loss – for health professionals Small wonders

<https://www.e-lfh.org.uk/programmes/national-bereavement-care-pathway>

References and links to online and virtual support and guidance

Title	Type	Link
ARC advice for professionals	webpage	www.arc-uk.org/for-professionals
Ambulance crews	video	https://youtu.be/iU1qtt09qho
Antenatal and postnatal mental health	webpage	https://www.bestbeginnings.org.uk/helping-parents-with-mental-health-issues
Bereavement following Pregnancy Loss and the Death of a Baby	e-learning	www.knowledge.scot.nhs.uk/maternalhealth/learning/bereavement-following-pregnancy.aspx
Miscarriage Association advice for professionals	webpage	https://www.miscarriageassociation.org.uk/information/for-health-professionals/
NICE guidance ante natal and postnatal mental health	webpage	https://www.nice.org.uk/guidance/qs115
One chance to get it right: bereavement care	e-learning	https://www.ilearn.rcm.org.uk/enrol/index.php?id=583 (RCM members only)
Sands advice for professionals	webpage	www.sands.org.uk/professionals
Sands professional bulletin	webpage/email	https://www.sands.org.uk/professionals-e-bulletin
Tommy's	webpage	https://www.tommys.org/pregnancy-information/about-us/tommys-midwife-alexa-and-google-home-app-pregnancy-questions

**Sands Webinar:
Supporting Families through pregnancy loss
and the death of a baby**

www.sandswebinar.eventbrite.co.uk

visit www.sandswebinar.eventbrite.co.uk for details and dates of webinars

#SandsTraining



Free webinars focusing on how best to support parents and families when a baby dies with the voice of bereaved parents and needs of professionals at the centre. Suitable for anyone working in maternity services or neonatal care, including students at any level.