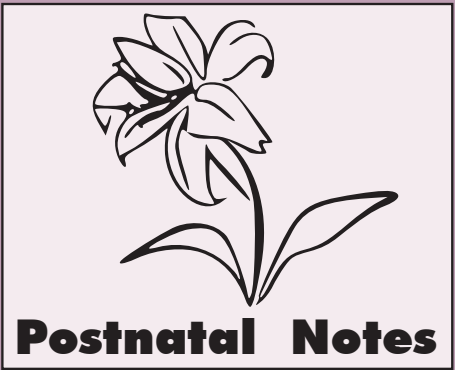


NHS no

Maternity Unit

CONFIDENTIAL

These notes should be kept safe by the mother during the postnatal period. If found, please return immediately to the owner, or her midwife or maternity unit.



Name

Address

Postcode

Date of birth

Unit No.

Consultant

Communication

Assistance required No Yes Details Your preferred name

Do you speak English No Yes What is your first language

Preferred language Interpreter

Baby's Name D.O.B Baby's birthweight

Baby's Name D.O.B Baby's birthweight

Unit of booking

Place of birth

Maternity contacts

Specialist midwife ☎

Community midwife ☎

9am - 5pm contact ☎ 24 hr contact ☎

Neonatal nurse contact ☎ Religious leader/Chaplain ☎

Primary care contacts

Centre ☎ Other(s)

GP ☎

Postcode (GP) ☎

Health Visitor/ Family Nurse Practitioner ☎

Next of kin

Name Relationship

Address

☎

Previous history

Medical history

Details:- including sensory/physical disability

Obstetric history

Para

Details (antenatal screening/diagnosis)

Social assessment (Record any referrals on page 6 - management plan)

Needs help understanding Postnatal Notes	No <input type="checkbox"/>	Yes <input type="checkbox"/>	Faith/religion	<input type="text"/>
Do you have support from partner / family / friend	<input type="checkbox"/>	<input type="checkbox"/>		
Any household member had/has social services support	<input type="checkbox"/>	<input type="checkbox"/>	Occupation	<input type="text"/>
Have appropriate housing	<input type="checkbox"/>	<input type="checkbox"/>		
How many people live in your household?	<input type="text"/>			
<input type="text"/>				

These notes are a guide to your options in the postnatal period and are intended to help you make informed choices. This is to promote care which is safe and personalised to you. However, the explanations in these notes are a general guide only and not everything will be relevant to you. Please feel free to ask if you have any questions.

Some of the information in these notes will be recorded electronically, to help your health professionals provide the best possible care.

The National Health Service (NHS) has very strict confidentiality and data security procedures in place to ensure that personal information is not given to unauthorised persons. The data is recorded and identified by NHS number, and your name and address is removed to safeguard confidentiality.

The NHS also wishes to collect some of this information about you and your baby, to help it:

- Increase our understanding of poor outcomes
- Make recommendations for improving maternity care
- Strive toward the highest standards
- Monitor health trends.

In some cases, details of the care are looked at by independent experts working for the NHS, as part of special investigations (e.g. confidential enquiries) by regional and/or national organisations, but only after the records have been completely anonymised.

While it is important to collect data to improve the standard and quality of care, you can opt out and have information about your care excluded. This will not in any way affect the standard of care you receive. For further details, please ask your midwife (page 1).

However, your information may be shared with other agencies where the midwife believes or suspects, that you are suffering or likely to suffer significant harm. In these cases, information will be shared without your consent.

Data collection and record keeping discussed Date Signed*: Care provider

Investigations/immunisations Including antibodies, hepatitis B, syphilis, HIV, sickle cell, thalassaemia, if **NOT** done antenatally.

Antenatal Serology Screening Yes No Postnatal follow-up required Yes No Signed*

Test	Explained	Accepted by mother Yes No	Date taken/ Date given	Results/Actions/Comments	Signed *
	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="text" value="D D M M Y Y"/>		
	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>			
	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>			
	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>			
	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>			
	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>			

Following admission. To aid communication, the following should be informed of admission and appointments cancelled.

Action required	Yes	No	N/A	Signed *	Professionals informed	Yes	No	N/A	Signed *
Obstetric Consultant/Registrar on call informed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		Community Midwife	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Ultrasound performed to confirm diagnosis	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		GP (General Practitioner)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Named Consultant Obstetrician informed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		Spiritual support i.e. chaplain	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Bereavement support midwife informed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		Antenatal clinic/USS co-ordinator	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Specialist team informed e.g. Haematologist, Diabetologist	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		Medical secretaries co-ordinator	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Partner/next of kin contacted	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		Health Visitor if indicated	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Induction of labour procedure explained	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		Bounty pack organisers	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Unit of booking informed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		Parentcraft co-ordinator	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Social worker/other multi-agency professional	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Pre delivery investigations. Specific clinical assessments and laboratory investigations should be offered to assess maternal wellbeing, to try to determine the cause or the chance of recurrence and possible means of avoiding future pregnancy complications.

Test	Explained	Accepted Yes No	Date taken	Results/Actions/Comments	Signed *
Full blood count	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	DDMMYY		
Kleihauer	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	DDMMYY		
C-reactive protein	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	DDMMYY		
Group and save	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	DDMMYY		
Coagulation screen	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	DDMMYY		
Random blood glucose	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	DDMMYY		
HbA1c	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	DDMMYY		
TORCH screen	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	DDMMYY		
Parvovirus	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	DDMMYY		
Liver enzymes, bile acids	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	DDMMYY		
Urea & electrolytes, uric acid	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	DDMMYY		
Bacteriology: MSU	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	DDMMYY		
High vaginal swab	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	DDMMYY		
Blood cultures	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	DDMMYY		
Thyroid function	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	DDMMYY		
Serology	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	DDMMYY		
Thrombophilia/Lupus	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	DDMMYY		
Anticardiolipin antibodies	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	DDMMYY		

Documentation. If you complete any of the following forms please document in the relevant boxes. This will facilitate communication between health professionals. These will be completed at varying times, not all the following will be required for all women.

	Completed Yes	N/A	Actions/Comments	Date	Signed *
TOP : form and consent	<input type="checkbox"/>	<input type="checkbox"/>		DDMMYY	
Birth notification	<input type="checkbox"/>	<input type="checkbox"/>		DDMMYY	
Non registerable form	<input type="checkbox"/>	<input type="checkbox"/>		DDMMYY	
Stillbirth/death certificate	<input type="checkbox"/>	<input type="checkbox"/>		DDMMYY	
Congenital anomaly form	<input type="checkbox"/>	<input type="checkbox"/>		DDMMYY	
Incident Form	<input type="checkbox"/>	<input type="checkbox"/>	Number:	DDMMYY	
Post mortem : form and consent	<input type="checkbox"/>	<input type="checkbox"/>		DDMMYY	
MBRRACE Perinatal and Infant Death Form	<input type="checkbox"/>	<input type="checkbox"/>		DDMMYY	
Child death notification form	<input type="checkbox"/>	<input type="checkbox"/>		DDMMYY	
	<input type="checkbox"/>	<input type="checkbox"/>		DDMMYY	

N/A = not applicable
 MBRRACE = Mother and Babies: Reducing Risk through Audits and Confidential Enquiries
 TOP = Termination of Pregnancy
 * Signatures must be listed on page 26 for identification

Name	
Unit No/ NHS No	

Use perforations to tear out and retain within hospital case records

Post-birth investigations: specific clinical assessments and laboratory investigations of the baby should be offered to the parents, to try to determine the cause of the death. They should be advised that often no specific cause is found, but when one is it can influence the care of future pregnancies. Even when no cause is found, this can be helpful.

Test	Explained	Accepted		Date taken	Results/Actions/Comments	Signed *
		Yes	No			
Initial examination of baby	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	DDMMYY		
Swab from baby <input type="text"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	DDMMYY		
Swab from baby <input type="text"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	DDMMYY		
Placental swab	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	DDMMYY		
Karyotyping if applicable	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	DDMMYY		
Post mortem discussed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	DDMMYY		
● Leaflet given	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	DDMMYY		
● Full post mortem	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	DDMMYY		
● Limited post mortem	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	DDMMYY		
● External examination	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	DDMMYY		
● Placental pathology	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	DDMMYY		
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	DDMMYY		
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	DDMMYY		

Creating memories: The death of a baby is unique; it is the loss of someone very important to the parents, who has changed their lives, but of whom there are few or no tangible memories and no memories that can be shared with other people. Most parents have a desire to remember their baby. Physical items connected to their baby may help. Health professionals can help by offering parents opportunities to create memories. Parents should be given the information to make choices and health professionals should be aware of possible variations in individual and cultural approaches to death. (Record any discussions on page 6 - management plan)

Offer	1st offer		Accepted		Date	Signed *	2nd offer		Accepted		Date	Signed *
	Yes	No	Yes	No			Yes	No	Yes	No		
Photographs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Hand and foot prints	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Lock of baby's hair	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
To bath/dress baby	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Keep first set of clothes baby wore	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Memory boxes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Baby gift	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Time alone with baby	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Taking baby home	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Spiritual or pastoral support	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Blessing/ naming ceremony	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Visiting for family	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Bereavement support	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Information about support groups	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Funeral arrangements	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
● Hospital burial/cremation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
● Private burial/cremation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		

page **4**

Name	<input type="text"/>
Unit No/ NHS No	<input type="text"/>

Postnatal venous thromboembolism (VTE) assessment

- to be completed immediately after birth. Update Management Plan as required.

Any previous VTE <input type="checkbox"/> Anyone requiring antenatal LMWH <input type="checkbox"/> High-risk thrombophilia <input type="checkbox"/> Low-risk thrombophilia + family history <input type="checkbox"/>	Yes	<div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"> High risk At least 6 weeks postnatal prophylactic LMWH </div>
Caesarean section in labour <input type="checkbox"/> BMI ≥ 40 <input type="checkbox"/> Readmission or prolonged admission (≥ 3 days) in the puerperium <input type="checkbox"/> Any surgical procedure in the puerperium except immediate repair of the perineum <input type="checkbox"/> Medical comorbidities e.g. cancer, heart failure, active SLE, IBD or inflammatory polyarthropathy; nephrotic syndrome, type 1 DM with nephropathy, sickle cell disease, current IVDU <input type="checkbox"/>	Yes	<div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"> Intermediate risk At least 10 days' postnatal prophylactic LMWH Note: if persisting or > 3 risk factors, consider extending thromboprophylaxis with LMWH </div>
Age > 35 years <input type="checkbox"/> BMI ≥ 30 <input type="checkbox"/> Parity ≥ 3 <input type="checkbox"/> Smoker <input type="checkbox"/> Elective caesarean section <input type="checkbox"/> Family history of VTE <input type="checkbox"/> Low-risk thrombophilia <input type="checkbox"/> Gross varicose veins <input type="checkbox"/> Current systemic infection <input type="checkbox"/> Immobility, e.g. paraplegia, PGP, long distance travel <input type="checkbox"/> Current pre-eclampsia <input type="checkbox"/> Multiple pregnancy <input type="checkbox"/> Preterm delivery in this pregnancy (<37 weeks) <input type="checkbox"/> Stillbirth in this pregnancy <input type="checkbox"/> Mid cavity rotational or operative delivery <input type="checkbox"/> Prolonged labour (>24 hours) <input type="checkbox"/> PPH > 1 litre or blood transfusion <input type="checkbox"/>	Yes	<div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"> 2 or more risk factors </div> <div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"> Fewer than 2 risk factors </div> <div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"> Lower risk Early mobilisation and avoidance of dehydration </div>
		No risks identified <input type="checkbox"/>
Signature* <input style="width: 100%;" type="text"/>		Date <input style="width: 100px;" type="text"/>

Mother alerts

Part of the assessment at each postnatal contact is to identify any additional needs you may have e.g. medical, personal or family problems, to assess which additional services you might need to be offered. The alerts below can be used by your midwife and other carers to help identify your risk of developing problems. During the postnatal period, the aim is to monitor your health and to check that you are well. The management of any problems or special features can then be documented on page 6. Your midwife will circle which features apply to you and transfer them to the key below to identify any risks you may have.

- | | | |
|---|---|--|
| <ul style="list-style-type: none"> 1 Age > 35 2 Para > 3 3 BMI > 30 4 Immobility prior to labour > 4 days 5 Pregnancy induced hypertension / Pre-eclampsia 6 Previous venous thromboembolism 7 Prolonged rupture of membranes 8 Labour > 12 hours 9 Pushing > 1.5 hours 10 Ventouse or forceps 11 Caesarean section | <ul style="list-style-type: none"> 12 Incomplete placenta or membranes 13 Uterine infection 14 Placental abruption 15 Baby weight > 90th centile 16 High temperature / unwell 17 Severe varicose veins 18 Episiotomy / 2nd degree tear 19 3rd / 4th degree tear 20 No spontaneous urinary void > 3 hours 21 Single catheter drainage > 500 ml 22 Indwelling catheter > 24 hours | <ul style="list-style-type: none"> 23 Excessive blood loss 24 Lack of family support 25 Current mental health problems 26 Previous mental health problems 27 Family history of severe perinatal mental health 28 Issues accessing care 29 Previous fetal loss /stillbirth /neonatal death 30 Current fetal loss /stillbirth /neonatal death 31 Medical co-morbidities 32 Antenatal anti-coagulation therapy 33 Thrombophilia 34 Smoker |
|---|---|--|

Key to risk

If you have one or more risk factors for any of the conditions, it does not necessarily mean that you will develop a problem. These are merely prompts for your carers to initiate further investigations, treatment or referral. Should you have concerns about any of these risks, contact your midwife.

For more information on what to do if you start to feel unwell, see pages 21 and 25.

Infection	4 7 11 12 13 14 16 17 18 19 20 21 22 23 31 34
Abnormal bleeding	2 5 6 12 13 14 16 32 33
Hypertensive disorders	1 3 5
Urinary / Faecal urgency or incontinence	2 8 9 10 15 18 19 20 21 22
Psychological wellbeing	4 24 25 26 27 28 29 30

Key to abbreviations: BP = Blood Pressure; BMI = Body Mass Index; DM = Diabetes Mellitus; IBD = Inflammatory Bowel Disease; IVDU = Intravenous Drug User; LMWH = Low Molecular Weight Heparin; SLE = Systemic Lupus Erythematosus; PGP = Pelvic Girdle Pain; > = greater than

* Signatures must be listed on page 26 for identification

Name	
Unit No / NHS No	

Support for parents

Following the birth of your baby. The NHS has a duty of care to be open and honest with regards to the care you have received. Following the death of a baby, NHS trusts will routinely review the care that has been provided. Staff caring for you will actively listen to any concerns you have. Every family deserves a thorough review of their baby's death to understand what happened and you will be asked about your experience and any issues you would like to raise. Staff may be able to give you an explanation why your baby has died before you go home from hospital. If this information is not available for you at this time, you will be offered an appointment to be seen by your health care team. This is usually 6-12 weeks after the birth of your baby. Your health care team will ask how you would like to receive this information and feedback on the review of your care. The information that you receive regarding the death of your baby will also be shared in a letter to your GP (family doctor).

Emotions. The death of your baby, whether during pregnancy, giving birth or after the birth is likely to be a distressing time for you. You may be feeling numb, angry, sad and confused. These are all normal feelings of grief and is a normal response.

Creating memories. When someone we love dies we usually have memories we can share. When a baby dies, the memories are only a few. Although you may feel unsure of what to do, many parents say how important the memories and keepsakes are in years to come. You will be able to hold and cuddle your baby and will be offered the opportunity to spend time alone together. Your baby can stay with you for as long as you wish. Not all women feel ready to do this straight away, it is entirely up to you what you want to do. You may feel unsure about seeing your baby for the first time. These are normal feelings and staff caring for you will support your choices. You may want to wash and dress your baby in special clothes and have them wrapped in a shawl/blanket. You can use your own or ask staff who will be able to provide these for you. You can keep the clothes that your baby wore, and take them home if you choose, even if the hospital provided them. Some parents want to have photographs of their baby to keep. If you feel that you would like this to happen, speak to the midwives caring for you. They can take photographs for you if you prefer, and if you don't want to take the photographs home straight away, it may be possible for them to be stored in the hospital until you decide you want them. If it isn't possible to store them in the hospital, you may want to ask family/friends to keep them for you until you feel ready to see them. You can ask to see your baby at any time and the staff caring for you will tell you where your baby will be kept. You may also wish other members of your family to come and meet your baby, have a cuddle and have photographs taken with them, your midwives will support you with this as it can be very emotional. It may be possible to create memories of your baby other than photographs, such as foot and hand prints, take a lock of your baby's hair for you, provide you with an identification bracelet and a cot card. You will be offered a memory box from the staff looking after you to keep these items safe and together. If you have any ideas or thoughts about creating memories, please discuss these with the staff looking after you.

Appearance. If your baby died quite a long time before birth, his or her appearance may have been affected. Your baby's skin may be very fragile. The staff caring for you will be able to advise you on how your baby looks as soon as the baby is born. After birth, your baby's appearance will change with time.

Spiritual support. Some parents may want the support of a spiritual/religious leader from their own faith. Most spiritual/religious ceremonies that parents want to perform after their baby has died can easily be accommodated. Hospital chaplains are experienced to provide help and support to bereaved parents of any faith or religion. They can give advice about traditions and rituals associated with when a baby dies. A naming or blessing ceremony can be arranged with the hospital chaplain. Alternatively, you can choose your own spiritual/religious advisor to carry out the ceremony.

Partner support. The grieving process is different for everyone, and everyone has their own way of managing and expressing their feelings. It's not unusual to feel frightened and helpless seeing your partner in pain and distress, and you may feel you should be strong and focus on supporting her, and ignore the distress you are feeling. It can be very difficult for either parent to support each other when both are experiencing a bereavement. Staff caring for your partner will be able to offer sensitive support for you and please feel free to ask any questions you have. In some circumstances, a parking permit may be issued to you. Ask staff about what facilities are available to you e.g. toilets, somewhere to sleep, availability of food and drinks.

Other children. Many people feel that children should be protected from bereavement. Children become affected when the people they depend on are affected by grief. Your decision to tell your child/children will be a very personal one and individual to your circumstances. When talking to young children, it's important to use words that they will understand. It is a good idea to explain to other family members, friends, nursery or school. Children can be deeply affected by the death and it may affect their behaviour for some time.

Other family members/friends. Some parents want time to be alone, others may feel comforted by the support of family and friends. Visiting hours for your family/friends should be flexible dependant on your wishes. You may have chosen for your family or friends to see your baby, staff caring for you will support you in doing what feels right for you.

Support groups. Some parents find it helpful to talk to other people whose babies have died. Many people can be affected by a baby's death, such as siblings, grandparents, and other family members and friends. Local support groups and national helplines can offer emotional support and practical help. They will be able to offer support by phone and email. They have friendly and relaxed meetings, which are an opportunity for bereaved parents to meet with others who have been through a similar experience. Ask staff caring for you about these local support groups and helplines. See page 26 of this booklet for further information.

Comments

Date

D	D	M	M	Y	Y
---	---	---	---	---	---

Time

H	H	M	M
---	---	---	---

Signature*

--

* Signatures must be listed on page 26 for identification

Name

Unit No/
NHS No

page

19

Support for parents

Going home. When you are ready to go home, it can be a frightening and difficult time, as everything has changed. Some women wish to leave as soon as they are medically able to, whereas other women prefer to stay longer. It is usual for your baby to stay at the hospital in a dedicated area. Some parents decide that they want to take their baby home or to a special place for a short while. This gives you the chance to spend time with your baby in your own surroundings. It can also be an opportunity for your family and friends to spend time with your baby. Staff caring for you will provide you with information about keeping your baby in a cool place (they may supply a cold cot for you to use). A completed form/letter will be issued by the hospital to accompany the baby, that will detail yours and the baby's details and a contact number for the bereavement team at the hospital. If a post mortem examination is being carried out you may not be able to do this until the post mortem has been done. If you do not take your baby home, but change your mind and would like the baby at home, this should not be a problem. Your midwife will be able to advise you what to do next. Some hospitals have the facility for you and your partner/family to come back and see the baby once you have gone home. Ask if this is something you would like to do.

Post Mortem Examination. Many parents want to know as much as possible as to why their baby died during the pregnancy or after birth. A post mortem is an examination of your baby after he/she has died. They are carried out by doctors who specialise in this field of medicine - they are called pathologists. A post mortem can provide helpful information such as: - conditions that might not have been diagnosed during the pregnancy, can rule out possible causes such as infection, or growth restriction, give an approximate time of death if your baby died before birth or may indicate a genetic condition that will influence care in a future pregnancy. Written consent will be needed from you before the procedure is carried out, unless the coroner has ordered the post mortem. In this instance, your consent does not have to be obtained. The examination will be discussed with you in detail and feel free to ask questions. As well as talking to you, staff will offer written information. This will give you time to decide whether you want to have the post mortem carried out. It will also give you an opportunity to talk to your family and friends if you want to. For some families, it can help to answer certain questions and may help to come to terms with what has happened and plan for the future.

Registration of birth and death. It is a legal requirement that if a baby lives and then dies after birth, both the birth and death must be registered by the Registrar of Births and Deaths. A doctor will issue you with a medical certificate of death. This must be taken to the Registrar's office within 5 working days from the date of death. Your baby's birth can be registered at the same time, if you have not already done this. If your baby was stillborn after 24 weeks' gestation, the midwife or doctor that was present at the birth will complete a Medical Certificate of Stillbirth. You need to take this to the Registrars' office within 42 days. If you are married, either parent can register the birth. If you are not married, you will both have to see the Registrar, if you want to have the father's name entered in the register. A certificate for you to keep will be issued. Your midwife will advise you about making an appointment at the Registrars' office. The registration must be done before a cremation or burial. The Registrar will then issue you a Certificate for Burial or Cremation and you can start making funeral arrangements. The staff caring for you can guide you with making your own arrangements. They will also provide you with the necessary paperwork that you will need.

Arranging a funeral. Your wishes and needs will be respected by your care providers. They have experience and knowledge with helping parents to decide what to do next and make arrangements. It is important to take time and choose what feels right for you and your family. You can make the funeral arrangements yourself or the hospital can make the arrangements with you, by contacting the funeral directors on your behalf. If you choose to have your baby buried, your care providers will give advice about whether your baby will be buried in a shared grave with other babies or in an individual plot. The ceremony can be very personal, with you choosing who you want to conduct the service. Some parents, for either religious or cultural reasons may wish to bury their baby as soon as possible. Ask the staff looking after you if this is something that you want, as they can help you make arrangements. Special items can be placed into your baby's coffin such as a family photograph, a letter or poem, a soft toy. You will need to decide whether you want your baby to be cremated or buried. It is entirely up to you whether you attend the funeral or not. If you choose not to, the funeral director and the hospital will have a record of where your baby's grave or ashes are, so if at a later date you want more information, please feel free to contact the either of them.

Financial help. During this difficult time, you may be facing financial difficulties due to extra costs. There are experts who can help you with finding out if you are entitled to claim any benefits, visit www.moneyadvice.service.org.uk. Most funeral directors offer a funeral service free of charge, although there may be some costs for additional items or services. If you are on a low income, you may be able to claim The Funeral Expenses Payment from the Social Fund, towards the cost of your baby's funeral. For more information see www.direct.gov.uk/FuneralPayments or contact your local Jobcentre Plus for further help. If your baby was stillborn, or born alive and then died after some time, you may be entitled to claim benefits and or maternity leave. For more information contact your employer/ or Maternity Action UK via www.maternityaction.org.uk or contact The Money Advice Service on 0800 138 7777.

Memorials. Many parents want to create a lasting memorial of their baby. Some choose to have a headstone or plaque in a cemetery or the grounds of a crematorium. Many cemeteries/crematoria have books of remembrance in which parents can have their baby's name entered. Some maternity units and neonatal units have memorial books too. Some hospitals and churches hold an annual act of remembrance or memorial service where bereaved parents are invited. The staff caring for you will be able to offer suggestions based on what other parents have done.

Comments

Date

D	D	M	M	Y	Y
---	---	---	---	---	---

Time

H	H	M	M
---	---	---	---

Signature*

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Name	
Unit No/	
NHS No	

Birth summary

Birth order	Date of Birth	Gestation	Mode of Delivery	Sex	Birth weight (g)	Centile	Outcome	Date of Death	Details / comments
1									
2									

Postnatal management plan - to be completed at postnatal follow up

LMP	Discussed/Comments	Signed*
D D M M Y Y		
Test results		
Post mortem results		
Circumstances of death and cause if known		
Any abnormal tests - follow up		
Any referral required		
Future plans		
Pre-conception / lifestyle advice		

Comments

SAMPLE

Alcohol and drug use

Details

Smoking

Do you currently smoke Yes No No. per day

When did you give up D D M M Y Y

Have you tried to stop smoking in the last 12 months Yes No Do you want to be referred to a smoking cessation advisor Yes Declined

Follow up required Yes No Who with When D D M M Y Y

Date D D M M Y Y Time H H M M Signed

Key to abbreviations:

LMP = Last Menstrual Period

* Signatures must be listed on page 26 for identification

SUMMARY of BIRTH

To be completed by midwife present at birth

Para

+

<p>Name <input style="width:90%;" type="text"/></p> <p>Address <input style="width:90%;" type="text"/></p> <p><input style="width:30%;" type="text"/> <input style="width:30%;" type="text"/> <input style="width:30%;" type="text"/></p> <p>Postcode <input style="width:20%;" type="text"/> <input style="width:20%;" type="text"/> <input style="width:20%;" type="text"/> <input style="width:20%;" type="text"/> <input style="width:20%;" type="text"/> <input style="width:20%;" type="text"/></p> <p>Unit No. <input style="width:20%;" type="text"/> NHS No. <input style="width:20%;" type="text"/> <input style="width:20%;" type="text"/> <input style="width:20%;" type="text"/> <input style="width:20%;" type="text"/> <input style="width:20%;" type="text"/></p>	<p>Unit /Place of birth <input style="width:95%;" type="text"/></p> <p>GP/Health visitor <input style="width:95%;" type="text"/></p> <p>EBL <input style="width:50%;" type="text"/> Perineum <input style="width:50%;" type="text"/></p>																																										
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MATERNAL DISCHARGE SUMMARY from Midwifery Care

To be completed by midwife at discharge to Health Visitor/ GP.

<p>Perineum <input style="width:95%;" type="text"/></p> <p>Contraception Discussed <input type="checkbox"/> Leaflet given <input type="checkbox"/></p> <p>Comments <input style="width:95%;" type="text"/></p> <p>Appointments</p> <p>6-8 week postnatal check arranged (GP) <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>6-12 week postnatal review arranged (Hospital) <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>Mental health and emotional wellbeing</p> <p>Normal grieving process : feeling down, little interest in doing things, low mood, anxious, nervous or on edge <input type="checkbox"/> No <input type="checkbox"/> Yes</p> <p>Additional concerns : <input type="checkbox"/> <input type="checkbox"/></p> <p>Referral required <input type="checkbox"/> <input type="checkbox"/></p> <p>To <input style="width:95%;" type="text"/></p> <p>Comments <input style="width:95%; height: 80px;" type="text"/></p>	<p>Blood test results</p> <p>Blood group <input style="width:20%;" type="text"/> <input style="width:20%;" type="text"/> <input style="width:20%;" type="text"/> <input style="width:20%;" type="text"/> <input style="width:20%;" type="text"/> <input style="width:20%;" type="text"/> Last Hb <input style="width:50%;" type="text"/></p> <p>Investigations / immunisations</p> <p>Anti D <input type="checkbox"/> BN <input style="width:50%;" type="text"/> Site <input style="width:50%;" type="text"/> Date <input style="width:20%;" type="text"/> <input style="width:20%;" type="text"/> <input style="width:20%;" type="text"/> <input style="width:20%;" type="text"/> <input style="width:20%;" type="text"/> <input style="width:20%;" type="text"/></p> <p>Signed* <input style="width:95%;" type="text"/></p> <p>MMR <input type="checkbox"/> BN <input style="width:50%;" type="text"/> Site <input style="width:50%;" type="text"/> Date <input style="width:20%;" type="text"/> <input style="width:20%;" type="text"/> <input style="width:20%;" type="text"/> <input style="width:20%;" type="text"/> <input style="width:20%;" type="text"/> <input style="width:20%;" type="text"/></p> <p>Signed* <input style="width:95%;" type="text"/></p> <p>Comments (e.g. details of any postnatal problems) <input style="width:95%; height: 150px;" type="text"/></p>
<p>Date <input style="width:20%;" type="text"/> <input style="width:20%;" type="text"/> <input style="width:20%;" type="text"/> <input style="width:20%;" type="text"/> <input style="width:20%;" type="text"/> <input style="width:20%;" type="text"/></p> <p>Signature* <input style="width:40%;" type="text"/> Title <input style="width:30%;" type="text"/></p>	

Important symptoms

Abnormal vaginal bleeding. Varying amounts of blood loss during and after the birth affect women in different ways. If you begin to develop symptoms including palpitations (aware of your own heartbeat), dizziness, a rapid pulse, weakness, sweating and restlessness following or during a heavy blood loss, you should contact your midwife or GP **immediately**. You may need treatment/medication.

Infection. The midwife will check your temperature, pulse and breathing rates as required. Signs of infection to look out for are: fever and chills; sore throat or a cough with mucous or respiratory infection; lower abdominal pain and tenderness; offensive, foul-smelling vaginal discharge; a tender uterus; pain or frequently passing urine; high temperature 38° c or higher; rash on your body. If you develop any of these please seek **immediate** medical advice. You may need treatment with antibiotics. There are ways you can reduce the risk of infections. It is important to try and reduce the risks by; good personal hygiene, washing your hands properly before and after preparing food, using the toilet, changing your sanitary pads or sneezing/blowing your nose.

Headache with neck stiffness, fever and visual disturbances. Some women may suffer from tension headaches and/or migraines after the birth. These usually resolve with mild pain relief (e.g. paracetamol) and rest. If, however, you have a sudden onset severe headache with neck stiffness and a high temperature you should contact your midwife or GP **immediately**. If the severe headache occurs within 3 days of the birth and is accompanied with heartburn-type pain, blurred vision/spots before your eyes, nausea or vomiting, you should also contact your midwife or GP **immediately** as this may indicate a sudden rise in blood pressure, which may require treatment. If you had an epidural and then develop a headache which worsens when you are upright but is relieved when you lie down and is accompanied by nausea and vomiting and ringing in the ears, this could be symptomatic of epidural complications and you should speak to your midwife or GP **immediately** for advice.

Backache. This is common after childbirth and is likely to improve with mild pain relief and normal activity. If you experience pain radiating down one or both legs, this could be nerve pain (sciatica) and you should consult your GP.

Persistent fatigue, faintness/tiredness, dizziness, pale complexion, heart palpitations. These are all symptoms of anaemia, which is caused by too little haemoglobin (Hb) in the red blood cells. This can be treated with iron supplements and dietary advice. If you are concerned, discuss this with your midwife or GP.

Additional care

Care and support at home. You will be offered support once you are home from the primary care team. This team consists of GP's, community midwives and health visitors. All women will receive postnatal care and support from a community midwife. Some women may want a health visitor to visit, especially if they have other children. They will be able to offer support for the whole family. One of the purposes of a home visit is to check your physical health, and offer help with physical symptoms such as vaginal bleeding, stitches and pain. If you don't want a visit at home, you can arrange to see your midwife at another location such as your GP surgery. The midwife will be able to offer emotional support to you and your partner. Please feel free to discuss any questions you have. The Trust where you delivered your baby may have a bereavement support midwife who can provide additional support for you.

Appointments. You will be offered an appointment to come back to speak to the consultant/bereavement specialist midwife caring for you. It's an opportunity for you to ask any questions you have. The results of any blood tests, or investigations that were carried out should be available for you to discuss, this will include post-mortem results, if it was done. Depending on these results, you may be referred to a specialist e.g. genetic team to discuss any specific results with you. It may be a good idea to write down any questions or worries you may have, and take this to the appointment. A written summary of this appointment will be sent to you, and a copy will be sent to your GP (family doctor). It is advisable that you see your GP for a postnatal check-up around six weeks after the death of your baby.

Another pregnancy. The timing of another pregnancy is a very individual decision that will be different for each family. Many parents are very frightened and worried about another baby dying. It's not unusual for some parents to feel under pressure to have another baby as soon as possible, sometimes to relieve the anxiety of their family and friends who love them and want them to be happy. Some parents feel the need to find out as much as possible as to why their baby died before even considering trying to get pregnant again, to try to prevent losing another baby in a future pregnancy. There may be no reason or cause for your baby's death, and this may be very stressful for you to plan another pregnancy.

Staff caring for you will offer time to discuss your feelings. This can be offered to you either together as a couple or on your own. It's important to look after yourselves both physically and emotionally. A future pregnancy will be stressful but staff caring for you will realise this and will offer additional antenatal support. You should be offered a link with a named person that you can contact as soon as you find out that you are pregnant.

Checklist for transfer of care to community midwife

To be completed by midwife prior to mother leaving hospital after the birth

Professionals informed : Specialist Midwife Community Midwife Health Visitor GP Other

	Yes	No		Yes	No	Not required
Discharge address checked	<input type="checkbox"/>	<input type="checkbox"/>	Prescription given if necessary	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Contact numbers given	<input type="checkbox"/>	<input type="checkbox"/>	Urinary/faecal incontinence referral	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pattern of postnatal visits explained	<input type="checkbox"/>	<input type="checkbox"/>	Anti D given	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Postnatal exam appointment explained	<input type="checkbox"/>	<input type="checkbox"/>	MMR vaccine given	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Out-patient appointment	<input type="checkbox"/>	<input type="checkbox"/>	Registration discussed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Serology results checked	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Handover of care tool (as per Trust guideline)	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Relevant details

Date Time Signed

Appointments

Date	Day of week	Time	Where	With	Reason
<input type="text" value="D D M M Y Y"/>					
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<input type="text" value="D D M M Y Y"/>					
<input type="text" value="D D M M Y Y"/>					
<input type="text" value="D D M M Y Y"/>					

Signatures

Anyone writing in these notes should record their name and signature here

Abbreviations: BSM/SBM = Bereavement Specialist Midwife/Specialist Bereavement Midwife; CMW = Community Midwife; MW = Midwife; StM = Student Midwife; HCA = Health Care Assistant; GP = General Practitioner; Con = Consultant; ST = Specialist Trainee; FY = Foundation Year Doctor; MSW = Maternity Support Worker

Name (print clearly)	Post	Signature*

Name (print clearly)	Post	Signature*

Support groups/additional information

Alcohol Concern	0203 815 8920
Antenatal results and choices	0207 713 7486
Bladder and Bowel Foundation Helpline	01926 357 220
Bliss Charity	0808 810 0322
Childline	0800 11 11
Child Bereavement UK www.childbereavement.org.uk	0800 0288 840
Citizens Advice Bureau (CAB)	0345 404 0506
Frank About Drugs	0300 123 6600
Maternity Action Advice Line	0808 802 0029

The Miscarriage Association	01924 200 799
MIND-for better mental health	0300 123 3393
National Domestic Violence Helpline	0808 2000 247
NHS Choices	www.nhs.uk
NHS Direct	111
Stillbirth and Neonatal Death Charity (SANDS) www.sands.org.uk	0808 164 3332
The Money Advice Service	0300 500 5000
Tommy's Charity	0207 398 3400
Working Families (rights and benefits)	0300 012 0312