

Birthrights training



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**How can we deliver safe
and personalised care?**

**Do women have a right
to out of guidelines care?**

**What really is informed
consent?**

**How do I know if a woman
has mental capacity to
make decisions in labour?**

**How can we reduce
litigation and complaints
in maternity care?**

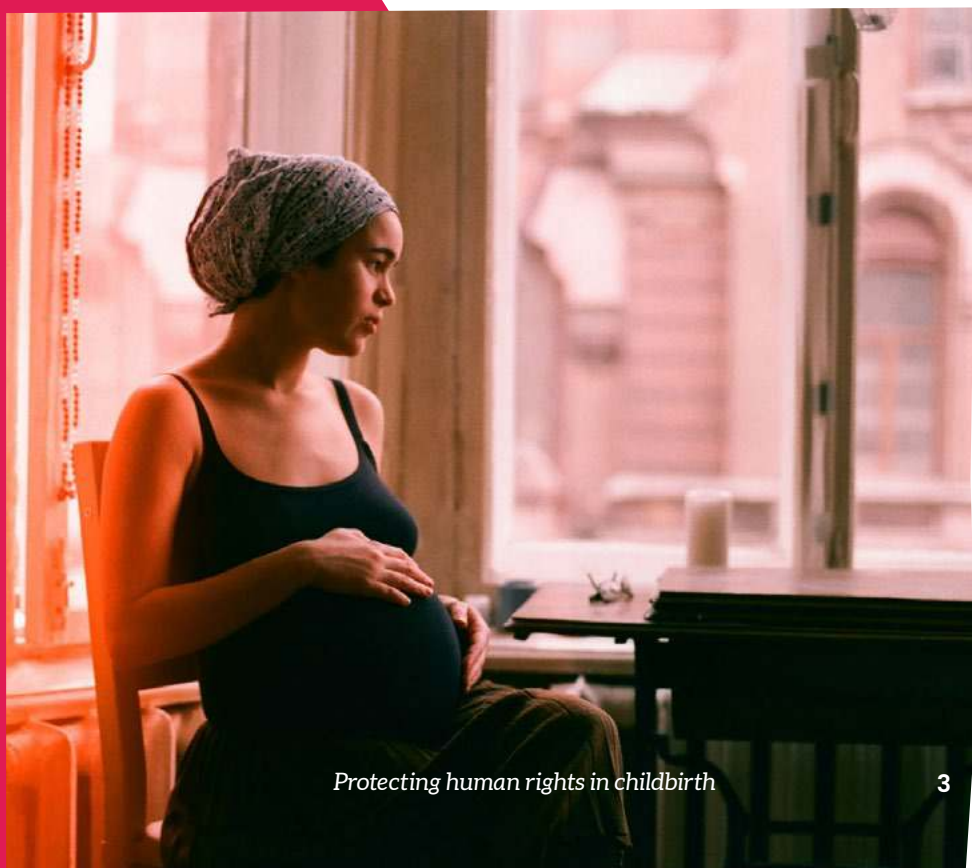
**Could we do more to
prevent birth trauma
rather than treating it?**

About Birthrights

Birthrights is the only UK charity dedicated to improving maternity care by promoting respect for human rights. We empower women to know their rights in pregnancy and childbirth through our free advice and resources, support healthcare professionals to deliver rights-respecting care through our training, and change policy and systems through research, campaigns and legal interventions.

We reach over 1,000 healthcare professionals a year through our training and by speaking at key conferences and courses such as the Managing the Labour Ward course, run by the Royal College of Obstetricians and Gynaecologists (RCOG), seminars run by law firms such as Leigh Day and Irwin Mitchell, and national events such as Let's Talk Birth.

To support implementation of the landmark *Montgomery v Lanarkshire* decision, we have worked with NHS England, RCOG, the Royal College of Midwives (RCM) and others to develop an intrapartum consent tool, and have contributed to the development of the Nursing and Midwifery Council's (NMC) standards, the RCOG's revised curriculum for O&G specialists and the General Medical Council's guidance on consent.



Why Birthrights training?

The human rights framework equips midwives and doctors to judge when treatment is never acceptable, when an individual's right to choose needs to be weighed against the rights of others, and how to enable women to make informed decisions about their care. At a time when healthcare professionals are under increasing pressure from competing requirements and stretched resources, human rights law empowers and protects healthcare professionals who put women at the centre of their care.

Our trainers

Our training sessions are run by two trainers – one with in-depth knowledge of human rights law and how it applies to maternity care and one who is a midwife or doctor with practical experience of delivering human rights centred care. Trainers are drawn from our team of staff, Trustees and Associate Trainers.

Training outcomes

Our training equips doctors, midwives and others supporting pregnant women with:

- Knowledge of the law and human rights principles
- An understanding of how to apply it in practice
- The ability to communicate effectively with women in a way that upholds their human rights

Our training is particularly effective if undertaken by multi-disciplinary teams that work together.



Changing practice

Our training has consistently been shown to inspire healthcare professionals to change their practice.



In our latest evaluation of training over 2017/18,

84%

of participants felt confident in applying human rights principles after our training compared to 35% before.

81%

of participants said that the training would change the way they worked with pregnant and birthing women.

97%

of participants recently surveyed said they would recommend Birthrights training to others.

What do people say about Birthrights training?

"I just wanted to write and say an enormous thank you to Birthrights for the hard work and excellent delivery that makes your study days some of the best I have ever attended. 'Thought-provoking' doesn't really cover it - left me totally rethinking my practice and my interactions with women. So grateful that I got to hear the session - Jo and Simon were awesome and spoke with both passion and extensive knowledge."

— Midwife, Chesterfield Royal

"I'd just like to take this opportunity to thank you again for the workshop you provided - it was brilliantly informative and real food for thought."

— Student Midwife, Bournemouth

"Feeling like a ninja midwife after an amazing study day - thank you."

— Midwife, Lewisham

Our training clients have included:

The Royal College of Obstetricians and Gynaecologists (RCOG), East Midlands Clinical Network, Health and Social Care Safety Forum - Northern Ireland, NHS Trusts including: Aneurin Bevan, Cardiff Vale, Chelsea and Westminster, Chesterfield, George Elliot, Lewisham and Greenwich, Reading, St Georges, University Hospitals of Coventry and Warwickshire.

What sort of training does Birthrights offer?

Our core training covers:

- An introduction to human rights and where they come from (primarily the European Convention of Human Rights/ Human Rights Act 1998)
- An exploration of key common law judgements relevant to maternity care including *Montgomery vs Lanarkshire*
- Consideration of the implications of human rights law and common law cases for maternity care, and what legal obligations doctors and midwives have as NHS employees
- An opportunity to apply this learning through discussion of case studies in small groups looking at common scenarios in maternity care e.g. consent for induction, maternal request caesarean, request to give birth in a birth centre by a woman who does not meet guidelines

We also offer tailored training courses which cover this content but with a particular focus on:

- How can we deliver safe and personalised care?
- Do women have a right to out of guidelines care?
- What really is informed consent?
- How do I know if a woman has mental capacity to make decisions in labour?
- How can we reduce litigation and complaints in maternity care?
- Could we do more to prevent birth trauma rather than treating it?

Practical communication skills

We can also offer training that focuses on practical communications skills and language to equip healthcare professionals to:

- Have choice conversations with women that facilitate providing the information women need, giving a professional recommendation and exploring alternative options, to achieve informed consent
- Sensitively challenge behaviour by colleagues that is disrespectful or unsafe
- Reflect on appropriate informal and formal escalation routes if needed to protect women's rights and safety

This session gives healthcare professionals a safe space to develop their communication practice and can be offered as a stand-alone half day course or combined with our core content as a full day course.



Our prices

Our 2019 training prices are:

£1500 for a full day course (7 hours)

£850 for a half day course (3 hours)

We recommend running training courses for around 20 participants to ensure they can be fully interactive. A 10% discount is offered for multiple training courses if booked at the same time.

We particularly welcome the opportunity to train multi-disciplinary teams – do talk to us about potential discounts for organisations that can ensure representation from midwives, obstetricians, anaesthetists and other relevant disciplines, as well as in-house lawyers or corporate governance representatives.

We provide a bespoke blank CPD certificate to the organiser to distribute to participants who attend.

A handout of the slides will be sent electronically to the organiser for distribution before or after the session.

Individual training

We run some training courses where it is possible to book a place as an individual and are happy to discuss organising one in your area. Get in touch at info@birthrights.org.uk or see our website www.birthrights.org.uk for further details of current courses on offer.

We are also available for speaking requests.



Contact

More information

Find out more about our courses, prices and booking at www.birthrights.org.uk

