

Empowering Mothers: A Quality Improvement Project on Caesarean Section Debriefing

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Introduction

- **Debriefing:** helps women understand the birth experience, identify physical, emotional or psychological issues and **explain future deliveries**
- **Robson Criteria:** recognition of appropriate VBAC candidates and facilitate clinical decision making
- **Who is involved:** Mother who underwent procedure and healthcare team **involved in the procedure** (obstetrician, anaesthetist, midwife, nurses)
- **When:** As soon as possible after the Caesarean Section (CS). Patient’s physical and emotional state should be taken into account beforehand



Assessment of debriefing quality after a caesarean section (planned/unplanned) via a survey (Microsoft forms)



Creation of an information letter explaining the type of caesarean section and options for next delivery



Aim to close the loop 3 months after distribution of eaflet by assessing debriefing quality and understanding of patient

Methodology

- 34 women
- 28/01/23-09/02/23
- 23 women in Southend Hospital
- 11 women in Broomfield Hospital
- 50% Elective CS
- 50% Emergency CS

Caesarean Section Information Letter



Dear.....

Congratulations on your new baby! Here is some information about your delivery for if you wish to plan for a future pregnancy. We recommend that you wait at least 12 months until your next pregnancy.

You underwent a caesarean section on / / .

The reason for the caesarean section was:

The type of womb incision which you have is a incision.

For your future deliveries, we advise:

You can have a trial of vaginal delivery

You should have a caesarean section

Other information.....

The reason for this is because:

If you would like to discuss and reflect on your delivery, we can arrange for this in our Birth Reflections clinic. This can be arranged via your community midwife.

We wish you well for the future.

The Obstetric team

Conclusion

- Post CS debriefing can help team and mother learn from birth experience
- It ensures that women **understand the rationale for their CS**
- It can affect decisions on future deliveries and **may improve uptake of VBAC**
- The debriefing process should be conducted as soon as possible after the procedure involving mother and team
- The Caesarean Section letter should be completed at the time of debriefing and a copy given to patient at the time of debrief or discharge
- By providing a safe and supportive space to discuss the CS experience, debriefing can promote better physical and emotional outcomes for women and babies

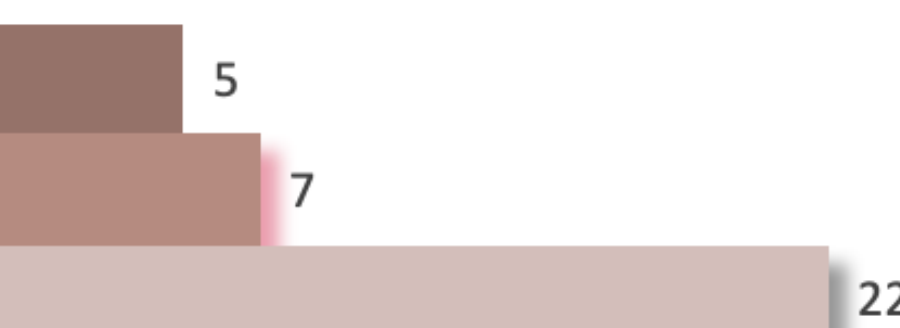
References

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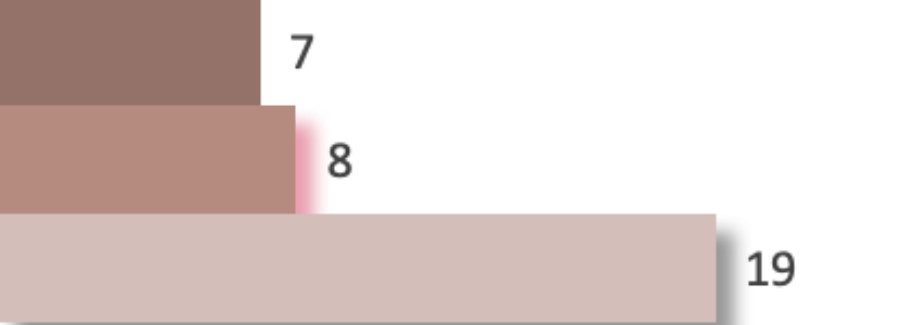
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Quality of Debriefing

Do you feel you clearly understand what type of delivery would be recommended for any future babies?



Do you feel you clearly understand what type of incision was made on your womb as part of your Caesarean Section?



Do you feel you clearly understand why a Caesarean Section was advised for delivery of your baby?



■ Maybe ■ No ■ Yes

>30% of women are unsure about their birth options on next baby