

Birthrights training



Birthrights training

*Do you work with pregnant women
and birthing people?*

Do you want to:

- Deliver maternity care that is safe AND personalised
- Understand what informed consent looks like and how to have choice conversations in practice
- Know more about rights to out of guidelines care, rights of the baby, and when you should say yes or no
- When it is appropriate to refer to social services and for mental capacity assessments

As a service, do you want to:

- Create a truly multi-disciplinary team culture
- Reduce inequalities in maternity care
- Reduce litigation and complaints in maternity care
- Prevent birth trauma rather than treating it

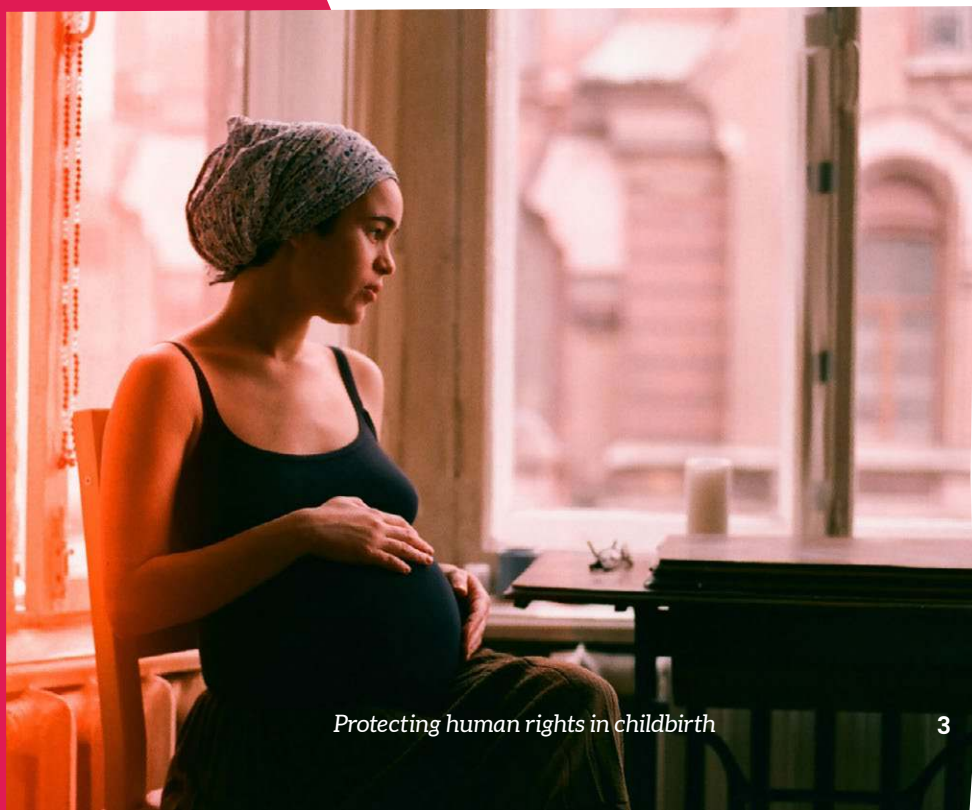
Then our training is for you...

About Birthrights

Birthrights is the UK charity that champions respectful care during pregnancy and childbirth by protecting human rights. We provide advice and legal information to women and birthing people, train healthcare professionals and other birth workers, and campaign to change maternity policy and systems.

We reach thousands of healthcare professionals each year through our online and face to face 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 (iDecide), 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. We have also co-authored the Institute of Personalised Care's e-learning module on personalised maternity care.



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 and birthing people 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 want to offer tailored and personalised care to each individual they care for.

Our trainers

Our core 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 other birth workers 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

We offer a **10% discount** to multi-disciplinary teams undertaking our training together. Please contact us for further details.



Changing practice

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

In our latest annual training evaluation (2020-2021),

89%

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

98%

of participants said they would recommend Birthrights training to others.



What do people say about Birthrights training?

“Excellent session and so glad I’ve done this!!! [I most enjoyed] the group discussion and specific examples in maternity care that I can now take away to shape my practice.”

— Barnsley Hospital NHS Foundation Trust

“The whole course was brilliant! There were so many things I thought I knew about human rights, but it turns out I didn’t know.”

— Health & Safety Investigation Branch

“Well presented, thought provoking, full of great information ... absolutely the best training session.”

— Health & Safety Investigation Branch

“Great to have a different legal perspective other than medical negligence!”

— North West Obs & Gynae ST6/7s

“Thanks for such a concise, clear crash course in the HRA and its aspects that relate to doula support. This has been hugely valuable in being able to also flag any issues surrounding care of our clients with our organisation or other doula networks that we work with. Please keep up the excellent work, Birthrights – we need your strong voice, and knowledge, perhaps now more than ever.”

— Doulas Without Borders

Our training clients have included:

The Royal College of Obstetricians and Gynaecologists (RCOG), NHSE England, the Health and Safety Investigation Branch, North West obstetric trainees. NHS Trusts including: Barnsley Hospitals NHS Foundation Trust, Cambridge University Hospitals NHS Foundation Trust, The Royal Berkshire NHS Foundation Trust. Other organisations such as: The Doula Association, Doulas without Borders, NCT, Amma birth companions, Bradford doulas.

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 v 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 outside of guidelines

We offer both online and face to face training.

We also offer training that focuses solely on consent to meet NHS England's recommendation that all "*all health professionals have training in personalised care, decision making, risk communication and in choice conversations*" (Personalised care and support planning guidance (March 2021)).

Our consent training covers:

- *Montgomery v Lanarkshire*, and other legal cases that are relevant to consent and informed choice
- Best practice in terms of risk communication, and addressing power dynamics and accessibility
- An opportunity to develop confidence in having choice conversations in practice
- Tools and tips for sensitively challenging the behaviour of other team members



Training extensions



Creating a safe maternity culture

This full day (or two half day) course covers our core training but also creates time to reflect on different definitions of safety and how to build safety into multi-disciplinary team working in your unit.

This course also covers how to document for choice.

Practical communication skills

This session is an excellent follow on from our core training but with a more practical focus on how to have choice conversations with women and birthing people as per NHS England's recommendation that "all health professionals have training in personalised care, decision making, risk communication and in choice conversations" (Personalised care and support planning guidance (March 2021)).

It covers:

- Best practice in terms of risk communication, and addressing power dynamics and accessibility
- An opportunity to develop confidence in having choice conversations in practice through small group exercises working through real life choice conversations with women/birthing people
- Tools and tips for sensitively challenging the behaviour of other team members
- Informal and formal escalation routes

This session works best if undertaken with our core training.

We are also happy to discuss tailored training requests, on how to ensure equitable treatment for women and birthing people facing severe and multiple disadvantage for example, or the Equality Act or Mental Capacity Act. In addition we are happy to facilitate workshops aimed at producing new Trust guidelines on an aspect of care, for example on maternal request caesarean.

Our prices

Training prices are:

£1500 for a full day course
(7 hours face to face or split over two days online).

£850 for a half day course
(3 hours face to face or 3.5 hours online).

We want to make sure that as many organisations as possible can access our training, so please do get in touch if you have any questions around prices.

We recommend running training courses for around 20 participants whether face to face or online to ensure they can be fully interactive. We also offer a 10% discount for multi-disciplinary team training, as we recognise how effective it is to train whole maternity teams together – please contact us for more information.

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

Individual training

We also run 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

