

Ref: FOI 087

13 August 2019

Dear Requestor

Request made under the Freedom of Information Act 2000

On 18 July 2019 you sent a request, made under the Freedom of Information Act, relating to psychological support for parents who have experienced pregnancy or baby loss in NHS Dorset CCG area. I now provide this information as an attachment.

I trust that this is the information you require and that your request has been fully discharged.

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Please note that, under the Re-use of Public Sector Information Regulations, if you wish to publish or otherwise use this information besides for your own means, you will need to seek our permission to do so.

If you are unhappy with this response, you are entitled to request an internal review of our decision, handled where possible by a member of staff not directly involved in the initial decision. If you wish to request such a review, please write direct to the Data Protection Officer, NHS Dorset, Ground Floor, West Wing, Vespasian House, Barrack Road, Dorchester DT1 1TG. We aim to deal with requests for internal review within three weeks of receipt, although where the issues involved are very complicated this period may be extended up to a total of six weeks.

If you have queries about this response, please do not hesitate to contact me quoting the above reference number.

Yours sincerely

Signature Removed

Paddy Baker
Data Protection Officer
NHS Dorset Clinical Commissioning Group

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Q1:

Do you specifically commission talking therapies for people following pregnancy/birth?
(please delete as appropriate)

Response:

NHS Dorset CCG commission generic IAPT services within our core offer.

For both parents	For the mother only	For the father or partner only
No	No	No

Q1.1:

Are people who have had the following experiences able to access these services?

Response:

Yes, in terms of access to all – NHS Dorset CCG offer services to anyone experiencing depression/anxiety or primary care based mental health conditions.

(Please delete as appropriate)

Experience	Both parents	Mother only	Father or partner only
Miscarriage, ectopic pregnancy and molar pregnancy	Yes	Yes	Yes
Termination of Pregnancy for Fetal Anomaly (ToPFA)	Yes	Yes	Yes
Stillbirth	Yes	Yes	Yes
Neonatal Death	Yes	Yes	Yes
Sudden Unexpected Death in Infancy (SUDI)	Yes	Yes	Yes

Q2:

Do you commission a specialist therapy service for the people who have had the following experiences? (Please delete as appropriate)

Response:

*Maternity services (Poole, Dorchester and Royal Bournemouth) provide therapy service for the below (answer yes) but this is not commissioned by NHS specialist services.

Experience	Both parents	Mother only	Father or partner only
Miscarriage, ectopic pregnancy and molar pregnancy	Yes, as above text*	Yes, as above text*	Yes, as above text*
Termination of Pregnancy for Fetal Anomaly (ToPFA)	Yes, as above text*	Yes, as above text*	Yes, as above text*
Stillbirth	Yes, as above text*	Yes, as above text*	Yes, as above text* (Limited offer one provide see below**)
Neonatal Death	Yes, as above text*	Yes, as above text*	Yes, as above text* (Limited offer one provide see below**)
Sudden Unexpected Death in Infancy (SUDI)	Yes, as above text* (Limited offer one provide see below**)	Yes, as above text* (Limited offer one provide see below**)	Yes, as above text* (Limited offer one provide see below**)

Q3:

Do you hold any more information on psychological support for parents who have experienced pregnancy or baby loss that maybe useful in helping us to understand the services they can access in your area? (Free text)

Response:

Dorset County Hospital NHS Foundation Trust:

Dorset County Hospital have a bereavement team of three midwives that provide ongoing individual support to parents following the loss of their baby, including facilitating a support group. At the present time, they have not received any formal counselling training.

All bereaved parents are offered an appointment at the postnatal clinic with a consultant.

Dorset County Hospital have access to a trained psychotherapist/midwife who provides 1:1 counselling for women and their partners (appointments are for 1 hour) but this is usually utilised for women with a fear of normal birth/tocophobia, when planning their birth. However, she has provided support to women who are traumatised after birth and this has proved very effective.

Poole Hospital NHS Foundation Trust:

Poole Hospital maternity bereavement counsellors are all integrative Counsellors, which is a combined approach to psychotherapy that brings together different elements of specific therapies. Integrative therapists take the view that there is no single approach that can treat each client in all situations. One of our counsellors is currently training in EMDR (Eye Movement Desensitization and Reprocessing) which is a proven therapy to treat psychological trauma.

In addition to counselling, SPRING (part of Poole Hospital Charity) offer a support group with is run by counsellors so would be classed as a therapy group.

****Royal Bournemouth and Christchurch Hospitals NHS Foundation Trust:**

Bereavement midwife employed by Royal Bournemouth and Christchurch Hospitals who will contact parents postnatally to offer support. This is limited in time and to women who have had TOPFA, Stillbirth and neonatal death whilst under midwife care (up to 28 days).