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**N/A**

## **Rainbow Caerdydd Antenatal and Postnatal clinic**

### **Introduction and Aim**

The loss of a baby before, during or shortly after birth is a devastating experience for families. Stillbirth (a baby born at or after 24 weeks gestational age showing no signs of life, irrespective of when the death occurred) affects 9 families a day in the UK (Tommy's 2018). This experience, as well as the loss of a baby through late miscarriage and early neonatal death, has a significant impact on the physical, emotional and psychological impact of women and their families. Approximately 70% of women who have had a stillbirth are pregnant again within a year (Lamont et al, 2015) and so often face navigating the journey of a new pregnancy in the context of grief and trauma.

### **1. Aims of Rainbow Care**

The experience of parents in pregnancies after loss is significantly impacted by their experience of loss. Women require tailored care based upon a sound understanding of their enhanced medical, emotional and psychosocial needs. In response to these needs, the Rainbow Caerdydd Clinic will provide clinical and holistic care for women in pregnancies following late miscarriage, stillbirth and early neonatal death. The Rainbow Clinic is based upon the known benefits for families of offering continuity of care within the context of a specialist multi-disciplinary team (Better Births, 2016).

### **Postnatal Debrief Clinic**

All parents who meet the inclusion criteria will be offered a follow-up appointment for their postnatal debrief and to discuss any results from tests or post mortem investigations. This debrief will be given by a Consultant Obstetrician and will be coordinated with the parents by the Bereavement midwife. Parents who meet the exclusion criteria will have appointments arranged via the Bereavement midwife to meet their named Consultant

### **Objectives**

- The Rainbow Team will provide women with all recommended routine antenatal care (As per the NICE, 2008 antenatal care guideline and in line with GAP/GROW) and any enhanced care based on individual need. They can offer antenatal care and advice from pre pregnancy to delivery

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- The Rainbow Caerdydd team will be available for pre-booking early contact with families to outline a proposed pathway of rainbow care.
- All notes will have a Rainbow Caerdydd sticker on the front to ensure staff, recognise the woman is pregnant after perinatal loss.
- All parents who meet the inclusion criteria will be offered a follow-up appointment for their postnatal debrief and to discuss any results from tests or post mortem investigations. Appointments will be given to the parents for feedback by the Bereavement Midwife within 14 weeks following delivery and Post-mortem and Placental Histology reports are available.

**Scope**

This policy applies to all healthcare professionals in all locations including those with honorary contracts

|   |  |
|---|--|
| <b>Equality Health Impact Assessment</b>          | <i>An Equality Health Impact Assessment (EHIA) has not been completed.</i> |
| <b>Documents to read alongside this Procedure</b> | <a href="#">Antenatal Care</a><br><a href="#">Postnatal Care</a>           |
| <b>Approved by</b>                                | <i>Maternity Professional Forum</i>  |

|   |   |
|---|---|
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***Disclaimer***

**If the review date of this document has passed please ensure that the version you are using is the most up to date either by contacting the document author or the [Governance Directorate](#).**

| <b>Summary of reviews/amendments</b> |                                |                       |                              |
|--------------------------------------|--------------------------------|-----------------------|------------------------------|
| <b>Version Number</b>                | <b>Date of Review Approved</b> | <b>Date Published</b> | <b>Summary of Amendments</b> |
|                                      |                                |                       |                              |

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|---|--|------------|--------------|
| 1 | 15/07/2019<br>MPF<br>06/09/2019<br>Q+S | 09/09/2019 | New Document |
|---|--|------------|--------------|

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## 2 Terms of Reference

### 2.1 Overview

The loss of a baby before, during or shortly after birth is a devastating experience for families. Stillbirth (a baby born at or after 24 weeks gestational age showing no signs of life, irrespective of when the death occurred) affects 9 families a day in the UK (Tommy's 2018). This experience, as well as the loss of a baby through late miscarriage and early neonatal death, has a significant impact on the physical, emotional and psychological impact of women and their families. Approximately 70% of women who have had a stillbirth are pregnant again within a year (Lamont et al, 2015) and so often face navigating the journey of a new pregnancy in the context of grief and trauma.

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### 2.2 Aims of Rainbow Care

The experience of parents in pregnancies after loss is significantly impacted by their experience of loss. Women require tailored care based upon a sound understanding of their enhanced medical, emotional and psychosocial needs. In response to these needs, the Rainbow Caerdydd Clinic will provide clinical and holistic care for women in pregnancies following late miscarriage, stillbirth and early neonatal death. The Rainbow Clinic is based upon the known benefits for families of offering continuity of care within the context of a specialist multi-disciplinary team (Better Births, 2016).

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### 2.3 Inclusion Criteria for care for The Rainbow Clinic

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The Rainbow Caerdydd Clinic Team is a comprised of a Lead Consultant Obstetrician and the Bereavement Specialist Midwife. Working in partnership with families they will offer care to women who have experienced:

- A previous stillbirth (a baby born at or after 24 weeks gestation showing no signs of life RCOG 2010)
- A previous fetal death in utero between 17 and 23+6 weeks gestation
- An early fetal loss due to cervical incompetence from 16 weeks to 23+6
- A previous early neonatal death usually within the first week of life and complicated by an Obstetric cause e.g. preterm labour, Pre eclampsia, placental abruption. Individual cases can be discussed
- Any of the above irrespective of whether they have given birth to a live baby since
- Cardiff and Vale patients can be referred to the clinic for Pre Pregnancy support or following their dating scan. The clinic is optional. Not all bereaved parents will want to be referred to the Rainbow clinic.

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#### 2.4 Exclusion criteria from the Rainbow Caerdydd clinic

- Any complicated maternal reason where other Specialised ANC clinic would be more appropriate, eg Medical Endocrine clinic for diabetes, Cardiac Clinic, Severe PNMH. However, the Rainbow team will still be available for support and advice to the woman if needed.
- Multiple miscarriage (1<sup>st</sup> Trimester)
- Previous Medical termination of pregnancy for fetal anomalies or genetic conditions that require Fetal Medicine input or can be referred directly for NIPT.
- Out of area patients can only be referred to the clinic when they have been accepted to transfer their care to Cardiff and Vale UHB for Antenatal care and delivery.

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### 3 Referral Process

- Parents and other professionals will be able to make contact with The Rainbow Clinic Team via a dedicated telephone number and email address.
- Bereaved parents will be informed of and signposted, as appropriate, to the Rainbow Service as part of the Bereavement Clinic follow-up process.
- Related health professional including GPs, community midwifery teams, hospital midwives and Obstetricians, perinatal mental health teams and health visitors will be informed of the Rainbow Service and invited to refer women as appropriate.

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#### 3.1 Rainbow Clinic Information

##### **Where is the clinic held?**

The clinic is held weekly at the **Antenatal clinic department, University Hospital Llandough (UHL)**

The clinic is held every **Tuesday morning 9am – 13.00**

The coordinator can be contacted on **029 20742288, Monday - Friday, 8.30am - 4.30 pm** to book or cancel appointments

The **Rainbow Caerdydd Clinic** can be contacted on **Tuesday morning only on 029 20716445 or 029 20716103**

At any other time the Bereavement Midwife can be contacted on **029 20742187** (Mon, Wed, Thurs and Fri an answer phone service is available) or you can email on [laura.wyatt@wales.nhs.uk](mailto:laura.wyatt@wales.nhs.uk).

##### **Referral to the clinic is optional for parents**

Referrals can be emailed to Laura Wyatt [laura.wyatt@wales.nhs.uk](mailto:laura.wyatt@wales.nhs.uk) or [Rainbow.caerdydd@wales.nhs.uk](mailto:Rainbow.caerdydd@wales.nhs.uk)

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## 4 Antenatal Care for Rainbow Families

The Rainbow Team will provide women with all recommended routine antenatal care (As per the NICE, 2008 antenatal care guideline and in line with GAP/GROW) and any enhanced care based on individual need. They can offer antenatal care and advice from pre pregnancy to delivery.

The Rainbow Caerdydd team will be available for pre-booking early contact with families to outline a proposed pathway of rainbow care.

All notes will have a Rainbow Caerdydd sticker on the front to ensure staff, recognise the woman is pregnant after perinatal loss.



The Bereavement Midwife will offer advice and support on how to arrange their community booking appointments. All women will have their dating scan and first trimester screening through the normal pathway as per Antenatal Care guideline which is accessible on the clinical portal.

Women will then be seen by appropriate members of the Rainbow Clinic Team for the following appointments but should also have support from their community midwife. The recommended pathway following a pre pregnancy appointment is a

- 15-16 week appointment
- 20 week anomaly scan will be undertaken by the Ultrasound Department at UHW or UHL with Rainbow Clinic appointment afterwards, arranged on a case by case basis
- 23- 24 week appointment
- 26 or 28 week appointment



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- Further 4 weekly (or as clinically indicated) appointments (including growth USS and dopplers as clinically appropriate) until delivery

Appointments are flexible and can be arranged to suit the parents' needs. If the woman has been seen in Rainbow clinic for pre pregnancy support, a plan of care and follow up appointments will have been arranged.

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#### 4.1 Additional enhanced care

The Bereavement Midwife will offer:

- Additional support and contact with parents during pregnancy if required. Women will also be encouraged to see their community midwife for care as recommended in the Antenatal care guideline. This will also provide the women with additional reassurance and emotional support.
- Birth plan appointments and as appropriate supported contact and visits to IOL suite/delivery suite/SCBU. Often detailed SBARs and birthplans are written with the parents and shared with the senior management team and operational leads to share with staff within the clinical areas for complex cases. They are also shared on E3 (Euroking) which is accessible for all midwives to share with the MDT.
- Signposting of parents to other support groups and services within the community eg CONI (Care of the Next Infant programme), Perinatal Mental Health team, Cardiff and Newport SANDS Next Pregnancy support group and consider using the Headspace app.

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## 5 Postnatal care following delivery of a Rainbow baby

Where possible the community Midwives and E3 will be notified of planned induction or delivery dates for women cared for by the Rainbow Clinic team. Where possible the Consultant Obstetrician will deliver the Rainbow patients who have an elective c/section for continuity. If the woman has had a previous Neonatal death, the neonatal team will be present at delivery for the parent's reassurance.

Following delivery a Rainbow Caerdydd sticker will be added to the postnatal discharge summary for the community team and the woman's handheld postnatal notes to notify the community team.

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### 5.1 Postnatal Debrief Clinic

All parents who meet the inclusion criteria will be offered a follow-up appointment for their postnatal debrief and to discuss any results from tests or post mortem investigations. This debrief will be given by Consultant Obstetrician and will be coordinated with the parents by the Bereavement midwife. Parents who meet the exclusion criteria will have appointments arranged via the Bereavement midwife to meet their named Consultant

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#### 5.1.1 Inclusion Criteria for referral to the Postnatal Debrief Clinic

- Late miscarriage (from 17 weeks)
- Stillbirth
- Neonatal death complicated by Obstetric cause (within 1 month of life)
- Fetal demise in a multiple pregnancy (e.g IUD of a Twin). Parents may wish to see their Named Consultant from the Twin Clinic

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#### 5.1.2 Exclusion criteria from the Postnatal Debrief clinic

- Any complicated maternal reason where other Specialised ANC clinic would be more appropriate, for example Medical Endocrine clinic for diabetes, Cardiac Clinic to give feedback. However, the Rainbow team will still be available for support and advice to the woman if needed.

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- Any Fetal anomalies or genetic conditions that require Fetal Medicine input.
- Any Intrapartum Stillbirth or Neonatal death will be seen by the Consultant Obstetrician and Consultant Neonatologist on call at time of delivery.

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## 5.2 Postnatal Debrief Clinic Information

**Appointments will be given to the parents for feedback by the Bereavement Midwife approximately 14 weeks following delivery and when the Post-mortem and Placental Histology reports are available.**

### **Where is the clinic held?**

The clinic is held weekly at the **Antenatal clinic department, University Hospital Llandough (UHL)**

The clinic is held every **Tuesday morning 9am – 13.00**

The coordinator can be contacted on **029 20742288, Monday - Friday, 8.30am - 4.30 pm** to book or cancel appointments.

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## 6 References

a. Lamont K, Scott NW, Jones GT, Bhattacharya S. Risk of recurrent stillbirth: systematic review and meta-analysis. *BMJ* 2015: 350:h3080

b. Malacova E, Regan A, Nassar N, Raynes-Greenow C, Leonard H, Srinivasjois R, et al. Risk of stillbirth, preterm delivery and fetal growth restriction following exposure in a previous birth: systematic review and meta-analysis. *BJOG*. 2018;125:183– 92.

c Tommy’s Charity - [www.tommys.org](http://www.tommys.org)

d College of Obstetricians and Gynaecologist (RCOG). 2010. Late Intrauterine Fetal Death and Stillbirth (Green Top Guideline No55)

e National Institute for Health and Care Excellence (NICE). 2008. CG62 Antenatal Care for Uncomplicated Pregnancies. [www.nice.org.uk](http://www.nice.org.uk)

f National Maternity Review: Better Births – Improving outcomes of maternity services in England (2016)

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## 7 Appendices

### 7.1 Rainbow Caerdyff Referral

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**RAINBOW CAERDYDD REFERRAL**

Please email referrals to [Rainbow.Caerdydd@wales.nhs.uk](mailto:Rainbow.Caerdydd@wales.nhs.uk) or [laura.wyatt@wales.nhs.uk](mailto:laura.wyatt@wales.nhs.uk)

Rainbow Caerdydd

**Referral Source (tick appropriate box)**

|                |           |                     |            |           |             |             |              |
|----------------|-----------|---------------------|------------|-----------|-------------|-------------|--------------|
| <b>Midwife</b> | <b>GP</b> | <b>Obstetrician</b> | <b>FMU</b> | <b>HV</b> | <b>Self</b> | <b>EPAU</b> | <b>Other</b> |
|----------------|-----------|---------------------|------------|-----------|-------------|-------------|--------------|

**NHS NUMBER if known:** \_\_\_\_\_

**FULL NAME:** \_\_\_\_\_

**DATE OF BIRTH:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_

\_\_\_\_\_

**POSTCODE:** \_\_\_\_\_

**HOME TELEPHONE NUMBER:** \_\_\_\_\_

**MOBILE NUMBER:** \_\_\_\_\_

Are you happy for the midwife/coordinator to leave a message on your answer phone at any time? YES / NO

Ethnicity \_\_\_\_\_

Language spoken: \_\_\_\_\_ Interpreter Required YES/NO

**Past Obstetric and Clinical History**

**Gravida** \_\_\_\_\_ **Para** \_\_\_\_\_

**Gestation, Mode of delivery, postnatal complications**

**Relevant Medical History** eg diabetes, epilepsy etc

**Details about the pregnancy concerning the fetal loss** (tick relevant box and provide as much information as possible below)

|                         |                   |                       |
|-------------------------|-------------------|-----------------------|
| <b>Late Miscarriage</b> | <b>Stillbirth</b> | <b>Neonatal Death</b> |
|-------------------------|-------------------|-----------------------|

**Provide details**

Baby's name \_\_\_\_\_

**Reason for Referral to the Rainbow Caerdydd Clinic (tick box)**

|                                  |  |  |  |
|----------------------------------|--|--|--|
| <b>Pre Pregnancy appointment</b> |  | <b>Early viability support (pre dating scan)</b> |  |
| <b>Rainbow clinic AN Care</b>    |  | <b>Postnatal debrief</b>                         |  |

**Current Pregnancy**

Date of last menstrual period: \_\_\_\_\_ **BMI** \_\_\_\_\_

Any early pregnancy complications? **YES/NO** (provide further information)

\_\_\_\_\_

Has the patient been seen in EPAU? **YES/NO** **Date**  
**seen** \_\_\_\_\_

Is the patient taking Folic acid **YES/NO**

Dose of Folic acid taken **400mcg/ 5mgs**

Is the patient taking aspirin? **YES/NO**

**Has the patient been booked for Maternity care? YES/NO**

**Does the patient have a date for Dating scan and screening? YES/NO (provide details) DATE for BOOKING SCAN \_\_\_\_\_ at UHW/Llandough (delete as appropriate)**

**ASW INFORMATION PACK/ BOOKING PACK PROVIDED YES/ NO**

**Name of referring person** \_\_\_\_\_ **Status** \_\_\_\_\_

**Contact details** \_\_\_\_\_

**GP name** \_\_\_\_\_

**GP address** \_\_\_\_\_

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IF YOU NEED HELP TO COMPLETE THIS FORM OR WISH TO DISCUSS A REFERRAL PLEASE TELEPHONE THE BEREAVEMENT MIDWIFE ON **02920 742187** or email [laura.wyatt@wales.nhs.uk](mailto:laura.wyatt@wales.nhs.uk) or [Rainbow.Caerdydd@wales.nhs.uk](mailto:Rainbow.Caerdydd@wales.nhs.uk)

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