

## ***Return to work after Maternity Leave***

Returning to work after maternity leave can be a challenging time.

- It is quite normal to feel emotional about leaving your baby for the first time.
- It can be difficult to return to the faster pace of life at work.
- It's quite natural to feel anxious about performing your first operative procedure again.
- You may have forgotten drug doses or be uncertain about simple management plans.

All of us who have returned to work following a period of maternity leave have experienced these feelings.

- It just takes time to get back into the routine and adapt to the workload intensity.
- The simple decisions will start to feel routine again once you've been back for a week or two.
- Ask a more senior colleague to supervise you doing your first few operative procedures.
- Use the BNF for drug doses.

However if you are struggling to cope with the balance between work and home or if you need someone else to talk to try:

- Your own consultant/senior colleagues.
- Your educational supervisor/ college tutor.
- The Doctors support Network [www.dsn.org.uk](http://www.dsn.org.uk) 08443953010.

*TWOGs (Trainees in Wales Obstetric and Gynaecology Society), 2015*

*<http://www.wales.nhs.uk/sites3/home.cfm?orgid=767>*