

**Freedom of Information Act 2000 – Request Reference FoI/23/640**

**Maternity Care**

**1. Please indicate if your Trust /Health Board provides the following training to all Health Visitors**

	Yes / No
<b>Mandatory training about providing trauma informed care</b>	No
<b>Mandatory training about the causes and consequences of sexual violence and sexual abuse</b>	Yes, VAWSDA

**2. Please indicate if your Trust /Health Board provides the following training to all physiotherapists who provide care within the maternity services**

	Yes / No
<b>Mandatory training about providing trauma informed care</b>	No
<b>Mandatory training about the causes and consequences of sexual violence and sexual abuse</b>	Yes, VAWSDA

**3. Are women and birthing people routinely asked, or offered the opportunity to share, if they have experienced sexual violence or sexual abuse? [please circle]**

Yes

No [please move to Q.4]

**4. If yes, please provide detail about this process [e.g. at what point(s) in their maternity care does this happen; who is the person who makes this enquiry; is this required by any policies etc?]**

As part of the All Wales Maternity Record update to be launched in early 2024, during the initial booking interview, the midwife will discuss mental health problems using the prompts below. This includes prompts around PTSD, birth trauma, etc. The opportunity for 'other' allows any additional issues to be captured that the individual wishes to share, so that care can be tailored, and prompt referrals made. The current document in circulation is very similar, except the omission of schizoaffective disorder or birth trauma as specific talking points.

There are also additional points of discussion, including staff asking Routine Enquiry (RE) or 'Ask and Act' questions which is encouraged at every opportunity where or when it is safe to ask (twice during pregnancy is required as a minimum). These are for all registered clinicians (midwives, nurses, doctors, etc).

The RE is designed to also prompt discussion about sexual violence or abuse (as well as physical, emotional, financial, etc) and is required as per the Health Board policy 'Domestic Abuse – Identification, Assessment and Response in Pregnancy' which is a comprehensive document defining, describing, and giving detailed advice on how to ask, what to ask, and further support or escalation required. This includes an independent sexual violence advisor/advocate (ISVA) or a sexual assault referral centre (SARC), or both, when required. However, we note that the RE is asked relating to present domestic arrangements, as opposed to historical incidences, or incidences outside of an intimate relationship in which abuse has

happened. In those circumstances, we rely on other wider discussions about issues affecting pregnancy and in planning and preparation for birth to uncover issues. For example, when making a birth plan with a midwife, it may be that someone volunteers that they would like a female-only team present or no intimate examinations.

There are otherwise no specific points along the pregnancy or postpartum pathway where staff are directed to enquire as to previous traumatic experiences relating to sexual abuse, unless they occur during routine discussion or the RE/Ask and Act.

Have you ever experienced any of the following mental health problems? (The below list will require an offer to additional support services) Ydych chi erioed wedi cael problemau iechyd meddwl?	Yes / Ydw	No / Nac Ydw
Bipolar Effective Disorder / Anhwyllder Affeithiol Deubegynnol		
Psychosis / Seicosis		
Psychotic depression / Iselder Seicotig		
Puerperal psychosis / Seicosis		
Schizoaffective disorder / Seicosis		
Schizophrenia / Sgitsoffrenia		
Suicidal ideation / Syniadaeth hunanladdol		
<b>The below list may require the offer of a referral to additional support service as per the local pathway /</b>		
Anxiety / Gorbryder		
Depression / Iselder		
Obsessive-Compulsive Disorder / Anhwyllder gorfodaeth obsesiynol		
Panic disorder / Anhwyllder panig		
Phobias / Ffobias		
Pregnancy related mental health problems including birth trauma / Problemau iechyd meddwl sy'n gysylltiedig â beichiogrwydd		
Post traumatic stress / Straen wedi trawma		
Other / Arall		
Did you receive treatment? / Arall		

Family History / Hanes Teuluol	Yes / Do	No / Naddo	Signature & Date: / Llofnod a Dyddiad:
Experienced severe childbirth related mental illness / Wedi cael afiechyd meddwl difrifol sy'n gysylltiedig â geni plentyn			
Bipolar affective disorder / Anhwyllder affeithiol deubegynnol			
Other / Arall			

**5. Please state the name of the NHS organisation completing this survey**

Cardiff and Vale University Health Board.