Better work through 
REFLECTION

In the age of mindfulness, yoga and work-life balance, protecting midwives work health has never been more pertinent.

Clinical supervision can help us achieve better work health as a team, but is currently sitting in the locker room.

NOT all midwives have access to formal avenues to debrief, offload or seek guidance and support from their colleagues.

Current 
Debrief after traumatic event vs EBP 
Regular clinical supervision for all midwives

Effects on midwives
- 46% report work-related burnout
- 3x more likely to commit suicide
- 20% suffer mod/severe depression, anxiety and stress symptom

Effects on women and health service
- Reduced care due to lack of midwifery knowledge, energy and time
- Decreased staff performance, knowledge, retention and increased cost

Barriers
- Lack of resources inc financial, time and knowledge

Facilitators
- Supportive management
- Embedded in policy and strategic planning
- Enthusiastic midwives

References: