

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 midwives¹



Effects on midwives

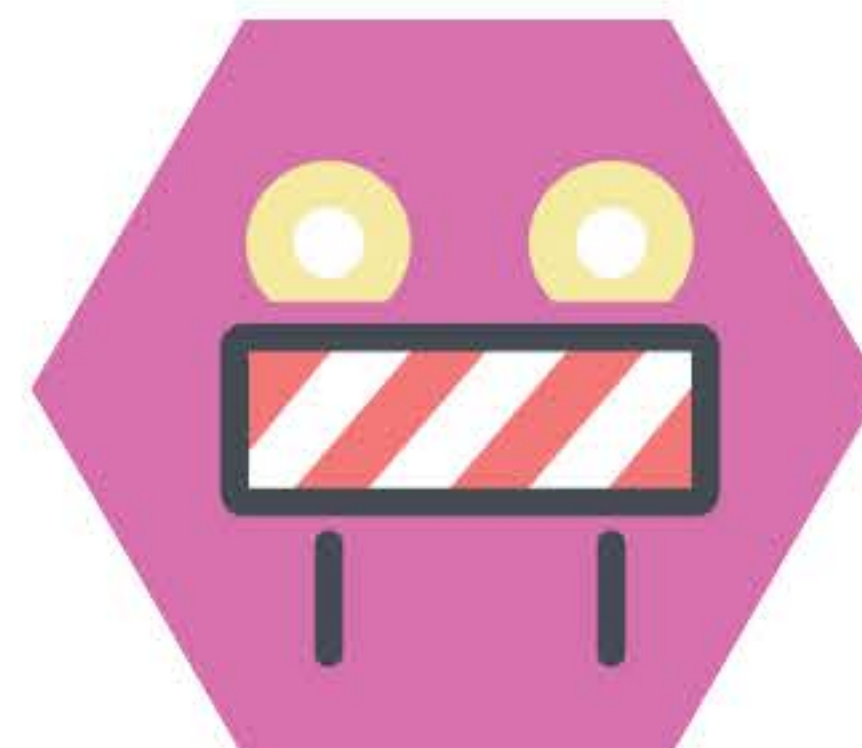
48% report work-related burnout²
3x more likely to commit suicide³
20% suffer mod/severe depression, anxiety and stress symptom²



Effects on women and health service

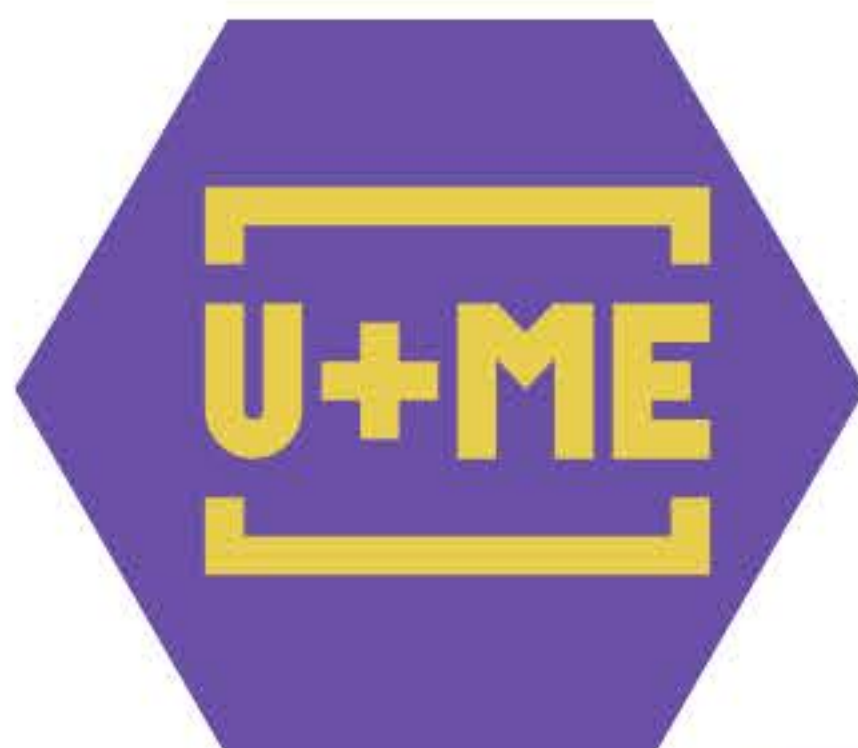
Reduced care due to lack of midwifery knowledge, energy and time⁴

Decreased staff performance, knowledge, retention and increased costs⁵



Barriers

Lack of resources inc. financial, time and knowledge



Facilitators

~Supportive management
~Embedded in policy and strategic planning
~Enthusiastic midwives