



Better Births  
Lincolnshire

**NHS**  
United Lincolnshire  
Hospitals  
NHS Trust



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# Student Midwife Reflective Journal: Innovation between Practice & Education



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# Introductions

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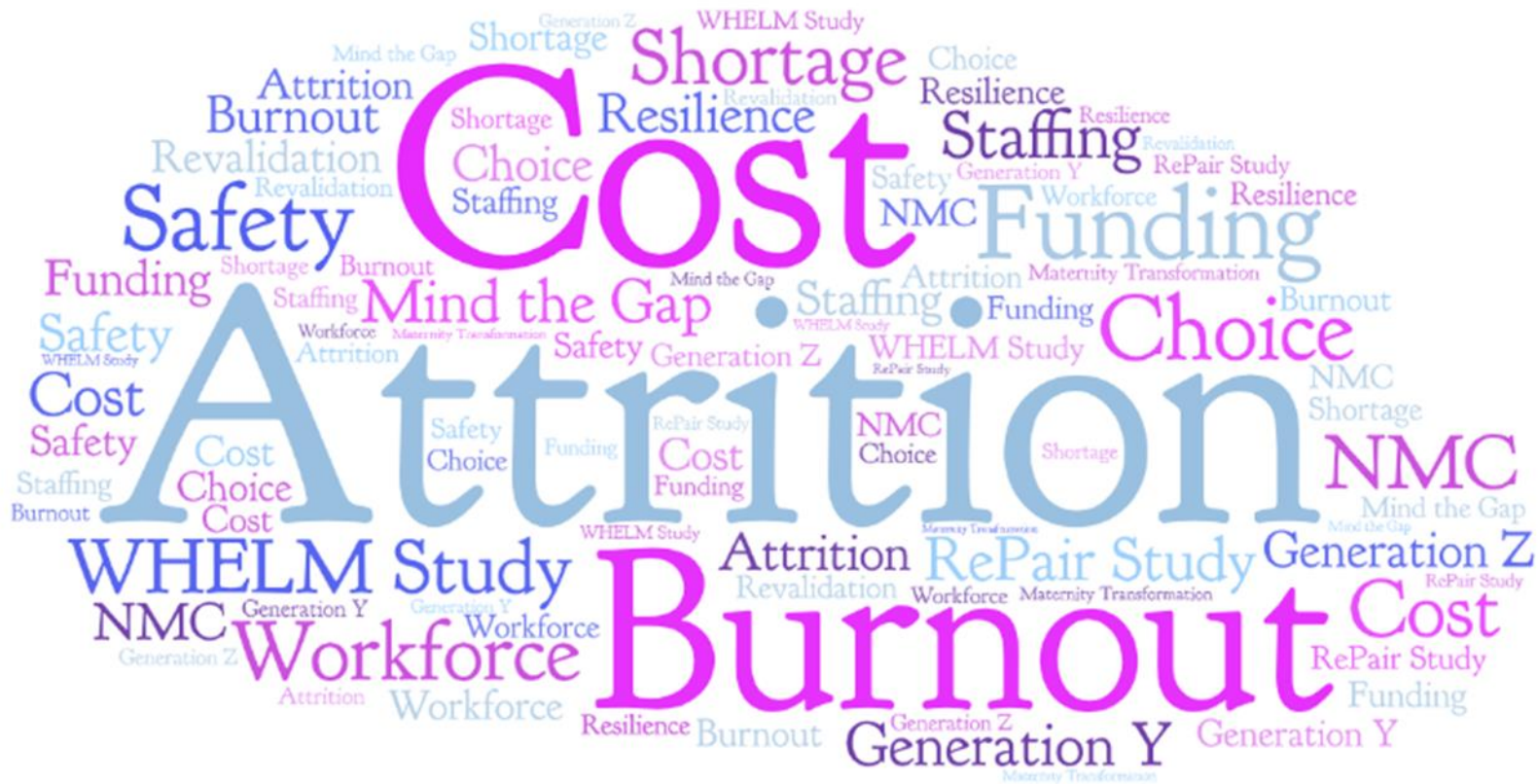


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# National Context



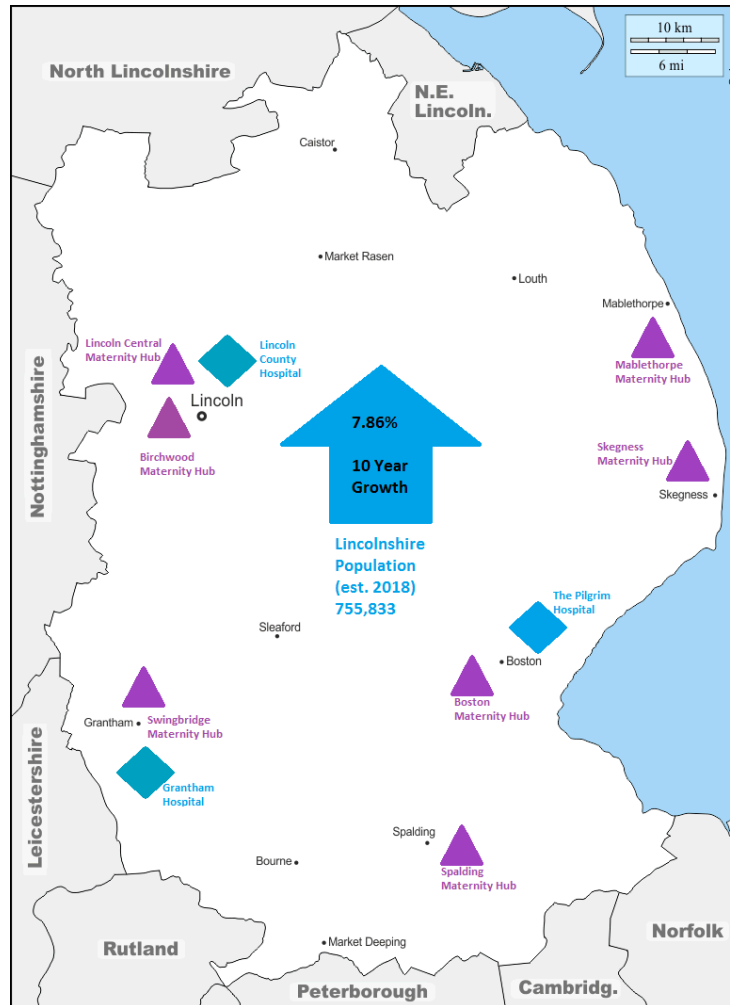
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# Local Context



## An Inclusive LMNS

That firmly values the  
engagements  
of all parties  
involved.



United Lincolnshire  
Hospitals  
NHS Trust



Lincolnshire West  
Clinical Commissioning Group



Lincolnshire East  
Clinical Commissioning Group

Lincolnshire  
COUNTY COUNCIL



South West Lincolnshire  
Clinical Commissioning Group



healthwatch  
Lincolnshire



South Lincolnshire  
Clinical Commissioning Group

# Development of the programme

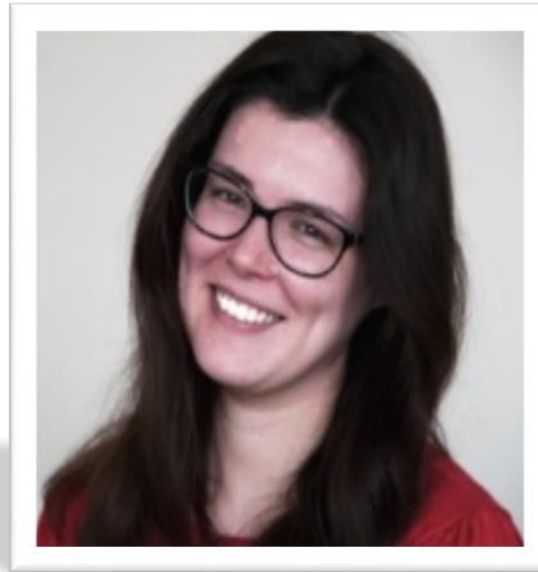
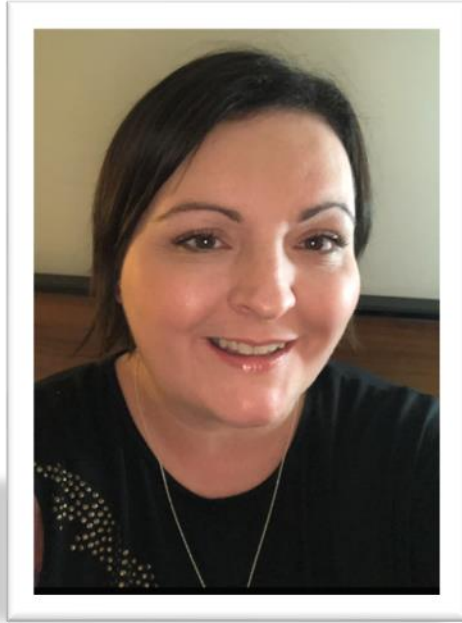




# Reflection in Education



# Co-Production

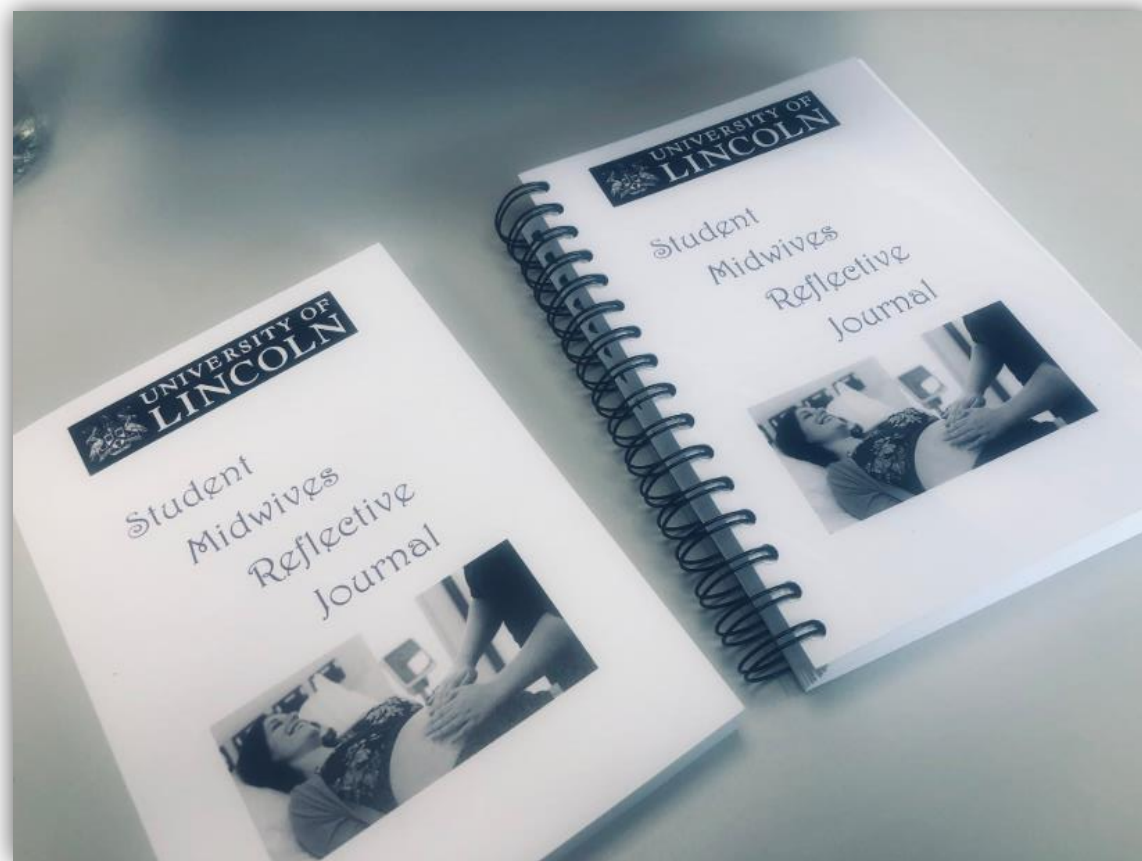






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# Reflective Journal







*I never thought that continuity of carer was particularly important..... because of my complex history, I have judged the maternity care process in terms of the outcome, rather than the quality of the journey itself. However what my midwife helped us to realise is the healing and restorative power of trust, and the benefits this has had for my mental wellbeing reach far beyond the birth itself. By Service User 2018*

***“To care for others, you must first care for yourself.”***

*Trevor Simpson – Principal Lecturer, School of Health and Social Care*

***“Always strive to do your very best.”***

*Dianne Jarvis – Midwife*

***“Be safe, be kind.”***

*Jane Stoney - Midwife*

***“Always treat people the way you like your loved ones to be treated.”***

*Katie Bryant Maternity Support Worker*



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# Psychological Safety

5.15 demonstrate awareness of the need to manage the personal and emotional challenges of work and workload, uncertainty, and change; and incorporate compassionate self-care into their personal and professional life



Resilience





# Future Midwife



# Use of the journal in practice

The journal is personal to the student

No academic weighting

Timetabled sessions when returning to theory

Encouraging peer reflection and support and developing resilience

# Evaluation plans and future steps

The use of the journal in the preceptorship period

Students contributing moving forward and  
evaluation

Sharing good practice with other clinicians and  
academics and other professions

Thank you

Any Questions?

# References

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