

REFERENCES AND ADDITIONAL RESOURCES

KEY



Online Course



Audio



Book



Document/Article



Website



Video



Organisation

References and Resources

More information on how to get support
can be found at:

www.whiteribbonalliance.org.uk/fh-resources

or scan the QR code with your phone to be
taken directly to the links.



Introduction to Free From Harm

1. **Ockenden Report - Shrewsbury and Telford Hospital NHS Trust**
www.rebrand.ly/OckendenReport
2. **Kirkup Report - East Kent**
www.rebrand.ly/KirkupReport
3. **White Ribbon Alliance UK**
www.whiteribbonalliance.org.uk

Trauma and Harm






4. **Make Birth Better Survey 2019**
www.rebrand.ly/BirthBetter
5. **MBRRACE-UK Maternal Report 2021 - Lay Summary**
www.rebrand.ly/mbrrace
6. **Births and Infant Mortality by Ethnicity in England and Wales 2007 to 2019**
www.rebrand.ly/birthsandinfantmortality
7. **UK WHELM REPORT - rcm.org.uk**
www.rebrand.ly/WhelmReport
8. **Falling NHS Midwife Numbers Show Worrying Trend Says the RCM**
www.rebrand.ly/RCM_1

Human Rights in Healthcare

The Respectful Maternity Care Charter

9. **WRA Respectful Maternity Care Charter**
www.rebrand.ly/Respectful-Maternity

Additional Resources

-  **WRA Global Resources** : www.rebrand.ly/WRA-Resources
-  **Respectful Maternity Care Charter** : www.rebrand.ly/Respectful-Maternity2
-  **Know Your Rights** : www.rebrand.ly/know-your-rights
-  **Why Respectful Care Matters** : www.rebrand.ly/RespectfulCare
-  **The Fight for Reproductive Justice**: www.rebrand.ly/ReproductiveJustice

Consent

10. **Transforming Consent in Maternity Care**
www.rebrand.ly/TransformingConsent
11. **What Is Sexual Consent? | Planned Parenthood**
www.rebrand.ly/sexual-consent








Care Outside the Lines

12. **Care Outside Guidance – RCM**
www.rebrand.ly/RCM-Care

Dealing with Professional Discomfort

13. **A-EQUIP – A Model of Clinical Midwifery Supervision – NHS England**
www.rebrand.ly/A-Equip

Additional Resources

-  **Birthrights: Human Rights in Maternity Care**
www.rebrand.ly/Birthrights1
-  **Birthrights: Consenting to Treatment**
www.rebrand.ly/Birthrights2
-  **Birthrights and GMC: What Does Informed Consent Mean in Maternity Care?**
www.rebrand.ly/birthrights_3
-  **Claire Feeley: Practising Outside of the Box Whilst Within the System**
www.rebrand.ly/PracticingOutsideTheBox
-  **RCM: Informed Decision Making**
www.rebrand.ly/RCM2
-  **RCOG: Obtaining Valid Consent**
www.rebrand.ly/RCOG1
-  **Hannah Dahlen: Birthing Outside the System**
www.rebrand.ly/Birthing-Outside-the-System

A Crisis in Midwifery

14. **Uk Whelm Report – RCM**
www.rebrand.ly/WhelmReport
15. **NHS Staff Survey 2021**
www.rebrand.ly/NHSstaffsurvey2021
16. **RCM Warns of Midwife Exodus as Maternity Staffing Crisis Grows**
www.rebrand.ly/RCM4

Protecting Midwives' Rights

17. **Standards of Proficiency for Midwives – NMC**
www.rebrand.ly/NMC1
18. **The 6 Cs – NHS England**
www.rebrand.ly/The6Cs

Additional Resources

-  **NMC: The Code**
www.rebrand.ly/NMC2
-  **RCM: Flexible working guidance**
www.rebrand.ly/RCM5
-  **RCM: Standing up for high standards**
www.rebrand.ly/RCM6
-  **ICM: Bill of rights for women and midwives**
www.rebrand.ly/ICM1

Obstetric Violence and Its Impact

Origin and Usage of Obstetric Violence

19. **Obstetric Violence: A New Legal Term Introduced in Venezuela**
www.rebrand.ly/Obstetric-Violence
19. **How Gentle Must Violence Against Women Be in Order to Not Be Violent? Rethinking the Word “Violence” in Obstetric Settings**
www.rebrand.ly/PubMed1
20. **To Use or Not to Use the Term “Obstetric Violence”**
www.rebrand.ly/ncbi_OV
21. **Making Loud Bodies “Feminine”: A Feminist-Phenomenological Analysis of Obstetric Violence**
www.rebrand.ly/LoudBodies
22. **Obstetric Violence: An Intersectional Refraction through Abolition Feminism**
www.rebrand.ly/OV_1

Additional Resources

-  **Obstetric Violence: Realities and Resistance From Around The World**
www.rebrand.ly/OV_2
-  **Dehumanized, Violated, and Powerless**
www.rebrand.ly/DVP

Definitions and Categorisations

23. **Exploring Evidence for Disrespect and Abuse in Facility-Based Childbirth**
www.rebrand.ly/USAID
24. **Defining Disrespect and Abuse of Women in Childbirth: A Research, Policy and Rights Agenda**
www.rebrand.ly/ncbi_2

Dehumanised Care

26. **The International Confederation of Midwives**
www.internationalmidwives.org
27. **Respect Toolkit - ICM**
www.rebrand.ly/ICM_2
28. **Disrespectful Care - The Global Picture: Professor Soo Downe**
www.rebrand.ly/DisrespectfulCare_1

The Impact of Obstetric Violence

29. **The Mental Health and Wellbeing of Nurses and Midwives in the United Kingdom**
www.rebrand.ly/som_1
30. **Problematic Substance Use: An Assessment of Workplace Implications in Midwifery**
www.rebrand.ly/substance-use
31. **Figures Spark Call for Inquiry into 'Alarming' Levels of Nurse Suicide - Nursing Times**
www.rebrand.ly/nursingtimes_1

Power and Control

32. **Wheels - Domestic Abuse Intervention Programs**
www.rebrand.ly/duluth_1
33. **The Duluth Model**
www.rebrand.ly/duluth_2

Storytelling: In Their Own Words

Stories of Obstetric Violence

34. **They Said To Me - Words From Within Maternity Services**
www.theysaidtome.com

Additional Resources

-  **Speak Up, Speak Out - Birthrights**
www.rebrand.ly/Birthrights_4
-  **Birth Trauma: 5 Women Share Their Experiences - Birth Trauma Association**
www.rebrand.ly/BTA_1

Midwives' Stories

35. **Vicarious Trauma Experienced by Health Care Providers Involved in Traumatic Childbirths: A Meta-Synthesis**
www.rebrand.ly/sage_1
36. **Midwives in the United Kingdom: Levels of Burnout, Depression, Anxiety and Stress and Associated Predictors**
www.rebrand.ly/sciencedirect
37. **MarchWithMidwivesUK**
www.rebrand.ly/MarchWithMidwivesUK

Additional Resources

-  **Impact vs Intent by Nyanga Uuka** - www.rebrand.ly/ImpactVsIntent
-  **Intent vs Impact | Understanding the Difference** - www.rebrand.ly/IntentVsImpact
-  **Maternal Journal** - www.maternaljournal.org
-  **The Power of Storytelling** - www.thepowerofstorytelling.org
-  **Why Birth Trauma Matters by Emma Svanberg** - www.rebrand.ly/why-birth-trauma-matters
-  **Birth Shock by Mia Scotland** - www.rebrand.ly/birth-shock
-  **Progress Theatre for Midwives** - progresstheatre.wordpress.com
-  **Overdue by Amity Reed** - www.rebrand.ly/amityreed
-  **Nurturing Maternity Staff by Jan Smith** - www.rebrand.ly/MBB_1

Reframing Ideas of Safety

- 38. **Meeting Women's Emotional, Psychological and Clinical Needs During Childbirth**
www.rebrand.ly/WHO_1
- 39. **What We Investigate (Maternity) - HSIB**
www.rebrand.ly/hsib_1
- 40. **Parental Emotional Wellbeing and Infant Development - RCM**
www.rebrand.ly/RCM_7

Respectful Care is Safe Care

- 41. **Kirkup Report** : www.rebrand.ly/KirkupReport
- 42. **Ockenden Report** : www.rebrand.ly/OckendenReport
- 43. **CQC Inspection Framework for Maternity** : www.rebrand.ly/CQC

Rising Maternal Mortality

- 44. **MBRRACE-UK Maternal Report 2022 - Lay Summary**
www.rebrand.ly/mbrance_2

Be The Change

A Universal Practice

- 45. **Global, Regional, and National Prevalence Estimates of Physical or Sexual, or Both, Intimate Partner Violence Against Women in 2018 - The Lancet**
www.rebrand.ly/Lancet_1

Additional Resources



All4Birth: An Introduction To Culture, Race And Bias In Midwifery Care

www.rebrand.ly/all4birth



Reducing the Inequality of Outcomes for Women from BAME Communities

www.rebrand.ly/outcomes



Birthrights: Inquiry Into Racial Injustice and Human Rights in Uk Maternity Care

www.rebrand.ly/birthrights



What We Need to Thrive: Experiences of Ethnically Marginalised Midwifery Professionals in the Workplace

www.rebrand.ly/What-We-Need-to-Thrive



Cultural Safety and Unconscious Bias in Maternity Care

www.rebrand.ly/Cultural-Safety



Unconscious Bias - MidwiferyHour

www.rebrand.ly/MidwiferyHour



A good practice guide to support implementation of trauma-informed care in the perinatal period

www.rebrand.ly/Trauma-Informed-Care_1



Perinatal Mental Health Training for Midwives

www.rebrand.ly/perinatal-mental-health



Trauma Information - Mind

www.rebrand.ly/MIND_1



The Survivors Trust

www.thesurvivorstrust.org



UK Trauma Council

www.uktraumacouncil.org

Building Community, Holding Space

Schwartz Rounds

46. **Staff Experience - Point of Care Foundation** : www.rebrand.ly/Lancet_2

47. **Benefits of Rounds - Point of Care Foundation** : www.rebrand.ly/POC_1

48. **About Schwartz Rounds - Point of Care Foundation** : www.rebrand.ly/POC_2

49. **What's involved in Starting Rounds - Point of Care Foundation** : www.rebrand.ly/POC_3

Additional Resources



A film demonstrating what a Schwartz round is like - www.rebrand.ly/Schwartz1












A film depicting the results of a National Evaluation of Rounds - www.rebrand.ly/Schwartz2

Not the End, But the Beginning

Ask, Listen, Act (ALA) Movement

50. **Birthrights - Training for HCPs on Rights-Respecting Care**
www.rebrand.ly/Birthrights_5
51. **Make Birth Better - The Birth Trauma Training Programme**
www.rebrand.ly/makebirthbetter_1
52. **British Institute of Human Rights - Training programme**
www.rebrand.ly/Bihr_1
53. **The EW Group's Inclusive Culture Pledge**
www.rebrand.ly/EW_ICP
54. **Stonewall - Inclusive Workplaces Training**
www.rebrand.ly/Stonewall_1
55. **The NHS Staff Council - Equality, Diversity And Inclusion Training: A Good Practice Guide**
www.rebrand.ly/NHS_gpg
56. **JOIN US - White Ribbon Alliance UK**
www.whiteribbonalliance.org.uk/join

Additional Resources

-  **March With Midwives**
www.rebrand.ly/MarchWithMidwivesUK
-  **All4Maternity**
www.all4maternity.com
-  **AIMS**
www.aims.org.uk
-  **Association of South Asian Midwives (ASAM)**
www.asamidwives.co.uk
-  **Royal College of Midwives (RCM)**
www.rcm.org.uk
-  **The Motherhood Group**
www.themotherhoodgroup.com
-  **5x More**
www.fivexmore.com
-  **Raham Project**
www.rebrand.ly/RahamProject
-  **Maternity Experience**
www.matexp.org.uk