

This guide provides general suggestions on topics to discuss with your health professional / care provider.

PRE-PREGNANCY

- Detail of progress of any previous pregnancy and outcomes of any previous pregnancy.
- Explore thoughts and feelings about birth.
- Screening for birth-related PTSD.

EARLY PREGNANCY

- Detail of progress of any previous pregnancy and outcomes of any previous pregnancy.
- Explore thoughts and feelings about birth.
- Screening for birth-related PTSD.

MID-PREGNANCY

- Review Screening tests and imaging results
- Explore thoughts and feelings about birth.
- Assess maternal factors:
 - » Age
 - » Stature
 - » Previous birth outcomes
 - » Social and other circumstances
 - » Intended family size
- Concerns, fears, and wishes
 - » Include partner and family as desired
- Make preliminary plans for birth.

EARLY THIRD TRIMESTER

- Explore thoughts and feelings about birth.
- Provide further patient-focussed detail about birth:
 - » Likely and possible birth outcomes maternal
 - » Likely and possible birth outcomes neonatal
 - » Instrumental birth
 - » Caesarean birth
 - » Pain relief options
 - » Longer term potential outcomes to mother

PRE-BIRTH

- Review all information available.
- Explore thoughts and feelings about birth.
- Review plans for birth and address questions.
- Plan for post-dates, induction, etc.

POST-BIRTH 'DEBRIEFING'

- Explore thoughts and feelings about the birth and its outcomes.
- Screening for perinatal mental health status.
- Address thoughts, wishes, and impacts for future pregnancy and birth

Find more resources, support and guidance visit
birthtrauma.org.au

Information shared is designed to support, not replace, the relationship that exists between you and your health professional/s. To find more resources, support and guidance visit our website.

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