

# Dignity in Childbirth

## FORUM PROGRAMME

*Birthrights Dignity in Childbirth Forum, 16 October 2013*



Dignity in Childbirth: Forum Programme  
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## Welcome to the Birthrights Dignity Forum

The idea for a conference to explore dignity in childbirth came from Shauneen Lambe, Birthrights' trustee and UK Chair of Global Dignity. She brought Global Dignity Day to our attention and encouraged us to become one of the many organisations celebrating dignity around the world on 16 October 2013.

We needed little encouragement to focus our attention on dignity. It is the preeminent human rights value with a particular resonance in healthcare. Encompassing the twin ideals of respect and autonomy, protecting women's dignity is essential to ensuring positive maternity experiences and long-term health.

The Forum is held in partnership with the White Ribbon Alliance. Their work on global maternity issues, embodied in the WRA Charter for Respectful Maternity Care, is an inspiration to all those who cherish women's reproductive rights. Birthrights is proud to be a part of a worldwide network of organisations that aspire to better maternity care founded on values of dignity and respect.

The Dignity Forum begins a conversation about dignity in maternity care. We ask: what does dignity mean for pregnant and birthing women? What are the challenges to dignity that women face in the UK today? And, most importantly, what steps can be taken to improve dignity in childbirth? The Dignity in Childbirth Survey 2013, summarised in the report you have received in your delegate bags, reveals that many UK women do not receive respectful care or choice in childbirth. The midwives we interviewed told us about that the challenges that they faced to safeguarding women's dignity as a consequence of staffing shortages and inadequate training.

Our Dignity in Childbirth Campaign begins at the Forum. We hope that you will join us over the coming months as we consider how dignity can be nurtured and promoted across the UK. The dedicated health professionals, academics and campaigners who present their projects and perspectives during this afternoon offer us inspiration. Let's celebrate their devotion to women and childbirth and take encouragement from their resolve to make dignity a reality for all women.

We hope you enjoy the day.

*Elizabeth Prochaska & Rebecca Schiller*  
*Birthrights, 16 October 2013*



## Programme

- 9am *Registration and refreshments*
- 9.30am **Welcome to the Forum:** Birthrights, White Ribbon Alliance and Global Dignity
- 9.40am **Why dignity in birth matters:** Professor Lesley Page, President, Royal College of Midwives
- 10am **Birth stories:** *presented by actors, Jennifer Kidd & Peri Olufunwa*
- 10.10am **The Dignity Survey 2013 – presentation of Birthrights research:** Elizabeth Prochaska, Birthrights
- 10.40am **The human right to dignity:** Dr Charles Foster, Oxford University | Helen Mountfield QC, Matrix Chambers | Helen Wildbore, British Institute of Human Rights
- 11.20am *Refreshments, Platt Room*
- 11.40am **Respectful treatment – the global perspective:** Brigid McConville, White Ribbon Alliance | Felicity Ukoko, Barking, Havering and Redbridge University Hospitals NHS Trust
- 12.10pm **Discussion** chaired by Beverley Turner, journalist
- 12.30pm *Lunch, Platt Room*
- 1.30pm **What women want:** Davina McCall | Carrie Longton, co-founder, Mumsnet
- 1.50pm **Alexandra's Story:** Beatrix Futák-Campbell
- 2pm **Protecting dignity in the NHS:** Dr Patrick Cadigan, Royal College of Physicians | Professor Paul Lewis, Bournemouth University & Royal College of Midwives | Professor Mavis Kirkham, Sheffield Hallam University | Belinda Phipps, Chief Executive, NCT
- 2.30pm **Understanding the role of guidelines in promoting dignity:** Julie Frohlich, Guy's & St Thomas' NHS Trust | Rineke Schram, East Lancashire Hospitals NHS Trust | Dr Roz Ullman, National Collaboration Centre for Women's and Children's Health
- 3pm **Discussion** chaired by Beverley Turner, journalist
- 3.15pm *Afternoon tea, Platt Room*
- 3.30pm **Dignity projects and perspectives:** *choice of break-out presentations showcasing dignity-respecting practice in UK maternity care*
- 4.50pm **Closing plenary:** Birthrights

## Projects & perspectives: showcasing dignity-respecting practice in UK maternity care

Presentations begin promptly at 3.30pm in the Seligman Theatre and the Thomas Cotton Room. Each presentation will last 10 minutes. You are welcome to swap between rooms, but please do not leave until the conclusion of a presentation.

### Seligman Theatre

Sue Learner: *Dignity in childbirth - where does our allegiance lie?*

Deborah Talbot: *The medicalisation of childbirth*

Milli Hill: *Positive Birth Movement*

Pauline Hull: *Choosing Cesarean*

Lisa Nicholls & Assah Konate: *Just for Kids Law - Supporting young mums*

Jenny Hall & Mary Mitchell: *Workshop on dignity and care in pregnancy and childbirth*

Emma Mlotshwa: *Medical Justice - the case for ending the detention of pregnant women*

Sarah Davies: *Respectful care for women with a high BMI*

Kicki Hansard: *Doula UK - Services for women escaping domestic abuse*

Charlotte McGibney: *The dignity advocate*

### Thomas Cotton Room

Annabel Kennedy: *Birth Companions - Supporting vulnerable women*

Bernadette Gregory: *Parenting with a disability*

Carol Lambert: *From oppression and control to self-regard and emancipation*

Kay Brown: *Educational experiences of pregnant girls and young mothers*

Biza Stenfert Kroese: *Doula support for women with an intellectual disability*

Alison Dodds: *The Nest at Chelsea & Westminster Hospital*

Helen Giles and Olivia Agar: *Sensitive care for all women*

Hannah Jones: *Caseload scheme for vulnerable women at St Mary's*

Paulina Sporek: *Deaf Nest - Improving childbirth and pregnancy experience for a deaf couple*

## Speakers' biographies

### Patrick Cadigan

Patrick was a medical student in Dublin and qualified with the Gold Medal in Obstetrics. He went on to train in cardiology and works as a consultant cardiologist in a deprived area of the West Midlands. As Registrar of the Royal College of Physicians he gave evidence to the Francis Inquiry into the failures of care at Mid Staffs NHS Trust and has led the RCP's response to Francis' recommendations.

### Charles Foster

Charles Foster is a Fellow of Green Templeton College, University of Oxford, and a practising barrister. Recent books include 'Medical Law: A Very Short Introduction' (OUP, 2013), 'Human Dignity in Bioethics and Law' (Hart, 2012) and 'Choosing Life, Choosing Death: The tyranny of autonomy in medical law and ethics' (Hart, 2009). He holds a doctorate in medical law and ethics from the University of Cambridge.

### Julie Frolich

Julie Frohlich qualified as a midwife in 1985. Her career has included various areas of midwifery including hospital and community based care, research, education and publishing. Julie is currently a consultant midwife at St Thomas' Hospital, London with a remit for 'promoting normality'. She is also a supervisor of midwives. Julie holds a weekly 'outwith the guidelines' clinic at St Thomas' where women can be referred for detailed care planning discussions considering individual risks and benefits. Following consultation, women are supported by the multi-disciplinary team to make informed choices about their care. Julie is the author of numerous midwifery articles and has most recently published 'The misleading myth of choice: a decade on are we any further forward?' in the September edition of MIDIRS Midwifery Digest.

### Beatrix Futak-Campbell

Beatrix is an academic from Scotland currently working at the Diplomatic Academy of Vienna. She writes about International Relations theory and research methodologies. Beatrix became involved in campaigning for birth rights after the death of her daughter Alexandra. Alexandra's traumatic birth and unnecessary death made her realise the lack of safety, support and rights women have while giving birth. With her campaign Beatrix aims to encourage medical practitioners to engage in a more sophisticated discussion about the necessary culture change in maternity care that supports women, their babies and their partners during a very significant event in their lives.

## **Brigid McConville**

Brigid is a prize winning writer who first met the White Ribbon Alliance while making a film, 'My Sister, My Self', in India in 2004. She was working as a journalist, covering stories about the rights of women and girls. Inspired by the passion and achievements of WRA members, she found ways to make their voices heard through the media, connecting them with influential and creative supporters. Brigid was elected to the Global Board of Directors in 2006. She subsequently joined the staff as Director of the new UK office in 2008. She is now Creative Director of the Global Secretariat and continues to write books and make films.

## **Mavis Kirkham**

Mavis Kirkham is Professor of Midwifery at the University of the West of Scotland, visiting professor at the Auckland University of Technology and holds honorary professorial positions at Sheffield Hallam University and the University of Technology Sydney. She has worked continuously as a midwife researcher and a clinical midwife for forty years and still does some work as a home birth midwife.

Approaching the end of a long career in midwifery, she is reflecting and writing on midwifery in its wider context. Her central professional concern is with women's engagement with their childbearing: the conditions which foster this and its enabling effects upon mothers, families and midwives. She has long been concerned with how birth stories are negotiated and adjusted and the impact of these stories on tellers and hearers.

She sees herself as a hybrid researcher, having worked in the disciplines of social anthropology, sociology, politics and history, using qualitative, observational and ethnographic methods as well as surveys and archive work. Her abiding research interest is in people's relationship with, and efforts to control their work and its setting; in terms of employment and reproductive labour. Her current research is on freebirthing.

Her books include *Informed Choice in Maternity Care, Birth Centres: a social model of maternity care*, *The Midwife/Mother Relationship*, *Exploring the Dirty Side of Women's Health and Tensions and Barriers in Improving Maternity Care* with Ruth Deery and Deborah Hughes and *Midwives Coping with Loss and Grief* with Doreen Kenworthy.

## **Paul Lewis**

Professor Paul Lewis is Emeritus Professor of Midwifery Practice and Professional Development at Bournemouth University. A midwife for 33 years, he has worked across practice, education and management, holding senior posts within the NHS and Higher Education. He is an Honorary Fellow of the RCM, an Editorial Board Member of the BJM, and an Executive Board Member of ALSO (UK), teaching on both its provider and instructors course across the UK.

Professor Lewis was a UKCC and NMC Council member and has extensive experience working with local, national and government bodies for the improvement of midwifery and maternity services. Throughout his career he promoted multi-disciplinary team working, which places women at the centre of care. He continues to engage in clinical practice through caseload holding and is a Supervisor of Midwives with Poole NHS Foundation Trust. In 2012, Paul received the British Journal of Midwifery lifetime achievement award.

## **Carrie Longton**

Carrie Longton is co-founder of Mumsnet, an online community of parents sharing advice, support and product recommendations. Over the last 13 years it has grown into the UK's busiest and most influential network for parents with over 9 million visits a month. Carrie currently heads up the commercial, insight and consultancy area of the business. Mumsnet hosts over 200 local sites, a network of around 3000 bloggers, and regularly campaigns on issues including support for families with special educational needs, improvements in miscarriage care and freedom of speech on the internet.

In February 2013, Carrie was listed number 7 in BBC Radio 4 Woman's Hour's Power List of the 100 most powerful women in the UK today. In 2010 Carrie won Red Magazine's Red Hot Women of the Year. Prior to Mumsnet Carrie worked as Clive James' TV producer both on his travel and studio shows. Carrie lives in London with her husband and three kids, Grace 14, Noah 12 and Mimi 7.

## **Davina McCall**

Davina McCall is a television presenter best known for hosting Big Brother, The Million Pound Drop Live and Long Lost Family amongst many others! Alongside this Davina has also been a passionate supporter of sex education in the UK culminating in a Channel 4 documentary called Let's Talk Sex, looking at how sex education is taught in Britain and published a book under the same title. Davina is also proud to support Comic Relief, Stand Up To Cancer, Focus 12 and Action Medical Research. In addition Davina has been an ambassador for health and fitness, producing nine top selling exercise DVDs selling over 1.5 million copies and entering the digital world with her App 'Davina Fitness' (available on iTunes and Android). She is also the face (and hair) for the Garnier brands Nutrisse and Ultralift for the past ten years. Davina is married to Matthew Robertson and the couple have three children: Holly, Tilly and Chester.

## **Helen Mountfield QC**

Helen is a barrister at Matrix, where she specialises in human rights, public law and equality law. She has been a barrister since 1991, and a QC since 2010. She also sits as a part-time judge. She has a particular interest in women's rights, nationally and internationally, and in principles of personal autonomy and freedom of choice. Helen has three daughters.

## **Professor Lesley Page, RCM President**

Lesley Page is president and a board member of the Royal College of Midwives. She began her office on April 2nd, 2012. She was the first professor of midwifery in the UK at Thames Valley University and Queen Charlotte's Hospital. She is a renowned international academic, advocate and activist for midwives, mothers and babies with more than 32 years' midwifery experience. Her accomplished career has encompassed clinical practice, management and leadership, academic and policy work. She has practised midwifery in the community, hospital and home birth settings and continues to practise in Oxfordshire.

She is also a Visiting Professor of Midwifery at the Florence Nightingale School of Nursing and Midwifery, King's College, London, Adjunct Professor University of Technology Sydney and



Visiting Professor, University of Sydney. She has worked and lectured in 13 different countries. She was a member of the Expert Maternity Group that wrote *Changing Childbirth*, published in 1993, and was specialist adviser to the House of Commons Sub-committee responsible for investigating the state of maternity services in 2003 and adviser to the King's Fund enquiry into the safety of the maternity services in England 2007-2008.

### **Belinda Phipps**

Belinda is Chief Executive of NCT, the UK's largest parenting charity. She was recently selected as Chair of the Fawcett Society. After completing a BSc in Microbiology, Belinda joined Glaxo pharmaceuticals and, over a period of ten years, worked in sales, marketing and market research. After working as sales manager and marketing manager, Belinda studied for a MBA at Ashridge Management College. She then joined the South Thames Blood Transfusion Service to lead a merger to form the largest transfusion service in the UK. After a time in medical publishing Belinda became CEO of East Berks Community Health NHS Trust then joined NCT as its CEO in 1999.

### **Elizabeth Prochaska**

Elizabeth is barrister at Matrix. She specialises in public and human rights law and has a particular interest and expertise in women's rights relating to pregnancy and childbirth. She founded Birthrights in January 2013 and regularly advises women and health professionals about lawful treatment during pregnancy and birth. She has lectured on reproductive rights around the world, working with lawyers and health professionals to promote women's dignity. Elizabeth has one daughter, who is looking forward to becoming a big sister in 2014.

### **Rineke Schram**

After completing undergraduate training in the Netherlands, Rineke moved to England in 1985 where she completed her postgraduate training in Obstetrics and Gynaecology. She has been a Consultant Obstetrician at East Lancashire Hospitals since 1996, and the Medical Director of ELHT since 2006. Her clinical and research interests are in maternal medicine, labour ward management and promoting normality in childbirth whilst ensuring the highest standards of obstetric care for those at risk of complications and promoting collaboration between health care practitioners. She has been an invited speaker on these topics at national conferences, and a member of maternity service reviews for external regulators.

### **Beverley Turner**

Beverley Turner is a Daily Telegraph journalist who writes predominantly on issues affecting women, families and maternity services. She is a keen advocate of normalising birth; has spoken about Hypnosis in labour at the RSM and in 2013 she joined an advisory panel at King's Hospital which is assessing the efficacy of Hypnotherapy in labour as an NHS trial. In the first half of 2013, Bev revisited her radio presenting roots as part of BBC Radio 5 Live's Bump Club, following a group of women delivering babies in the summer. In 2014, Beverley

will open her own Ante-Natal education course within London's Maggie & Rose children's clubs for which she has hand-picked her 'dream team' of midwives and birth experts.

### **Felicity Ukoko**

Felicity Ukoko currently works as Maternity CNST Manager at Barking Havering Redbridge University Hospital in Essex. She introduced the White Ribbon Alliance Respectful Maternity Care Charter into maternity mandatory training. She is also a founder member of Zimbabwe WRA.

She has worked as Sure Start Midwife at Guys and St Thomas specialising in supporting pregnant asylum seekers awaiting dispersal. She published a paper on her work 'Sure Start Midwife a Voice for the Voiceless' (BJM 2005). Consequently she won the British Journal of Midwifery Community Midwife of the year Third Prize.

### **Roz Ullman**

Roz is a midwife, researcher and clinical guideline developer. She has 13 years experience in postdoctoral research and systematic reviewing. She has been at the National Collaboration Centre for Women's and Children's Health for 8 years and has been involved in the development of 10 NICE guidelines during that time including the Intrapartum Care Guideline, the Antenatal Care Guideline Update, the Caesarean Section update and Care of Pregnant Women with Complex Social Factors. She is a mother of two 'children' aged 18 and 15, both born at home.

### **Helen Wildbore**

Helen Wildbore is Human Rights Officer at the British Institute of Human Rights, a small independent human rights charity that is committed to bringing rights to life across the UK. Helen leads on the Human Rights in Healthcare Project, working with around 20 health and social care organisations in the voluntary and community sector on how they could use human rights in their work to provide and advocate for better services. Helen was previously a Research Officer on the Human Rights Futures Project at the London School of Economics. She graduated from University College London in 2001 with a degree in Law and from the University of Nottingham in 2003 with a Masters in Human Rights Law.

## Exhibitors

*The following organisations have exhibition stands in the Platt Room  
where refreshments and lunch will be served:*

- Pinter and Martin Publishers
- Birth Companions
- Positive Birth Movement
- British Institute of Human Rights
- Association for Improvements in Maternity Services
- Birth Trauma Association
- Independent Midwives UK
- Medical Justice
- White Ribbon Alliance
- Birthrights

## Thanks

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As ever, we thank Duncan Clark for his design skills and unending patience.



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