



This document links to the  
National Bereavement Care Pathway



# My Antenatal Anticipatory Care Plan

For babies with potentially life-limiting conditions

This Antenatal Anticipatory Care Plan can help you and those close to you talk with your care team about your baby's condition and what matters to you. A member of your care team will help you to fill in this care plan. The care plan will be recorded in your maternity notes and can be revisited at any time. You will also have a copy so you can let everyone who is caring for you know your wishes. Details of who this Antenatal Anticipatory Care Plan has been agreed and shared with are at the end of this document.

## What you need to know about me and my family (or the people close to me)

<p>My name:</p> <p>My CHI number:</p> <p>My contact number:</p> <p>My address:</p>	<p>My main support:</p> <p>Relationship:</p> <p>Contact number:</p> <p>Address:</p>
<p>Other key family members or friends:</p>	
<p>Other children (and ages):</p>	
<p>My cultural, spiritual or faith beliefs and people to contact:</p>	
<p>My first language is:</p>	<p>Is an interpreter required: Y / N</p>
<p>Any other communication needs?</p>	

## What you need to know about my baby

My baby's name (if chosen):
My expected delivery date or my "due date":  My planned delivery date:
My baby's condition:

## People caring for me and my baby during pregnancy

My community midwife:
My Anticipatory care plan coordinator:
My obstetrician:
Plans for my antenatal care: Separate seating area for appointments Copies of USS or MRI pictures Other
Plans for any emergency antenatal care: Professionals to contact if I am admitted to hospital
Help and support for me during my pregnancy:

## My care during my labour and delivery

I am booked to deliver at:

How I would like my baby to be born:

My birthing partner(s) will be:

My wishes around delivery:

Music playlist

Listening to baby's heart beat

Cutting of the cord

Skin to skin

Any other important information about my labour and delivery

## Clinical care

I have discussed resuscitation options with the paediatric team and the plans for my baby are:

Information about sending umbilical cord blood for special tests

Information about sending the placenta for special tests

I have been asked if tissue donation is something I may wish to think about. My thoughts are:

## Care after birth (*parent-led*)

It may be helpful for you to think about things that are important to you as a parent and as a family during this time.

Following delivery, if possible, I would like my baby to be looked after:

- With me on labour ward (I may need postnatal care)
- In the neonatal unit
- With our family at the Children's Hospice (a visit can be arranged during pregnancy)
- At home (with planning and support from the team)
- Other

Use this section to make a note of things you would like to do.

Memory making

Cultural, spiritual or faith wishes

Involvement of wider family

Care of my baby (e.g. washing and dressing)

Photographs

Other

Occasionally a baby lives for longer than we expect. If this happens, your baby's own care plan will be developed with you to make sure he/she is cared for as well as possible.

## Ongoing care after my baby has died

After your baby has died, we can continue to support you to spend time together. Your baby would be cared for on a cuddle cot, which is a special cool mattress.

Personal items can stay with your baby (for example, soft toys, a teddy, photos, pictures or drawings).

We will talk with you about making a plan to manage your breast milk production and maintain breast health. Some mothers have found comfort in donating their breast milk. If you would like to, you can learn more about donating your milk to the Scottish Milk Bank, in memory of your baby.

We will tell you about the review process which occurs after the death of any baby. You will have a key contact person - this is someone to provide ongoing emotional support, help and information to you while the review is being done and is usually your community midwife.

Senior medical staff will discuss the option of a post-mortem with you. (You can view a parent to parent video about post mortem at this website <https://heldinourhearts.org.uk/new-parent-to-parent-post-mortem-animation/>)

When you are ready to leave hospital, your baby will either be moved to the care of our colleagues in the mortuary, with you to your home, to the local Children's Hospice or to your chosen funeral director.

Thoughts about my baby's funeral

Any other relevant or important information to note

Local bereavement support

# People who need to know about my Antenatal Anticipatory Care Plan

The original copy of my Antenatal Anticipatory Care Plan is in my maternity notes. I have agreed that the following professionals and services can have a copy or be told that this Anticipatory Care Plan is in place. It has been uploaded onto the hospital computer system.

Professional/Service	Name and contact details
Anticipatory care plan co-ordinator	
Family Support Team	
Lead Obstetrician	
Community Midwife	
Fetal Medicine Midwife	
Lead Neonatologist	
General Practitioner	
Health Visitor/Family Nurse Practitioner	
Social Worker	
Other (please specify)	
Other (please specify)	



## My Antenatal Anticipatory Care Plan has been discussed, reviewed and agreed with:

Parent/carer (print and sign): (optional)
Parent/carer (print and sign): (optional)
Lead Clinician supporting this Antenatal Anticipatory Care Plan (print and sign): ( <b>mandatory</b> )
Anticipatory Care Plan Co-ordinator (print and sign): ( <b>mandatory</b> )

Date plan started: \_\_\_\_\_ Review date: \_\_\_\_\_

Date reviewed if no changes required	Name and title of lead reviewer	Next review date

If changes to the Antenatal Anticipatory Care Plan are required, a new plan should be completed and shared with key people as agreed by the parent(s).

