

4th September 2013

Scottish Care & Information Response to Letters in relation to petition PE1443
(Full Response Pages 2-4)

Executive Summary

SCIM agrees with the Scottish Government that guidelines for the medical management of miscarriage are essential. However, we would like a change in current testing guidelines to make care better by offering women a choice about testing. Presently, women are being denied the choice to make an informed decision about their future based on current policy. No one is happy with the current management of miscarriage.

Background

- Current policy means that women have to suffer three consecutive losses before testing is offered (RCOG, 2011)
- There is no moral reason for asking women to have more than one miscarriage before they are tested, should they wish to be tested. (SCIM, 2013)
- Miscarriage affects 5,708 women in Scotland each year (ISD Statistics, 2010)
- There is significant variation on the level of care provided (NICE Guidelines, p27, 2012)
- Women are offered choice around the medical management of miscarriage (green-top guideline No 25). However, women are denied patient choice around testing for the cause of miscarriage (SCIM,2013)

Responses to the committee

- Professor Quenby, a leading authority, agrees that there are insufficient evidence based trials conducted (Quenby, 24th Dec 2012) SCRCOG, and Scottish Care & Information on Miscarriage (2013)
- No respondent has supported the policy of three miscarriages before testing.
- No respondent has offered a medical reason for supporting three consecutive miscarriages in the first trimester before testing.
- Women should be offered patient choice in receiving testing following one miscarriage; Scottish Care & Information on Miscarriage (2013)
- Only 50% of hospitals have specialised Early Pregnancy Units (AEPUs, 2009), and this is still true.

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- There is no uniformity in the way miscarriage is responded to which varies according to location or negotiation. There is no support for this situation to continue.
- The women might be treated in accordance with guidelines however this is not always the case.
- Scientific study would assist in offering preventative measures and early intervention for future generations in line with the current Scottish Parliament Policy.

I said in my opening statement to the Petitions Committee on the 27th of November; “this petition is about the people who can be helped by testing, it is not about the ones who cannot”. The focus is on offering all women a choice about testing as miscarriage affects 5,708 women in Scotland a typical year (ISD Scotland 2010) and has a distressing effect on women’s emotional wellbeing.

“A third of women attending specialist clinics are clinically depressed, and one in five have levels of anxiety that are similar to those in psychiatric outpatient populations” (Rai, 2006)

Our main aim in bringing the petition to the committee’s attention is to highlight the devastating emotional effect that the current guidelines have on women. The pre-counselling evaluations that women complete before they begin therapy with us show the traumatic effects of miscarriage. This is also backed by research into Women’s Perceptions of Counselling Following Miscarriage (2007) and we also regularly hear about the effects that this policy has during our counselling sessions with clients who are referred to us by the NHS through their GP, health visitor, Early Pregnancy Unit or Mental Health Units. These referrals come from all over Scotland.

Since SCIM was set up in 1994 we have had the best all round care for women in Scotland. This includes links with and regular referral to Early Pregnancy Units (EPU), GP practices, Women’s health centres and other appropriate services through the web and try to maintain regular contact with. We offer links to The Association of Early Pregnancy Units and NHS Maternity Services. Most recently we have spoken with Rosslyn Crocket (Director of Nursing), mental health clinic staff and medical/midwifery staff from various hospitals in Scotland.

With reference to the replies the committee has received, it is reassuring for us to read that all of the groups, who were consulted, acknowledge the need for proper professional counselling support. Also that this is carried out by specialised qualified counsellors and that this type of emotional support is recognised as being essential in offering support to families who have suffered miscarriage. This is backed by Dr John Duncan (RCGP) who agrees that psychological support improves pregnancy outcome. His letter recommends that GPs offer counselling to women following one loss. It is encouraging to hear, in Dr Duncan’s 2nd letter to the committee, that GPs receive comprehensive training which is

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ongoing in its development and that their overall intention is to offer patients the best care following miscarriage. However, I stand by my original comment that according to our client group, the recommendation to offer counselling and provide information about support groups is seldom practiced. Perhaps with the RCGP's reminder about the importance of supplying such information to patients the practice will become more of a reality than an expectation.

One of the doctors refers to TLC (Tender Loving Care), that is a critique of organisations that offer tea and sympathy. This has never been our position. We want the very best possible guidelines. It is more than TLC that is necessary.

Our experience in working therapeutically with women and couples who have suffered miscarriage, stillbirth and neonatal loss is that they make a good emotional recovery when given access to professional services. This assists them in preparation for their future and good emotional health in the longer term. However this requires regular engagement, not just a quick fix. The idea that information leaflets and direction to website information is the solution matches more with a DIY approach to the management of miscarriage than proper professional care.

It is also a relief to hear that over the last two months the Scottish Government's statement of good practice on the management of Early Pregnancy loss (1996) which places considerable emphasis on the human element in medicine, be reiterated to hospital staff by Dr MacLean. This is a document in which The Scottish Government acknowledge the contribution made by SCIM. I feel confident that Dr MacLean also restates the Scottish Government's recommendation that SCIM's contact details be given to couples seeking counselling support.

Through, the Scottish Qualifications Authority (SQA), we have also provided regular counselling skills training to midwives in units such as Ayrshire Central and Wishaw General. As an award winning training centre we currently offer specialised counselling skills training to university counselling students.

From a medical point of view the responses from four different organisations SAEPN, AEPU Executive Committee, Tommy's and the BMA demonstrate with our point that there is no uniformity in the way miscarriage is responded to medically. I can only reiterate some of the examples given by the medical profession: only 50% of the hospitals have specialised EPU units in place while others do not, some hospitals offer testing after 2 miscarriages while others do not. Surely it should not be left for women to negotiate for themselves especially when they are in such a vulnerable state.

Our experience, from a professional therapeutic counselling point of view, shows that this random approach is unhelpful in clearly identifying the cause of miscarriage and it is unsupportive in terms of emotional recovery. The arguments put forward are circular. Scientific study which can be shared and built on is what would be the most helpful for women in the longer term and of course would assist in offering preventative measures and early intervention for future generations in line with the current Scottish Parliament Policy.

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We would like to see standardised testing for women who have suffered miscarriage with a view to creating the facts on which proper study can be based, in an effort to relieve some of the anxiety that the existing policy causes. The idea that the cause of miscarriage is random or chance, argues the need for testing. As does Dr Duncan's point that current testing only identifies a cause in a minority of cases, and that somehow a minority of cases are not enough to merit proper care. The lack of proof is a point that is clearly recognised by Professor Quenby, Professor of Obstetrics, who agrees that there are insufficient evidence based trials conducted. This statement is also backed by the SCRCOG who state that, the incidence and relevance of investigations following one miscarriage is not well established and that a proper evaluation of miscarriage management after one loss is essential. A statement of reassurance that is contradictory does nothing but confuse and upset women further, the idea that you **have to suffer consecutive loss before** you are offered testing as unkind as it is unscientific. Dr Duncan's idea that offering investigation to examine the cause of miscarriage would somehow cause women greater anxiety is paternal to the point of insulting.

According to the Green-Top Guideline No 25, women are offered choice around the medical management of miscarriage. It states that; **"women with miscarriage who choose their own treatment, had the best health-related quality of life"** How can choice be therapeutic at the most traumatic time for the patient, but choice over testing not be therapeutic? We would like to see this more personalised approach to patient choice extended to testing.

SCIM would also agree with the Scottish Government that guidelines for the medical management of miscarriage are essential in providing good post-miscarriage care across Scotland however we would like a change in the current testing guidelines to make that care better.

The 1,184 people who signed our petition agree that there should be a change in policy. The current policy is unacceptable as it only delays finding medical reasons for miscarriage. This policy condemns some women to the trauma of miscarriage over and over again. Change would mean that fewer women would have to go through that.

There is no question that it would greatly assist women in Scotland if in reviewing this policy the committee were to exercise its remit and urge the Scottish Government to change this policy in favour of the women in Scotland in 2013 who may suffer miscarriage like the 5,708 women in Scotland who suffered miscarriage in 2010.

Yours sincerely,

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