

LAURA PITFIELD

MIDWIFE

Laura Pitfield

Flat 5 Irene house, 218 Balham High Road
London, SW12 9BF

+447880326535
laurapitfield27@gmail.com

Skills

I am a highly skilled, experienced and extremely personable midwife and my passion for midwifery shines through in every interaction, with women and with colleagues.

I am extremely passionate and effective in delivering high quality care and inspiring all members of the multidisciplinary team to do the same through my strong leadership skills.

I have a particular interest in providing high quality antenatal education in order to empower families to feel fully informed and enable them to make evidenced based decisions.

Good antenatal education is not only imperative but also a continuum which starts before birth but continues during the postnatal period. Continuity of care is my passion and means that the benefits of good antenatal teaching and postnatal support is felt even more so.

I feel committed to inspire, teach and motivate families to gain confidence within the fourth trimester as they transition to motherhood.

Experience

Lead midwife for community team/ St Georges NHS Hospital, London

November 2022- present

Responsible for leading a team of ten community midwives and two health care assistants. The team provides antenatal care, antenatal education and postnatal care including both home visits and postnatal clinics up until 28 days postnatal.

Women within the team are culturally very diverse meaning vast exposure and variation in their care needs. Where there are high levels of socio-economic deprivation within this area, there is an increased requirement for safeguarding and mental health input.

Within this role I have streamlined multiple IT systems and internal protocols to optimise efficiency and promote safe outcomes and equitable care.

Increased amount of postnatal feeding support given to mothers thereby improving breastfeeding rates when discharged from community care.

Professional Midwifery Advocate / St Georges NHS Hospital, London

DECEMBER 2021- PRESENT (PART TIME)

Part time hospital based role aimed at supporting midwives and families

to improve wellbeing and outcomes for staff and patients.

Practically support midwives to create places of psychological safety where they can reflect on their own practice, difficult cases and events, and reflect on ways they can deliver optimal care (whilst maintaining their own mental health).

Increasing resilience of midwives through facilitating individual and group restorative supervision sessions, thereby reducing burnout rates amongst colleagues and increase retention.

Facilitating post birth reflections with women and their families, recognising when women require further input, particularly surrounding birth trauma or postnatal depression.

Working closely with senior members of the midwifery team in innovation, to consider how services and protocols could be adapted to meet the needs of women.

Demonstrating the skills of a compassionate leader by offering professional and emotional support which is individualised, non-judgemental and creates a culture of kindness.

Band 6 midwife continuity team/ St Georges NHS Hospital, London

July 2018- November 2022

Part of a team of eight midwives who set up a continuity team that delivered antenatal care, intrapartum and postnatal community clinic care to families within a certain geographical area.

Utilised my vast range of clinical skills within low risk birthing environments and facilitating normal birth. Also caring for women whose pregnancies were considered high risk and complex, working with the MDT to promote safe outcomes.

Designed and facilitated antenatal education within this team.

Modernised internal IT system used to accurately record continuity rates.

Band 6 rotational midwife/ St Peters NHS Hospital, Surrey

September 2015- July 2018

Rotational post working between delivery suite, antenatal ward, birth centre and postnatal ward.

Developed skills in caring for women in a variety of settings in both low and high risk birthing environments.

Cared for women who were required to be antenatal inpatients during their pregnancy and also those who were undergoing induction of labour.

Education

Midwifery Bsc Hons / University of Surrey

2012-2015

First Class Honours

Examination of the newborn / University of Kingston

February 2020

University module enabling me to undertake the specialist newborn screening, in accordance with Newborn and Infant Physical Examination (NIPE) standards, as part of a holistic assessment of newborn health.

Professional Midwifery Advocate/ University of Kingston

August 2021

Preparation module to undertake the Professional Midwifery Advocate (PMA) role. Focused on the development of PMA skills which enabled me to further my compassionate leadership skills.

Awards

Nominated for Band 7 midwife of the year award- International Day of the Midwife May 2024. Nominated by colleagues.

Won Supervisor of the year award- May 2021. Nominated by colleagues and students for St Georges International Day of the Midwife celebrations.