

## Pregnancy Loss

**About Technical Assistance Briefs.** The MCH Evidence Center provides ongoing technical assistance (TA) to Title V agencies related to the emerging evidence base, strategies, and measures related to many topics interconnected with National Performance Measures and other critical topics in MCH. *Technical Assistance Briefs* are an outcome of these TA sessions that are designed to act as *conversation starters* in thinking about programs that can be developed to address issues that affect women, infants, children, adolescents, youth, families, and communities. These briefs are not meant to be comprehensive; full analyses of the NPM topic areas are provided in [Evidence Analysis Reports](#).

The Center makes these customized briefs available during TA and on the program website to identify evidence-based/informed strategies, promising practices, examples of ESMs from the field and peer-reviewed resources. Please [contact us](#) if you would like us to develop a similar report for topics that you are working on.

**Initial Query for this Brief.** Identify measures and best practices around Pregnancy Loss (infant or perinatal loss, miscarriage, abortion loss).

### Initial MCH Digital Library Resources

[Infant Mortality and Pregnancy Loss](#). This professional resource guide offers a selection of recent, high-quality resources that analyze data, report on research aimed at identifying causes and promising intervention strategies, and describe risk-reduction efforts as well as bereavement-support programs. Separate sections identify resources on factors that contribute to infant mortality and pregnancy loss: birth defects, injuries, low birthweight and prematurity, pregnancy and preconception, and safe sleep environments. A [family resource guide](#) accompanies the professional brief.

[Sudden Unexpected Infant Death \(SUID\) & Sudden Infant Death Syndrome \(SIDS\) Gateway](#) to find resources for states, communities, professionals, and families to reduce sudden unexpected infant death (SUID) and Sudden Infant Death Syndrome (SIDS), promote healthy outcomes, and cope with grief when losses occur. Highlights include:

- [Helping Babies, Healing Families: An Online Program Manual & Trainer's Guide](#)
- [Bereavement Support Resources](#)

### Literature Search

*Keywords: Support; Interventions; Pregnancy loss*

Interventions/Agencies Working in this Space

- Research Supports Evidence-Based Perinatal Bereavement Training for Nurses. Penn Medicine News. <https://www.pennmedicine.org/news/news-blog/2021/may/nurses-play-pivotal-role-in-helping-families-cope-with-pregnancy-loss>
- Resolve Through Sharing. Evidence-based Bereavement Training for Healthcare Professionals: <https://www.resolvethroughsharing.org/>

- Pregnancy Loss and Infant Death Alliance (PLIDA) serve as leaders in perinatal and neonatal bereavement care. <https://www.plida.org/>
  - Clinical Research Opportunities: <https://www.plida.org/clinical-research-opportunities>
- Emotional Healing After a Miscarriage: A Guide for Women, Partners, Family and Friends. March 2020. <https://online.nursing.georgetown.edu/blog/emotional-healing-after-miscarriage-guide-women-partners-family-friends/>

#### Research Articles:

- Alqassim, M.Y., Kresnye, K.C., Siek, K.A. *et al.* The miscarriage circle of care: towards leveraging online spaces for social support. *BMC Women's Health* 22, 23 (2022). <https://doi.org/10.1186/s12905-022-01597-1>
- Kochen, E.M., Jenken, F., Boelen, P.A. *et al.* When a child dies: a systematic review of well-defined parent-focused bereavement interventions and their alignment with grief- and loss theories. *BMC Palliat Care* 19, 28 (2020). <https://doi.org/10.1186/s12904-020-0529-z>
- Weir, K. Healing the wounds of pregnancy loss. *Psychotherapy*, 49(5):26 (2018) <https://www.apa.org/monitor/2018/05/pregnancy-loss>
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- San Lazaro Campillo I, Meaney S, McNamara K, O'Donoghue K. Psychological and support interventions to reduce levels of stress, anxiety or depression on women's subsequent pregnancy with a history of miscarriage: an empty systematic review. *BMJ Open*. 2017 Sep 7;7(9):e017802. doi: 10.1136/bmjopen-2017-017802.
- Leon, I.G. Empathic psychotherapy for pregnancy termination for fetal anomaly. *Psychotherapy*, 54(4), 394–399. (2017) <https://doi.org/10.1037/pst0000124>
- Wenzel, A. (2017). Cognitive behavioral therapy for pregnancy loss. *Psychotherapy*, 54(4), 400–405. <https://doi.org/10.1037/pst0000132>
- Boyle, F.M., Mutch, A.J., Barber, E.A. *et al.* Supporting parents following pregnancy loss: a cross-sectional study of telephone peer supporters. *BMC Pregnancy Childbirth* 15, 291 (2015). <https://doi.org/10.1186/s12884-015-0713-y>
- Haine RA, Ayers TS, Sandler IN, Wolchik SA. Evidence-Based Practices for Parentally Bereaved Children and Their Families. *Prof Psychol Res Pr*. 2008 Apr;39(2):113-121. doi: 10.1037/0735-7028.39.2.113.
- Wang N, Zhu X, Gamble J, Elder E, Allen J, Creedy DK. The STress-And-Coping support Intervention (START) for Chinese Women Undergoing Abortion: A Randomized Controlled Trial Protocol. *Int J Environ Res Public Health*. 2022 May 28;19(11):6611. doi: 10.3390/ijerph19116611.
- Katz, J. Supporting Women Coping With Emotional Distress After Abortion. *The Professional Counselor*. 9(2):100 -108. 2019. <https://files.eric.ed.gov/fulltext/EJ1221518.pdf> . doi:10.15241/jk.9.2.100

- Reider, A. Implications for Best Practices in Post-Abortinal Emotional Care: Perspectives of Clinicians who have Provided Post-Abortion Emotional Care and Experienced Abortion Personally. Smith College. Theses, Dissertations, Projects. 2014  
<https://scholarworks.smith.edu/cgi/viewcontent.cgi?article=1861&context=theses>

### Grief Resources:

- [First Candle](#) (Connecticut)
  - Safe Sleep and infant death support.
  - Peer-to-peer online support groups
  - Bereavement library
  - 24-hour grief line.
- [Sudden Unexplained Death In Childhood Foundation \(SUDC\)](#)
  - “Mission is to promote awareness, advocate for research and support those affected by SUDC”
  - <https://sudc.org/medical-professionals/> → Unexplained Pediatric Deaths: Webinar Training Series, Consensus Guidelines, Refer a Family and more
- [The Compassionate Friends](#)
  - The mission of The Compassionate Friends: When a child dies, at any age, the family suffers intense pain and may feel hopeless and isolated. The Compassionate Friends provides highly personal comfort, hope, and support to every family experiencing the death of a son or a daughter, a brother or a sister, or a grandchild, and helps others better assist the grieving family.
  - More than 600 chapters in all 50 states + Washington, D.C.
  - <https://www.compassionatefriends.org/resources/>
- [Share Pregnancy and Infant Loss Support, Inc.](#) (St. Charles, MO)
  - The mission of Share Pregnancy and Infant Loss Support, Inc. is to serve those whose lives are touched by the tragic death of a baby through pregnancy loss, stillbirth, or in the first few months of life. The primary purpose is to provide support toward positive resolution of grief experienced at the time of, or following the death of a baby. This support encompasses emotional, physical, spiritual and social healing, as well as sustaining the family unit.
  - Training → Providing Support in the Funeral Home  
<https://nationalshare.org/onlinetraining/>; Complications in Grief When a Baby Dies (1.5 Contact Hours, \$30); Honoring Cultures of African American and Hispanics in Perinatal Bereavement (1 contact hour \$25); etc.
- March of Dimes - <https://www.marchofdimes.org/complications/loss-and-grief.aspx>
  - The information is not evidence-based but provides concepts and ideas about supporting people with pregnancy loss. Reviewing the website may allow you to find ideas that can be used with community and stakeholders in listening sessions.