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Exploring midwives' experiences of an emotional intelligence programme (EIP): a qualitative study.

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Exploring midwives' experiences of an Emotional Intelligence Programme (EIP), a qualitative study

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Background

The contemporary role of the midwife is identified as emotionally demanding with many midwives experiencing high levels of stress, burnout, anxiety and depression, and a great number considering leaving the profession. This is of critical concern to the profession and has serious implications for the delivery of high-quality, safe maternity care.

One of the major factors compromising the midwives' emotional wellbeing and leading to job dissatisfaction is the conflict between midwives' aspiration of truly 'being' with the woman and the institutional expectations of the role which is mainly focused on the 'doing' aspects of the job. 'Being' mentally and emotionally present to a woman's psychological needs, whilst meeting the institutional demands, requires a high level of emotional intelligence in the midwife. It is suggested that emotional intelligence can be learned and developed.



Aim

To explore midwives' perspectives on the influence of EIP on their psychological wellbeing and experiences of practice.

Design & Method

- Descriptive qualitative
- Focus group interviews
- Reflective thematic analysis

Setting & Sample Characteristics

- Thirteen community midwives from five rural and urban teams in one Scottish Health Board
- Aged from 23 to 58 ($M = 42.86$, $SD = 13.57$)
- Between 1 to 30 years ($M = 17.43$, $SD = 12.76$) of work experience




Emotional Intelligence Programme

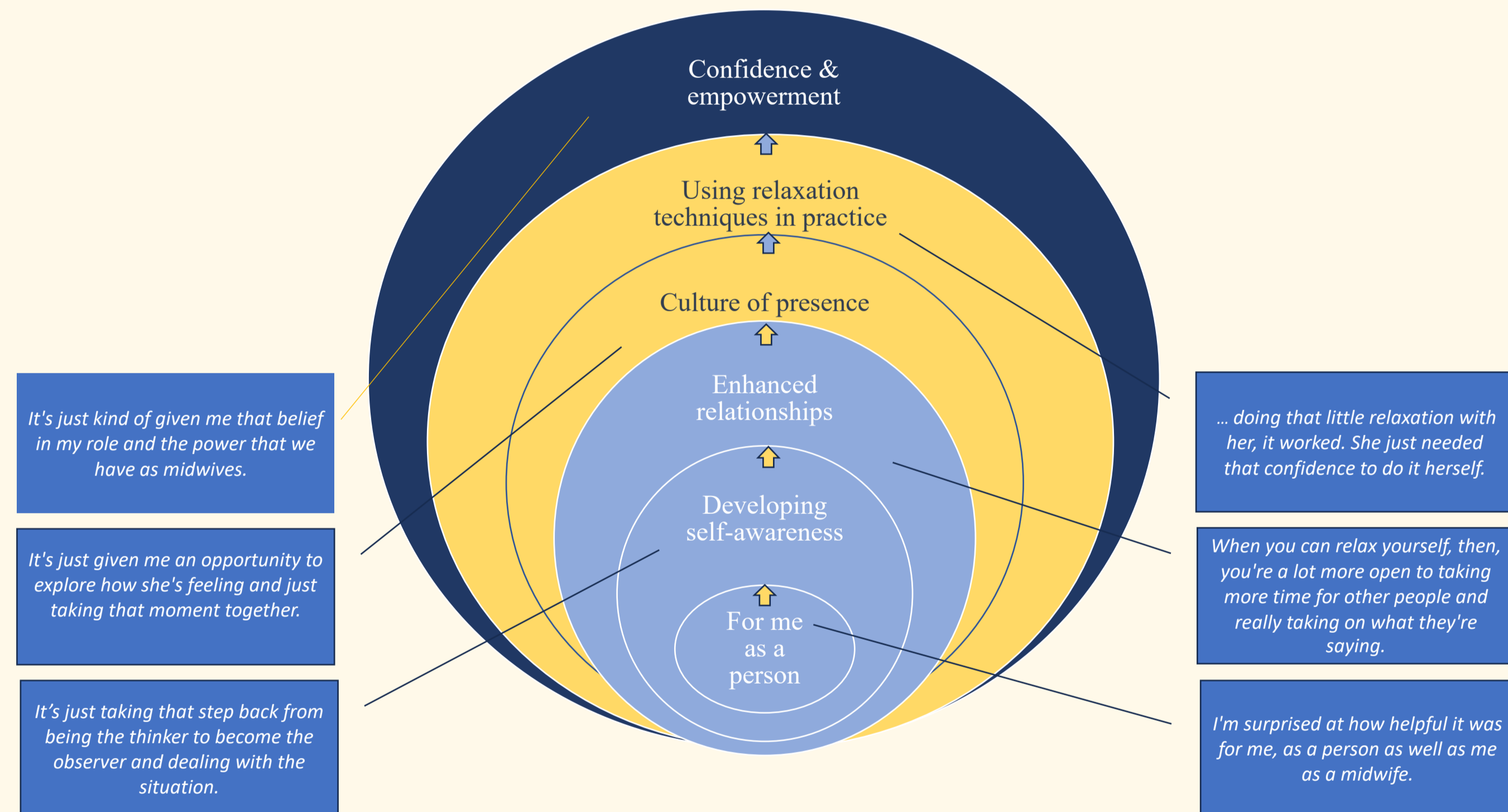
- A 4-month programme delivered over six group sessions (total 24 hours)
- A combination of in person and online sessions
- Theoretical learning
- Relaxation practices combined with practice of self-awareness
- Case-based & practice-based learning

Thematic Findings

Overarching theme: *The ripple effect*

Themes:

- *Me and my relationships* 
- *A different approach to practice* 
- *Confidence and empowerment* 



Conclusion

