

Joint Editors-in-Chief
Dame Tina Lavender and Yana Richens

Editor
Madeleine Murphy
bjm@markallengroup.com

Associate Publisher
James Demery
james.demery@markallengroup.com

Group Classified Manager
Lauren York
lauren.york@markallengroup.com

Circulation Director
Sally Boettcher
sally.boettcher@markallengroup.com

Group Production Manager
Jon Redmayne

Production Assistant
Jamie Hodgskin

Publisher
Chloe Benson

Managing Director
Jon Benson

Chief Executive Officer
Ben Allen

UK PERSONAL SUBSCRIPTION RATES

Quarterly Direct Debit	£42
Annual Direct Debit	£165
Annual Credit Card	£174
Two year Annual Credit Card	£296
Three year Annual Credit Card	£418

Subscribe online at: www.magsubscriptions.com

For further information please contact the subscriptions department on 0800 137201 or +44 (0)1722 716997 when calling from outside of the UK.

Contact institutions@markallengroup.com for institutional pricing



A MARK ALLEN GROUP COMPANY

www.markallengroup.com

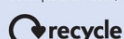
The *British Journal of Midwifery* is published by MA Healthcare Ltd, St Jude's Church, Dulwich Road, London SE24 0PB, UK
Tel: +44 (0)20 7738 5454
Website: www.britishtjournalofmidwifery.com

MAG ONLINE LIBRARY

© MA Healthcare Ltd, 2016. All rights reserved. No part of *British Journal of Midwifery* may be reproduced, stored in a retrieval system, or transmitted in any form or by any means electronic, mechanical, photocopying, recording, or otherwise without prior written permission of the Publishing Director.

The views expressed do not necessarily represent those of the editor or the *British Journal of Midwifery*. Advertisements in the journal do not imply endorsement of the products or services advertised. The journal accepts advertising from all companies operating ethically and in accordance with UK law and regulations. Editorial content in the journal is entirely separate from advertising and, unless clearly stated, commercial companies have no influence over the content of articles.

ISSN 0969 - 4900
Printed by Pensord Press Ltd, Blackwood, NP12 2YA
Cover picture: Adobe/MAK



When you have finished with this magazine please recycle it.

BJM

British Journal of Midwifery

EDITORIAL

Whatever happened to safety in numbers?
Madeleine Murphy 757

BIRTHWRITE

Nurturing tomorrow's leaders
Jacqueline Dunkley-Bent 758

COMMENT

Ethics of egg freezing
George Winter 760

Vitamin B₁₂ deficiency
Samantha Nash 763

CONFERENCE REPORT

Safety, standards and experience in the midwifery profession
Jonathan Cliffe 766

CLINICAL PRACTICE

Immune thrombocytopenia in pregnancy: Key principles for the midwife
Carol Hindley 768

EDUCATION

Heightening levels of compassion towards self and others through use of compassionate mind training
Elaine Beaumont and Caroline J Hollins Martin 777

University midwifery societies: Support for student midwives, by student midwives
Alison Power and Ilaria Grzelak 787

Navigating the midwifery undergraduate programme: Is resilience the key?
Jacqui Williams 790



ADOBE/DOVROKSTOCK

Factors influencing postnatal weight management 806

RESEARCH

The case for developing an online intervention to support midwives in work-related psychological distress
Sally Pezaro 799

Factors influencing engagement in postnatal weight management and weight and wellbeing outcomes
Amanda Avery, Sarah Hillier, Carolyn Pallister, Jenny Barber and Jacque Lavin 806

LEGAL

Midwives must do more to comply with health care sharps regulations
Richard Griffith 814

CLASSIFIED

816

MIDWIFE BLOG

Acting up as the labour ward matron
Sophie Windsor 818