

## **Birthing Obstetrician Demographics, Birth Factors, and Experiences Associated with Negative Emotions Around Future Patient Care**

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### **Objectives**

Obstetrics (OB) is a unique field wherein many providers themselves become OB patients. These experiences can influence future care provision. This study sought to assess the association of demographic and birth factors with negative emotions around patient encounters among obstetricians (OBs) who have given birth.

### **Methods**

Secondary analysis of an IRB-exempt, anonymous, cross-sectional survey of birthing OBs' personal experience with birth trauma. The questionnaire was adapted from the "City Birth Trauma Scale". OBs were recruited from "OMG (OBGYN Mom Group)" on Facebook. OBs were asked about their own birth experiences and emotions they experienced during patient encounters subsequently. Negative emotions were defined by selecting one or more of the following: (1) "always" or "often" to frequency of feeling tense/anxious or having intrusive thoughts during patient care, or (2) "yes" to dreading and/or avoiding patient encounters, or (3) "yes" to personal experience having a negative impact on counseling. Characteristics of birthing OBs who reported negative emotions were compared to birthing OBs who did not.

### **Results**

Of the 553 OBs who practiced obstetrics following birth, 71 (12.8%) reported negative emotions around patient encounters. OBs with negative emotions around patient encounters were more likely to report: worry about their own health or baby's health, and to feel that their life or baby's life was at risk. OBs who endorsed that their birth was traumatic were 12 times more likely to report negative emotions around patient encounters than those who did not (OR 12.33, CI 6.72-22.65). There were no associations between negative emotions and parity, time since most recent birth, age, race/ethnicity, or type of current practice.

### **Conclusions**

The majority of OBs who have given birth report that their personal experience positively impacts care. However, for one in eight birthing OBs, personal experience is associated with negative emotions around subsequent patient encounters. OBs with traumatic birth are more likely to experience negative emotions and warrant targeted support.

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### **Disclosures**

None