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A Choice Between Terrible and Horrible

- Carrying to Term
- TFMR



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Feelings after TFMR



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Why do people terminate?

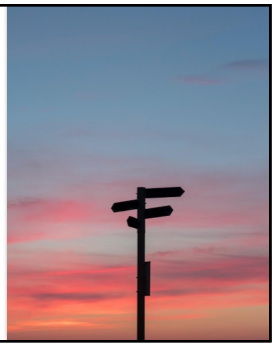


- Risk for the pregnant person
- Pregnancy induced issues
- Selective Reduction of a multifetal pregnancy
- Fetal Anomaly
- Genetic conditions
- Rape or incest

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How does the decision get made?

- Previous conversations between the couple
- Conversations with medical professionals
- Prior beliefs about abortion
- Quality of life concerns
- Financial concerns
- Emotional concerns
- Gray dx's
- Conversation with clergy
- Time Bound



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Procedures

- Medical indication to begin
- Medication induction
- Surgical Abortions
- Labor and Delivery
- Why one over the other?



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The Language of TFMR

Date- dx

Parallels all pregnancy loss

My baby

Vernacular: Delivered - gained wings- became an angel - said goodbye
We decided - heartbreaking choice

The process
-Location/travel
-Provider
-One day? Multiple days?
-Logistics back home

"Miscarriage" - ppl have opinions

How to talk about TFMR- just like all pregnancy loss- how many children do you have?

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Holding dialectics/ creating new identity

Supporting people with disabilities

Am I ableist if I terminate?

I aborted my baby

Feeling called to be politically active/more publicly open

Am I a mom?

Similar to all loss
-How many children?
-Is this your first? (during pregnancy
-What happened?

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TFMR

- Disenfranchised grief
- Unacceptable type of loss
- Religious beliefs
- Finding a tribe

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Common Themes and Challenges

- Impact to future (or previous) perinatal concerns
- Subsequent pregnancies
- Risk for PMD's
- Disclosure
- Family narrative
- Subsequent losses
- Guilt, shame
- Forgiveness
- Self-compassion
- Opportunities for growth
- Spirituality vs religion

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Role of friends (directly after)



- Organize food for the family.
- Help with post-loss follow-up doctor's appointments
- Organize childcare (if needed)
- Remembrance tokens
- Provide company/Listen
- Light cleaning
- Food
- Be mindful about sharing news of someone else's pregnancy

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Role of friends (longer term)

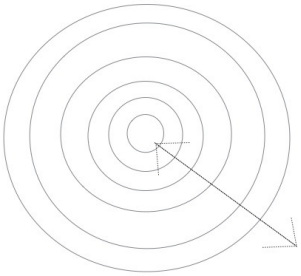
- Mark your calendar with a reminder for the "angelversary"
- Continue to check in
- Talk about the loss based on the constructs the couple has chosen
- Never assume: everyone grieves differently

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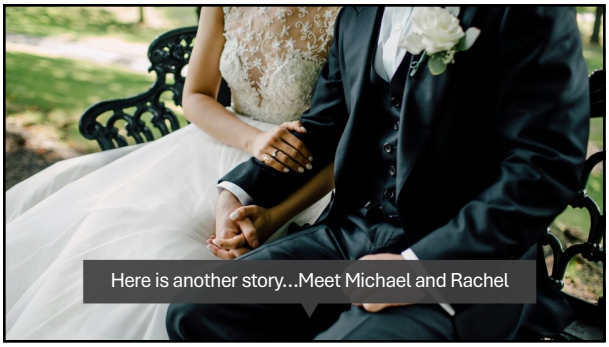
Rules about giving comfort



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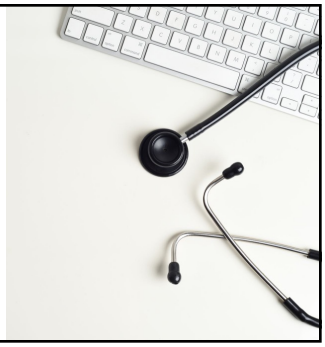
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Vitals

- 33 years old
- Established in their careers
- Ready to start a family
- Parents are eager to be grandparents (it would be the first grandchild for both sides)



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Success!

- After their third month of trying, they got a positive pregnancy test
- They weren't able to see OB until 9 weeks
- Nuchal fold was low, as was the NIPS
- Both were feeling good as they entered the second trimester

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And then…

- The anatomy scan was performed on the earlier end, at 18 weeks
- Imaging of the heart was difficult to obtain
- The couple was referred to MFM for a better scan
- MFM scan showed Hypoplastic Left Heart Syndrome (HLHS)
- Initial prognosis—treatable



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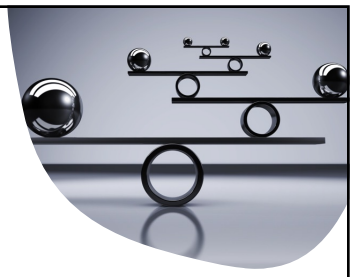
Continuing with scans

- In monitoring the HLHS, the MFM starts to see other malformations
- Genetic testing yields no diagnosis
- Michael and Rachel are now 24 weeks into their pregnancy and have come to a decision point.

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What happens to Brenda and Max?

You tell me….



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Resources

- **Online Groups:**
- www.EndingAWantedPregnancy.com
- www.AHeartbreakingChoice.com
- https://community.babycenter.com/groups/a6325/termination_for_medical_reasons
- https://www.facebook.com/groups/877039007 8/
- https://www.facebook.com/groups/1045137255832631/ (Dad's group)

Instagram:

https://www.instagram.com/tfmrsupport/
https://www.instagram.com/tfmrmemes/
https://www.instagram.com/tfmstotalkttfmr/
https://www.instagram.com/tfmrdoula/

Podcast:

https://talkttfmr.podbean.com/

Rituals:

https://ritualwell.org/topic/ending-pregnancy/

Tears of Sorrow, Seed of Hope Nina Beth Cardin

https://jewish-healing-center.org/perinatal-loss/

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Questions? Comments?

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