

Digital Care for Pregnancy Loss: Bridging Technology and Grief-Sensitive Support

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Introduction: Pregnancy loss is a profoundly common yet persistently stigmatized reproductive event, affecting an estimated 10%–15% of clinically recognized pregnancies globally. Despite its prevalence, the experience remains shrouded in silence, often leaving women to navigate a complex landscape of acute grief, psychological distress, and social isolation without adequate support. While digital health technologies have proliferated in reproductive care, they frequently fail to address the needs of those experiencing loss, instead reinforcing a normative narrative of successful birth. This narrative review charts the necessary evolution of digital support from basic information provision toward a new paradigm of grief-sensitive care.

Materials and Methods: A narrative literature review was conducted by searching PubMed/MEDLINE, EMBASE, Scopus, and Web of Science for studies published between 2010 and 2026. The search strategy combined terms related to digital health technologies and pregnancy loss.

Results: The review identified important gaps in current digital support for pregnancy loss, including insensitive automated content and limited attention to psychosocial needs. Evidence supports grief-sensitive, trauma-informed, and equitable digital interventions co-designed with individuals with lived experience. AI-based support offers potential for personalized care but raises concerns regarding privacy, human oversight, and algorithmic bias.



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Conclusion: Digital health should evolve from information provision toward compassionate, grief-sensitive care. Future interventions should integrate lived-experience co-design, trauma-informed principles, equity, and ethical AI governance to reduce psychosocial harm and improve support following pregnancy loss.

Keywords: Digital Health, Artificial intelligence, Miscarriage, Pregnancy loss