

Quality Network for Perinatal Mental Health Services

ISSUE 2

WINTER 2008

Quotes from mothers interviewed as part of the perinatal network in Cycle 2 so far:

"The unit is an amazing place and I didn't know what I would have done without it"

"The staff are very supportive and encouraging"

"The staff at the unit were very good at providing my partner and family with the help and support they required"

"The staff on the unit are nice and I cannot speak more highly of them"

Project Update

The Quality Network for Perinatal Mental Health Services is well into its second cycle. 13 mother and baby units from across England, Wales and Scotland are now members and are actively engaging in the process.

Peer reviews begun in October 2008 and 8 have been completed to date, with 5 more due in the new year. Excluding the Perinatal project team, 23 members have so far been part of the peer review teams going out and visiting other units.

The peer review visits have been very promising and informative discussions have been had around information sharing with the aim to quality improve and



Attending Reviews

There are five more peer reviews due for this cycle and places as part of the peer review team are filling quickly. However, there are still a couple of places left on reviews. The peer review process is a great opportunity to visit other mother and baby units around the country and share ideas and experiences amongst peers. If you would like to be part of a peer review team it would be great to hear from you.

Please contact us with your interest at: Perinatal@cru.rcpsych.ac.uk or 020 7977 6691

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1st Annual Forum

The 1st annual forum for the Quality Network for Perinatal Mental Health Services was held on 27th November 2008. This was a very successful event with approximately 60 members attending representing 12 mother and baby units across the country.

The forum included an update on the network and presentations from members on current topics within Perinatal Mental Health. These included:

- Recent Developments on the Beadnell unit in Morpeth, including, admitting pregnant women
- Quality standards in commissioning
- Psychological interventions on a mother and baby unit
- Enhancing baby care and safety

Four main themes emerged from the day:

- Pre assessments in relation to emergency admissions
- Admitting mothers in late pregnancy
- Involvement of specialised community teams
- Whether there should be formal physical assessments of infants documented and how often

All presentations and handouts can be accessed by going to the Perinatal networks web page at: <http://www.rcpsych.ac.uk/clinicalservicestandards/centreforqualityimprovement/perinatalqualitynetwork/annualforum.aspx>

Email Discussion Group

The Perinatal email discussion group is now up and running, and many useful discussions are being had by the members of the group. Recent topics include:

Day Care Programme

Some units have started to offer a day programme as well as an inpatient stay and units have discussed what it should include and how to offer this service

Breastfeeding and the Use of Psychotropics

Units have developed information leaflets around breastfeeding and the use of psychotropics in line with their trust pharmacy and these have been shared on the discussion group

Status of the Baby

Discussions have been had around legal obligations from the unit to care for the baby, and how that relates to the mothers capacity to care for her child.

Baby Tagging

Discussions were had to establish which units used baby tagging and whether mothers had to consent for their baby to be tagged

The email discussion group has also been used recently to share policies, including Trusts' Operational Policies, and to circulate flyers for upcoming conferences.

If you would like to join the email discussion group email the word JOIN to perinatal-chat@cru.rcpsych.ac.uk

Publications



Invited Commentaries on...Abortion and mental health disorders

Patricia Casey, Margaret Oates, Ian Jones and Roch Cantwell

This article addresses the effects abortion can have on an individuals mental health, if any at all

Postnatal depression 'in the genes'

Amelia Hill

This news article refers to two publications linking postnatal depression and post-partum psychosis to the presence of a recessive gene.

Quality Network for Perinatal Mental Health Services -

Annual Report

Leanne Shinkwin and Peter Thompson

A report showing the aggregated data and emerging themes from the pilot review cycle - 2007/2008.

Perinatal News

Some recent news has highlighted some of the tragic experiences that mothers go through when they are suddenly faced with Perinatal mental illness. A few of these are outlined below:

'Giving birth made me psychotic'

Rachel Brand

'Giving birth left me in a psychiatric unit'

Louise Nazeraaj

Useful Websites



- Mind - www.mind.org.uk
- Confidential Enquiry into Maternal and Child Health - www.cemach.org.uk
- Perinatal Institute - www.perinatal.nhs.uk
- Quality Network for Perinatal Inpatient Units - <http://www.rcpsych.ac.uk/crtu/centreforqualityimprovement/perinatalqualitynetwork.aspx>