



# Faculty of Perinatal Psychiatry Annual Conference

17 October 2023

## Conference Booklet

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**General**

### **Information**

#### **Accreditation**

This conference is eligible for up to 6 CPD hours, subject to peer group approval.

#### **Certificates**

Certificates of attendance will be emailed to delegates after the conference.

#### **Feedback**

A detailed online feedback form can be found by visiting:

- [Tuesday 17<sup>th</sup> October 2023](#)

All comments received remain confidential and are viewed in an effort to improve future meetings.

#### **Social Media**

If you wish to tweet about the conference use @rcpsychPeri #peripsych2023

# Conference Programme

<b>8.15am</b>	<b>Registration and refreshments</b>		
<b>9.15am</b>	<b>Welcome and introductions</b> Faculty chair		
<b>9.30am</b>	<b>Hormonal therapy in the perinatal period</b> Dr Rachel Jones		
<b>10.15am</b>	Chair: Dr Chrissy Jayarajah <b>Infant and early childhood mental health: the case for action- New College Report CR238</b> Dr Trudi Seneviratne		
<b>11.00am</b>	<b>Morning break</b>		
<b>11.30am</b>	A choice of three workshops		
	<b>Perinatal mental health research and practice in low and middle income countries</b> Dr Robert Stewart <i>Rm 1.1</i>	<b>Climate and ecological crisis - what perinatal psychiatrists can do</b> Dr Sanne Van Rhijn and Amelia Cussans <i>Rm 1.6</i>	<b>Perinatal mental health research for clinicians</b> Dr Thanos Tsoumpris <i>Rm 1.7</i>
<b>12.30pm</b>	<b>Lunch break</b>		
	<b>Daksha Emson Poster Prize</b> Chair: Cressida Manning and Sarah Taha		
<b>1.30pm</b>	<b>Evaluation of a co-produced simulation based perinatal mental health programme</b>		
<b>1.40pm</b>	Labib Hussain <b>A randomised, controlled feasibility trial of problem-solving therapy for pregnant women experiencing depressive symptoms and intimate partner violence in rural Ethiopia</b>		
<b>1.50pm</b>	Roxanne Keynejad <b>Interactions between lamotrigine and contraceptives interaction - communication practices</b> Cissy Atwine		
<b>2.00pm</b>	<b>Psychotropic medications update including treatment of insomnia</b> Dr Angelika Wieck		
<b>2.45pm</b>	<b>Afternoon break</b>		

<b>3.15pm</b>	Chair: Dr Sanne Van Rhijn <b>Advocating for autistic patients in the perinatal period</b> Dr Sam Porter
<b>4.00pm</b>	Chair: Dr Rob Stewart <b>MBU past present and Future</b> Professor Hilary Marland and Dr Giles Berrisford
<b>4.45pm</b>	<b>Awarding of prizes and closing comments</b>
<b>4.55pm</b>	<b>Close of day</b>

# Speaker biographies and abstracts

**9.15am**

**Welcome and Tribute to Dr Margaret Oates**

**Faculty Chair**

**9.30am**

**Hormonal therapy in the perinatal period**

Dr Rachel Jones

**Biography:**

Dr Jones studied medicine at St Bartholomew's Medical School in London. She specialised in psychiatry and worked in the NHS for many years including as a consultant psychiatrist in a busy general adult post.. She worked as a Consultant Forensic Psychiatrist at the John Howard Centre medium secure unit in East London for 6 years before leaving the NHS in 2013. She then joined the Priory Hospital in Chelmsford and BMI Hospital in Suffolk as a visiting consultant seeing a broad range of mental disorders including psychotic, mood, addiction and personality disorders. She also developed expertise in ADHD assessments.

Dr Jones has extensive experience in preparing psychiatric reports for the Crown Court, Family Court and appearing as an expert witness.

Dr Jones formed The Hormone Clinic after recognising the large gap in medical care. Many of her patients presenting with mental health problems had undiagnosed hormone imbalances which had been missed by other medical professionals. She began to finely tune hormone levels as necessary which provided global health benefits, especially to mental health. Her passion for providing the most appropriate, holistic and optimal treatment for each individual drove her to set up a standalone clinic.

The Hormone Clinic is an award-winning clinic that specialises in identifying and treating mental health (and physical symptoms) in men and women, caused by hormone imbalance. She prescribes body identical and compounded BHRT depending on symptoms and individual choice. Conditions include perimenopause, menopause, premenstrual syndrome, premenstrual dysphoric disorder, postnatal depression, depressive disorder, and hormonal acne in women and. testosterone deficiency and male menopause (andropause) in men.

Dr Jones has published in various academic journals and co-wrote a clinical handbook for psychiatrists published in 2008. She also developed, organised and taught on a professional and successful MRCPsych clinical examination course called The C&J course which ran for over 5 years.

Other than her obsession with hormones she loves to exercise, immerse herself in interior design (having built her own Grand Designs house) and spend time with her 4 children, family and friends.

**10.15am**

**Infant and early childhood mental health: the case for action- New College Report CR238**

Dr Trudi Seneviratne

**Biography:**

Dr Trudi Seneviratne (OBE, FRCPsych) has been Registrar of the College since 2020. In this role she has overall responsibility for policy, public education, revalidation and membership engagement.

Trudi qualified as a medical practitioner in 1992, having trained both at St. Bartholomew's Medical School and later, as a research registrar at the Institute of Psychiatry, Psychology & Neuroscience (IoPPN).

Dr Trudi Seneviratne has been a consultant adult and perinatal psychiatrist at South London & Maudsley NHS Foundation Trust since 2002. She is also the Clinical Director for the Psychological Medicine Clinical Academic Group and Lewisham Directorate at the Trust, supporting the clinical, academic and educational aspects of a range of services: general adult, liaison, crisis, rehabilitation services and specialist services: Neuropsychiatry, Eating disorders, Perinatal.

She has collaborated on a range of activities including service development, the use of mother and infant interaction videos, quality improvement and outcomes research. She is a current member and previous vice-chair of the National Clinical Reference Group, NHS England; Chair of The Perinatal Faculty, Royal College Psychiatrists (2016-2020).

In 2019, she was awarded an Order of the British Empire for services to Perinatal Psychiatry and the President's medal of the Royal College of Psychiatrists.

In 2023, Trudi was appointed to an expert Advisory Group that supports The Princess of Wales' work with the Royal Foundation Centre of Early Childhood.

**Abstract:**

Every day from conception matters. The first five years of life are crucial to a child's development and protecting them from future mental health conditions. Ensuring the home environment is free from stress and children receive the love, attention and care they need is key to protecting their mental health. By supporting parents and young children at the earliest opportunity, we can prevent many mental health conditions from becoming established.

Unfortunately, most babies, under 5s and their parents do not receive the support they need, including during pregnancy. This results in population scale preventable suffering, broad impacts across the life course and associated economic costs. It also breaches the under 5's right to mental health under Article 24 of The United Nations Convention on the Rights of the Child (UNCRC). That's why we're calling on governments to prioritise the mental health and wellbeing of babies and young children. Developed in consultation with parents and more than a dozen charities and other organisations, this landmark report identifies evidence-based interventions that can be provided to babies, under 5s and their families and carers to minimise the risk of lifelong mental health conditions.

Our new College report makes nine recommendations to bridge the current treatment gap and provides a blueprint on how to deliver a future where fewer young children develop mental health conditions.

Dr Trudi Seneviratne Registrar Royal College of Psychiatrists

**11.30am**

### **Perinatal mental health research and practice in low and middle income countries**

Dr Robert Stewart

#### **Biography:**

Dr Robert C Stewart is a Senior Clinical Research Fellow at the University of Edinburgh and Honorary Consultant Perinatal Psychiatrist in NHS Lothian. He has worked in Malawi since 2005 in research, teaching and clinical roles. He is currently mental health lead on the "Generation Malawi" family/birth cohort with a focus on investigating the impact of parental mental health on child outcomes in urban and rural Malawi. He is a trustee of the Scotland Malawi Mental Health Education Project (SMMHEP) and interim convener of the African Alliance for Maternal Mental Health (AAMMH). He is supported primarily by a fellowship linked to MRC GCRF MR/S035818/1.

#### **Abstract:**

This interactive workshop will begin with an overview of perinatal mental health research in Malawi, Africa, as an exemplar of the breadth of research that is being conducted in low- and middle-income countries. The presenter will describe lessons he has learned from his time working in Malawi that began with an out of programme (OOP) break from higher training, and there will be live/recorded contributions from Malawian researchers. There will be an open forum for attendees who are already conducting research in LMICs, as well as those who are exploring potential opportunities, to network, share information and experiences, and to discuss issues such as funding and importance of equitable partnerships in global mental health research.

### **Climate and ecological crisis - what perinatal psychiatrists can do**

Dr Sanne Van Rhijn and Amelia Cussans

#### **Biography:**

**Amelia** is a London-based psychiatry trainee who writes and speaks on environmental justice. She co-leads the Climate and Health Scorecard Initiative, which supports health organisations in climate action. She is a member of Psych Declares. She is an executive committee member for RCPsych London Division where she champions issues surrounding climate breakdown and ecological degradation.

**Sanne** is a consultant perinatal psychiatrist and perinatal research lead at West-London NHS Trust. She is an Honorary Clinical Senior Lecturer at Imperial College in

the Department of Brain Sciences. She is a sustainability champion for the Perinatal faculty's executive committee.

**Abstract** During this workshop, the facilitators will give an overview of the climate emergency and biodiversity loss and its effects on perinatal mental health. We will explore thoughts and feelings around this topic. This will be followed by an invitation to participants to translate this into actions that will benefit both patients' health and planetary health.

### **Perinatal mental health research for clinicians**

Dr Thanos Tsoumpris

#### **Biography:**

Dr Thanos Tsoumpris was born in Athens, Greece, and completed his psychiatric training in South London and Maudsley NHS Foundation Trust and East London NHS Foundation Trust. He has been working as a consultant in perinatal psychiatry in the NHS since 2019 (Central and North West London NHS Foundation Trust (2019-2023) and South London and Maudsley NHS Foundation Trust (2023 – currently)) and as a consultant in an NHS adult ADHD service since 2021 (Central and North West London NHS Foundation Trust). In parallel with his clinical work, he has developed an interest in clinical research, and he is currently co-leading a research project on bipolar affective disorder in the perinatal period.

#### **Abstract:**

Join this workshop created by a clinician with research aspirations for clinicians with research aspirations! A short presentation by the facilitator will be followed by group discussion on individual experiences from the audience, with the aim to create a shared space for learning and hopefully bolster the motivation of the participants for the pursuit of their individual academic interests.

### **Daksha Emson Poster Prize presentations**

#### **Evaluation of a co-produced simulation based perinatal mental health programme**

Labib Hussain

#### **Biography:**

Dr Labib Hussain is a British-Bangladeshi trainee Psychiatrist with a special interest in global mental health. Having completed his undergraduate degree at King's College London, he has stayed within the Kent, Surrey and Sussex Deanery for both Foundation and Core Training. He enjoys undertaking extra-curricular research and has presented internationally at various conferences in recent years. Most recently winning the divisional prize for best overall presentation held at RCPsych HQ, London in May 2023. He is a current 'Clinical Champion' for the British Medical Journal (BMJ), having previously been a 'Student Champion' for the National Institute of Health and Care Excellence (NICE). Outside of work he enjoys spending time with his two daughters, especially taking his eldest daughter to football training every Sunday.



**Abstract will be uploaded here once available**

**A randomised, controlled feasibility trial of problem-solving therapy for pregnant women experiencing depressive symptoms and intimate partner violence in rural Ethiopia**

Roxanne Keynejad

**Biography:**

Roxanne Keynejad is an NIHR Clinical Lecturer at King's College London and ST5 Higher Trainee in General Adult Psychiatry at South London and Maudsley NHS Foundation Trust. Her research focuses on women's mental health, gender-based violence, and improving mental health services in resource-restricted contexts. She is particularly interested in how mental healthcare can be more trauma-informed, addressing social determinants of mental health, and building global networks to address inequity of opportunities for early career researchers worldwide.

**Abstract:** Roxanne will present a randomised, controlled feasibility trial of problem-solving therapy for women experiencing perinatal depression and intimate partner violence in rural Ethiopia. She conducted this research during her PhD in Health Service and Population Research at King's College London, where she is now an NIHR Clinical Lecturer in General Adult Psychiatry.

**Interactions between lamotrigine and contraceptives interaction - communication practices**

Cissy Atwine

**Biography:**

Dr Cissy Atwine is a core psychiatry trainee currently working with the north west sussex specialist perinatal mental health team. She completed her undergraduate medical degree from Makerere university in Uganda which is considered the pearl of Africa. She is passionate about Global mental health equity and social justice and that's what first led her to the UK. She came initially to do an MSc in Global mental health from the London School of hygiene and tropical medicine and the Institute of Psychiatry, Psychology and Neuroscience (King's College London) She decided to also do her core psychiatry training in England and is currently between CT2 and 3

She is also a mum of 3 beautiful children aged 5 and under and this is why she is particularly passionate about perinatal mental health. She is also a content creator making mental health education videos on youtube and Instagram

**Abstract:**

## Lamotrigine- Beyond the rash

Interactions between Lamotrigine and Contraception interaction- Communication practises. This presentation will be presenting the findings from an audit done in the north west sussex specialist perinatal mental health team. The presenter will give a background on what lamotrigine is, its mechanism of action and side effects. While the most feared side effect of lamotrigine is well known to be Stevens Johnson's syndrome, there are other possible complications of taking this medication as a woman of childbearing age. The potential interactions with contraceptive medication will be discussed and the results of the audit also given. The main learnings we gained from the audit will be shared with an aim to raise awareness about an important area of perinatal mental health.

**2.00pm****Psychotropic medications update including treatment of insomnia**

Dr Angelika Wieck

**Biography and abstract will be uploaded here once available****3.15pm****Advocating for autistic patients in the perinatal period**

Dr Sam Porter

**Biography:**

I'm a consultant perinatal psychiatrist for North London NHS Mental Health Partnership and a member of the leadership team at Autistic Doctors International - an organisation representing nearly 1000 autistic doctors and medical students worldwide, with work centring on support, advocacy, research and education.

**3.05pm****MBU past present and Future**

Professor Hilary Marland and Dr Giles Berrisford FRCPsych.

**Biography:**

**Hilary** is Professor of History in the Centre for the History of Medicine at the University of Warwick, and Principal Investigator on a Wellcome Trust funded project 'The Last Taboo of Motherhood? Postnatal Mental Disorders in Twentieth-Century Britain': <https://www.ltomhistory.org> She has published on puerperal insanity in Victorian Britain, which culminated in her 2004 book, *Dangerous Motherhood: Insanity and*

Childbirth in Victorian Britain (Palgrave). She has also worked on the history of mental illness in prison, migration and mental illness, midwifery and childbirth, household medicine and girl's health.

**Giles** is the National Speciality Advisor for Perinatal Mental Health to NHS England, clinically leading the implementation of the perinatal mental health aspects of the Five Year Forward View (2016) and the Long-Term Plan (2019) across England. He is the Deputy Medical Director for Birmingham and Solihull Mental Health Foundation Trust and the Clinical Lead for PMHS in Birmingham & Solihull and for the West Midlands PMHS Provider Collaborative. He is the former Vice-Chair of the Perinatal Faculty at the Royal College of Psychiatrists and the Chair of Action on Postpartum Psychosis - the only national charity dedicated to supporting women with the most severe form of perinatal mental illness – postpartum psychosis [www.app-network.org](http://www.app-network.org)

**Abstract:**

Perinatal Mental Health Services have been transformed since 2016, with the development of specialist community perinatal mental health services across England, the opening of additional MBU beds and the recruitment and training of an army of clinical experts. This will be a review of how we got here, where we are now and the opportunity to explore where do we go next.

There is much that we have learned from this experience and how this can be applied to the future. Specifically looking at the central role that the Royal College of Psychiatrists, Maternal Mental Health Alliance, clinicians, academics, and experts with lived experience played to make this revolution a reality. The next chapter is unwritten, but now is the time to develop the themes and ideas that we want to see included as we continue to work together to improve the lives of women, children and families across the country.

During the 1950s a number of psychiatrists began to comment on the benefits of keeping mother and child together when treating postpartum mental illness. Mothers were reported to respond better to therapy and the benefits of joint admission extended to the baby in terms of bonding. During a period strongly influenced by attachment theory, one psychiatrist described the twin dangers of separating mother and child, 'first and most obvious, to the child, and second, but as fateful, to the mother's confidence in her future capacity as mother'. Exploring the establishment of the first Mother and Baby Units in postwar Britain, the presentation examines the challenges of setting up these Units and reported outcomes. The establishment of early MBUs will also be set (very briefly) in the wider contexts of shifting diagnostic frameworks during this period and growing concerns among psychiatrists about the impact of the move to hospital deliveries on women's mental health.

Please note that this publication is subject to change