

Evaluation of a Co-produced Simulation Based Perinatal Mental Health Programme

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Background:

NHS England's Long-Term Plan for Mental Health highlights need to develop Perinatal Mental Health (PNMH) services and train staff ensuring service user involvement. Women experiencing PNMH problems often initially present to healthcare professionals outside of specialist PNMH services, meaning that these professionals need specific training. A co-produced and co-facilitated simulation-based training programme in perinatal mental health was developed in 2019 by Sussex Partnership Specialist Perinatal Service in conjunction with University Hospital's Sussex Simulation team.

Aims:

Primary:

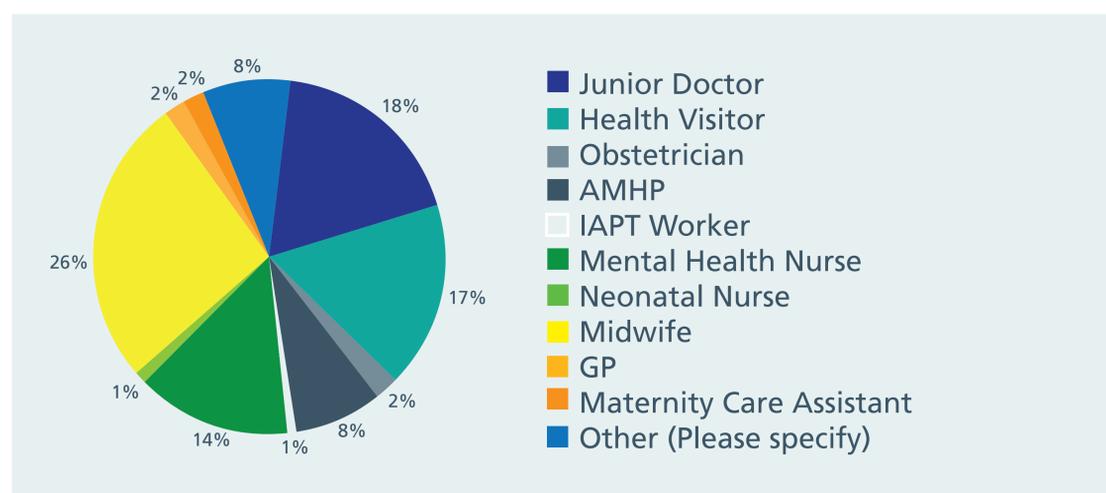
- Evaluate self-reported changes in confidence and competence of learners attending PNMH simulation training across multiple domains relating to assessment and management of PNMH problems.

Secondary:

- Evaluate impact of service user co-facilitation on PNMH simulation training.
- Assess whether participant demographics reflect training's target professional groups.

Methodology:

Service User Consultants (SUCs) were employed as faculty members and trained in simulation facilitation alongside professional faculty. Scenarios were developed in a multidisciplinary workshop, and aligned to the Health Education England (HEE) Competency framework in PNMH. Courses were co-facilitated by a Perinatal Psychiatrist and SUC. Data on participants' confidence and knowledge across the competency framework domains was collated using a survey monkey questionnaire, pre and post-course.



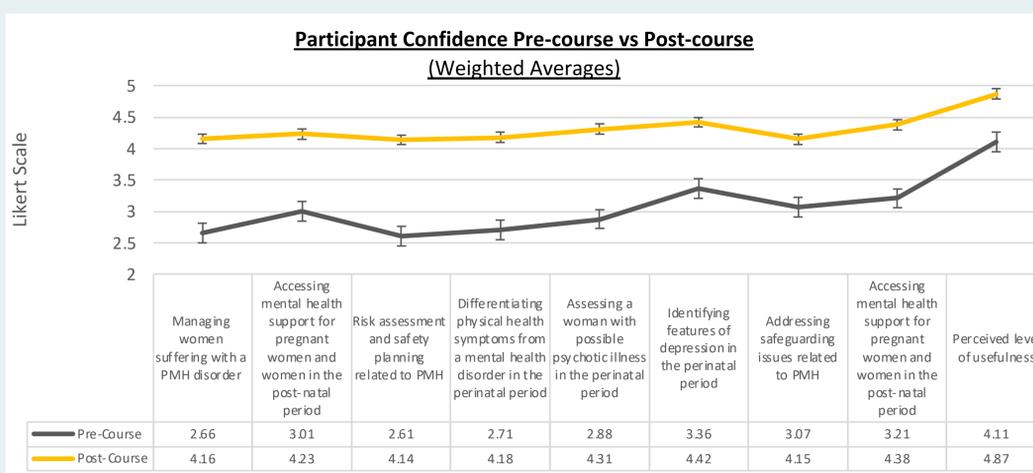
"The facilitation was so thoughtful and supportive. It created a really nurturing and positive learning environment. The expertise of the facilitators shone through in all interactions. The scenarios were so immersive and prompted a lot of personal reflection for me."

Example of Simulation Scenario:

- You are visiting Sarah at home to check on the health and wellbeing of mum and baby 4 weeks after delivery by elective C-section
- Her husband has told the team he is worried about her mental health (nothing specific)

Learning Objectives:

- To recognize where anxiety and OCD might pose a risk to the baby
- To signpost to possible avenues for help and treatment for the anxiety disorder
- Identify the value of involving the patient's partner



Results:

242 responses were collected from participants from more than ten different staff groups e.g. junior doctors, (18%), health visitors (17%) & midwives (26%). Participant confidence improved significantly across all training domains. 93.5% of participants graded contribution of SUCs either useful or very-useful. 99.2% found the simulation training useful or very-useful, with all participants agreeing their future practice would consequently change.

Conclusions:

The simulation-based training programme increased confidence and understanding of NSHCs from across the PNMH care pathway on a number of domains set by HEE PNMH competency framework. Participants were overwhelmingly in support of SUC involvement in this training which they felt resembled real-life clinical encounters.