

Evaluation of effectiveness of Peripartum care plan in reducing the risk in women at higher risk of developing postpartum psychosis

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BACKGROUND

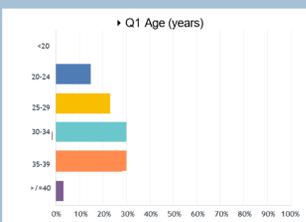
The risk of developing Postpartum Psychosis is estimated to be around 1 in 1000 in women without any history of mental illness & no immediate family history of Postpartum Psychosis⁽¹⁾. However, this risk increases significantly in women who have a history of Postpartum Psychosis⁽²⁾. or a diagnosis of Bipolar affective disorder type 1 or Schizoaffective disorder⁽³⁾. or if mother or sister had Postpartum Psychosis⁽⁴⁾. The risk is higher during the initial few weeks after delivery⁽⁵⁾. As a community Perinatal Psychiatry service, we provide Peripartum care plan to women who are at higher risk of developing postpartum Psychosis, wherein we develop a comprehensive care plan by arranging a meeting between 28 to 32 weeks of pregnancy, which includes discussing relapse signature, documenting professionals involved and their contact numbers, arrangement of prophylactic medications and dissemination of the document to all the professionals and teams involved in the care and a copy given to the service user. Following delivery, during the initial 2 weeks, they receive daily input from various professionals involved in their care, to closely monitor their mental health for any early signs of postpartum psychosis. We did a service evaluation of effectiveness of Peripartum care plan.

METHODOLOGY

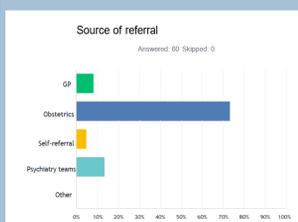
Data was collected on excel sheet from June 2020 to August 2022 for women at higher risk of developing Postpartum Psychosis, who received Peripartum care plan including monitoring during the initial 14 days after delivery. Survey monkey questionnaire was formatted, data of 60 service users was input into the questionnaire, electronic notes checked to complete any missing data and relevant bar charts for each set of data from the questionnaire was analysed and results interpreted.

RESULTS

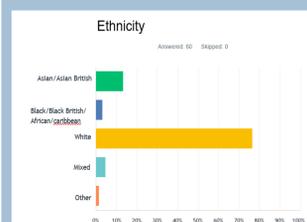
85% of women were aged 25 years and above.



The main source of referral was from Obstetric team (73%)



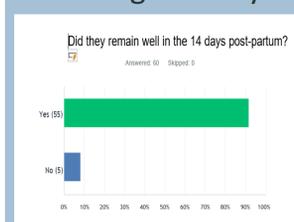
The majority of ethnic background was White (77%)



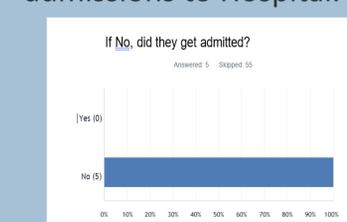
35% had Bipolar 1 diagnosis and 27% had previous history of postpartum psychosis.



92% women remained well during 14 days following delivery



The remaining 8% who had symptoms were managed in the community without any admissions to Hospital.



CONCLUSION

Peripartum care plan appears to be an effective and achievable preventative intervention in reducing the risk and improving outcomes in women who are at higher risk of developing Postpartum Psychosis. The Peripartum care plan, appears to reduce the need for admissions to Mother and Baby unit, thereby improving service level outcomes as well.

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