

# Perinatal mental health services induction framework

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## Aims and hypothesis:

- The aim of the project is to address the gap in the training of resident doctors joining a Perinatal Mental Health community team, in order for them to feel more confident and better equipped from the beginning of their rotation on assessing and managing perinatal mental health conditions and interacting with the complex multi-agency systems often present in the perinatal period.

## Background:

- Perinatal psychiatry developed as a specialist branch of General Adult Psychiatry, in recognition of the crucial role of "the first 1001 critical days" in children's development; this is largely influenced by a healthy relationship between mother and infant (1).
- Women are at risk of developing new mental health conditions or their pre-existing conditions exacerbated during this intense period of demand; the severity and management of these conditions often need specialist prescribing knowledge, specific therapeutic interventions focused on supporting the healthy establishment of the mother and infant relationship; with the ability to coordinate a multitude of local support options at different levels in a way that proves most helpful to the mother and the family.

## Methods:

- The project includes the creation of a structured induction framework tailored to the needs of trainee doctors in Perinatal Psychiatry within the Essex Partnership University NHS Foundation Trust. This framework consists of 3 components whose colours match each other.
- Figure 1:** An induction framework illustrating the essential learning categories, with a weekly demonstration throughout the induction process.
- Figure 2:** A practical, induction checklist provides a quick reference and can be reviewed during the induction meeting and subsequent supervision sessions.
- Figure 3:** A comprehensive introduction booklet, available in PDF format via a QR code, has been developed to include relevant access through hyperlinks and infographics that signpost each focus area relevant to the framework and checklist.
- As an example safeguarding in perinatal care is outlined in week 3 in Figure 1, with Figure 2 indicating relevant pages of the booklet. This will encourage trainee doctors to do additional reading on these topics through effective guidance.
- We aim to improve this work by gathering more feedback from trainees and also conference attendees. Please see **Figure 4** to provide us feedback.
- Since this is an educational intervention, ethical approval is not required. Feedback was gathered from previous and current trainees to evaluate the effectiveness of this intervention. **Figure 5** shows the result of this feedback.

Figure 2: Perinatal induction checklist



Figure 3: Perinatal induction booklet



Figure 4: Induction survey feedback

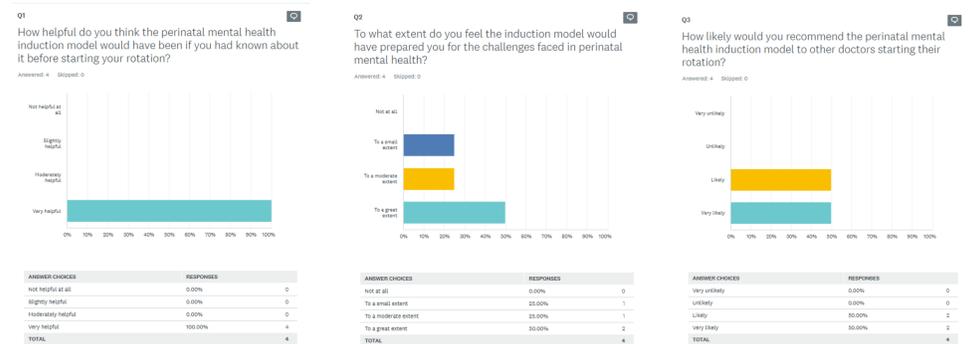


Figure 5: Survey results from trainee doctors (Data collected via www.SurveyMonkey.com)

## Results:

- As this is a newly introduced theoretical model, we are in the process of analysing it.
- The survey results (**Figure 5**) from trainee doctors showed that 100% felt this framework would have been helpful before starting their rotation, 25% felt the model would have prepared them for the challenges to a small extent, 50% to a moderate extent, and 25% to a great extent. In terms of recommending the model to other doctors, 50% were very likely to recommend it, while the other 50% were likely to recommend it.
- We are hoping that a structured approach at the beginning of the rotation will enable resident doctors to feel more confident during their rotation; further enhanced by supervision sessions and MDT discussions.

## Conclusions:

- Feedback collected through pre- and post-rotation surveys will provide insights into the model's perceived effectiveness and highlight areas for future development.
- We encourage NHS Trusts to consider implementing this model as part of doctors' rotations to specialist placements.

## References:

1) Department of Health and Social Care. (2021, March 25) The best start for life: a vision for the 1,001 critical days. GOV.UK, <https://www.gov.uk/government/publications/the-best-start-for-life-a-vision-for-the-1001-critical-days>.

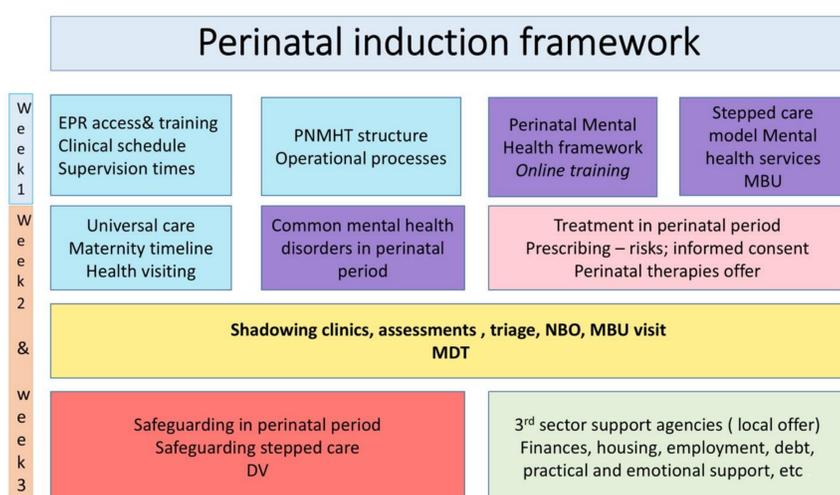


Figure 1: Perinatal induction framework