

PRE-BIRTH PLANNING MEETINGS

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PRE-BIRTH PLANNING MEETINGS

- What is a Pre-Birth Planning Meeting
- Who to invite
- What to discuss at the meeting
- What to include in the Perinatal Mental Health Care Plan

What is a Pre-Birth Planning Meeting

A **multidisciplinary meeting**, held when a woman with current or previous severe or complex mental illness is **30-32 weeks pregnant**, which brings together:

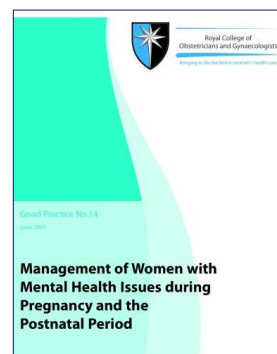
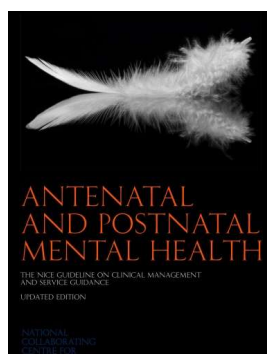
- Pregnant woman
- Partner and/or other family member or carer
- All involved professionals

Purpose of the meeting:

- 1. Information sharing**
- 2. Perinatal Mental Health Care Plan**

A document summarising the discussions held and the Perinatal Mental Health Care Plan should be sent to the woman and all those invited to the meeting (including those who may have been unable to attend) and filed in her maternity, mental health and primary care notes

Guidelines



Women who need a Pre-Birth Planning Meeting

Essential when a woman has a current or previous serious mental illness including:

- Current or previous psychosis
- Bipolar affective disorder
- Severe depression with a significant impact on the woman's daily functioning

Also useful for women with other diagnoses if there are multiple risk factors or complexities e.g.:

- Physical health or obstetric complications
- Complex social difficulties
- Substance misuse
- Forensic history
- Child Protection concerns, children not in the woman's care or planned care proceedings
- Poor engagement with services
- Personality disorder

Planning the meeting with the pregnant woman

- Discuss the purpose of the Pre-Birth Planning Meeting.
- Explain how it can help to ensure she and her family have the care they need.
- Discuss with her who should be invited. *Involve partner, family or other carers who those who will be supporting her after her baby is born*
- Give, or send, her written information about Pre-Birth Planning Meetings
- Discuss the venue and timing of the meeting – *e.g. does it need to be within the school day if she has older children.*
- If the woman does not want to attend - understand why and consider alternative options e.g.
 - *Fewer people attending if she finds large meetings difficult;*
 - *Sharing historical information with professionals before the meeting if discussing this is distressing.*
- Consider a professionals' meeting if a woman is not engaging.

Organising the meeting

- Perinatal Mental Health Team organise the meeting (if no PMH team then CMHT care co-ordinator or specialist mental health midwife)
- Venue – accessible, child friendly location
- Send information to woman and professionals to explain the purpose of the meeting
- Give people enough notice

Invitations

- | | |
|--|--|
| ▪ The pregnant woman | ▪ Consultant Perinatal Psychiatrist |
| ▪ Her partner or other family member or friend | ▪ Specialist perinatal mental health nurse |
| ▪ Community midwife | ▪ Other perinatal mental health professionals e.g. psychologist, OT |
| ▪ Specialist mental health midwife | ▪ Care coordinator (Community mental health team) |
| ▪ Health visitor | ▪ Consultant Psychiatrist (Community mental health team) |
| ▪ Obstetrician | ▪ Psychologist/Psychotherapist |
| ▪ GP | ▪ Maternity safeguarding lead |
| | ▪ Children & Families' Social Worker |
| | ▪ Substance misuse service worker |
| | ▪ Specialist services e.g. eating disorders, learning disabilities, personality disorder service |
| | ▪ Other agencies such as domestic violence services, voluntary organisations |
| | ▪ Independent advocate |
| | ▪ Interpreter |

Information to be discussed shared and clarified

- | | |
|--|--|
| <ul style="list-style-type: none">▪ Current pregnancy and obstetric history▪ Mental health history▪ Risk▪ Relapse indicators▪ Current mental health▪ Risk of postpartum relapse and plan to address this▪ Medication▪ Feeding | <ul style="list-style-type: none">▪ Current Sources of stress▪ Other children▪ Child and adult safeguarding concerns▪ Support▪ Professionals and roles▪ Information about mental disorders, medication, third sector services▪ Contraception▪ Strengths |
|--|--|

All the information discussed is used to inform the Perinatal Mental Health Care Plan

Perinatal Mental Health Care Plan

Antenatal – plan for the remainder of pregnancy

- Antenatal care
- Antenatal classes
- Frequency of contact with professionals
- Psychiatric medication
- Psychological intervention
- Information to be sent to the woman, her partner or family
- Referrals to other services
- Information sharing
- Information needed or aspects of postnatal plan to be clarified

Perinatal Mental Health Care Plan

Maternity admission for birth

- How will the woman get to hospital when she is in labour
- Who will be looking after her other children during her maternity admission
- Which professionals should be informed that she has been admitted
- Any specific needs during labour
- Care and support on the postnatal ward immediately after birth
- Psychiatric medication
- Feeding
- Neonatology review
- Psychiatric review
- Urgent concerns
- Informing professionals that the woman has given birth and when she will be discharged
- Discharge planning

Perinatal Mental Health Care Plan

Postnatal – first 6-8 weeks

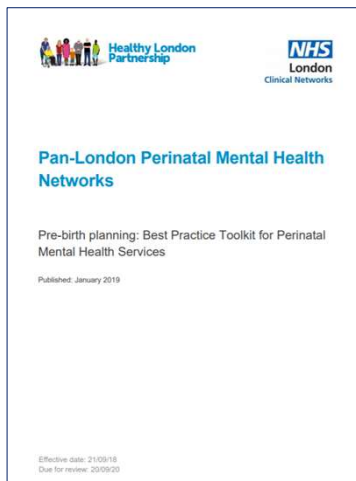
- Professionals visits
- Support from family
- Medication
- Psychological interventions
- Supporting the woman to care for her baby
- Peer support and third sector organisations
- Physical health
- CRISIS PLAN: What to do if there are signs/symptoms of relapse
- Contraception
- Review Care Plan

Record of PMH PBPM and PMH Care Plan

<p>Record of Perinatal Mental Health Pre-Birth Planning Meeting and Perinatal Mental Health Care Plan</p> <p>Name: _____ DOB: _____ Address: _____ Tel: _____ NHS No: _____</p> <p>Date of meeting: _____</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 60%;">Professionals involved:</th> <th style="width: 20%;">Contact details</th> <th style="width: 20%;">Attended meeting? Yes/no</th> </tr> </thead> <tbody> <tr><td>Community midwife</td><td></td><td></td></tr> <tr><td>Consultant Obstetrician</td><td></td><td></td></tr> <tr><td>Specialist mental health midwife</td><td></td><td></td></tr> <tr><td>Health Visitor</td><td></td><td></td></tr> <tr><td>GP</td><td></td><td></td></tr> <tr><td>Consultant Perinatal Psychiatrist</td><td></td><td></td></tr> <tr><td>Perinatal Mental Health Nurse</td><td></td><td></td></tr> <tr><td>Community Mental Health Team - Consultant Psychiatrist</td><td></td><td></td></tr> <tr><td>Community Mental Health Team - care co-ordinator</td><td></td><td></td></tr> <tr><td>Social Worker</td><td></td><td></td></tr> <tr><td>Other</td><td></td><td></td></tr> </tbody> </table> <p>Partner, family or friends who can be contacted</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 60%;">Name</th> <th style="width: 20%;">Relationship</th> <th style="width: 20%;">Contact number</th> </tr> </thead> <tbody> <tr><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td></tr> </tbody> </table> <p>Pregnancy: Estimated Delivery Date: _____ Maternity Service: _____</p> <p>Mental Health: Diagnosis: _____ Mental Health history: _____</p>	Professionals involved:	Contact details	Attended meeting? Yes/no	Community midwife			Consultant Obstetrician			Specialist mental health midwife			Health Visitor			GP			Consultant Perinatal Psychiatrist			Perinatal Mental Health Nurse			Community Mental Health Team - Consultant Psychiatrist			Community Mental Health Team - care co-ordinator			Social Worker			Other			Name	Relationship	Contact number							<p>Relapse Indicators</p> <p>Risk of Postnatal Mental Illness</p> <p>Risk</p> <p>To self:</p> <p>To others:</p> <p>From others:</p> <p>Current Psychiatric Medication</p> <p>Current sources of stress</p> <p>Other children: Number of children: _____</p> <p>Support: Partner: _____</p> <p>Family support: Other: _____</p> <p>Safeguarding concerns</p> <p>Previous concerns: Partner: _____ State if there is a current Child in Need or Child Protection Plan and/or a separate Safeguarding Plan which professionals should refer to</p> <p>Plan: Contraception: _____ Plans for contraception: _____</p> <p>Other:</p>	<p>PERINATAL MENTAL HEALTH CARE PLAN</p> <p>ANTENATAL</p> <p>MATERNITY ADMISSION FOR BIRTH</p> <p>POSTNATAL</p> <p>CRISIS PLAN What helps in a crisis? Let..... know how I'm feeling</p> <p>Contact: Community mental health team - number - opening hours Perinatal Mental Health Team - number - opening hours 24 hour support line Crisis team</p> <p>Attend A&E If admission is needed this should be to a psychiatric Mother & Baby Unit (unless exclusion criteria apply). The nearest MBU is..... contact details. If no MBU bed is available.....</p> <p>Minutes written by: _____ Date: _____</p> <p><small>If you or any of the professionals involved in your care have any questions about this information or the plan please contact your team administrator on.....</small></p>
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Pan London Perinatal Mental Health Network

Pre-Birth Planning Best Practice Toolkit



www.healthylondon.org/wp-content/uploads/2019/01/Pre-birth-planning-guidance-for-Perinatal-Mental-Health-Networks.pdf