

Pre-Birth Planning Case Scenarios for Discussion

SCENARIO 1

Sarah is a 34 year old woman who is 30 weeks pregnant (2nd pregnancy). She has a diagnosis of Bipolar Disorder and had 2 admissions for treatment of manic episodes when she was 20 and 22 years old and one for treatment of a severe depressive episode when she was 18 years old. At that time she had planned to jump under a train and left a suicide note. She was stopped by passengers on the platform who noticed her looking very agitated and taken to A&E. She has also had several moderate depressive episodes. She was well and treated with Lithium from when she was 24 to 29 years old and then decided to stop her medication as she wanted to get pregnant.

Her GP tried to refer her back to the CMHT in her first pregnancy but as she was well they said she did not meet the criteria. There was no perinatal mental health service at the time. She became depressed towards the end of her pregnancy, but did not tell her midwives or GP as she was worried about her baby being taken away from her. She developed Postpartum Psychosis and was admitted to a Mother and Baby Unit 11 days after her baby was born (daughter now age 4). She made a good recovery. She restarted Lithium and was well until she decided to plan her current pregnancy. She gradually stopped Lithium and is currently treated with Quetiapine 300mg.

She is a teacher. She has a supportive partner, but his job involves travelling and he can only have two weeks paternity leave. Her mother has offered to come and stay if Sarah becomes unwell. She has good friends who live nearby and have also offered to help if needed.

- **Who will you invite to the Pre-Birth Planning Meeting?**
- **What needs to be discussed?**
- **What needs to be included in the plan?**

SCENARIO 2

Using the same scenario, but changing the following details, think about who else needs to be invited to the Pre-Birth Planning Meeting. What else needs to be discussed and what should be included in the plan?

Sarah witnessed domestic violence between her parents when she was growing up and was sexually abused by her father. She has no contact with him. She was close to her mother but her mother died 2 years ago. She has a sister who lives 4 hours away. Her sister is supportive but she works and has a daughter of her own.

Sarah had only been in a relationship with her new partner, Dan, for 3 months when she got pregnant. He has questioned whether this is his baby. He has been emotionally controlling and sometimes shouts and throws things when he gets drunk. She said he has only hit her once. Sometimes he can be very nice to her and she doesn't think she would manage without him.

Since her daughter was born she has had an episode of severe depression. There was concern at the time about how well she was looking after her daughter and a member of staff at the nursery made a referral to Children's Social Care. Her daughter became the subject of Child in Need Plan and the case has since been closed.