

Jane Smith: Advance Directive

In the event of me developing Puerperal Psychosis, severe Postnatal Depression or a similar serious psychiatric condition following the birth of my baby, these are my wishes:

Support

I would like my husband, John Smith, to act as my advocate and make decisions on my behalf should I be unable to.

I trust my husband, John, and mother, Lesley Jones, to care for my baby should I be unable to.

I wish to remain with my baby unless I persistently state otherwise, or my husband believes that this is strongly inadvisable.

For this reason I have a strong desire to be cared for at home for as long as is possible. I tend to have insight into my condition even when unwell, and have never been sectioned, choosing instead to accept voluntary admission to hospital when needed. Please discuss treatment options with me, if possible.

I would accept support/information from the following professionals if required: my GP (Dr L B at XX Surgery), Dr K R-5 (XX Hospital Clinical Psychologist who I have seen throughout my pregnancy), Dr Richards and Dr James (Psychiatrists at X local Hospital). I am aware there is a local crisis team, however, historically I have not found this type of support to be particularly suited to my needs.

Hospitals

If I need to be admitted to hospital I have a very strong preference for this to be the mother and baby unit in X as I believe this is the nearest specialist unit where I would not need to be separated from my baby.

I DO NOT wish to be admitted to St X Hospital, X, under any circumstances. I feel that being in a general psychiatric hospital, separated from my baby, would have a devastating effect on my mood and severely hinder my recovery.

I understand that there is a very small specialist mother and baby unit in X. Although this is not near my home, if necessary I would very strongly prefer to be admitted here than St X Hospital until a bed became available in my nearest MBU.

Medication

I have taken Lithium Carbonate (Priadel) to stabilize my mood for around 14 years. I have a lot of confidence in this medication and wish to continue taking it. I have been given a number of medications in the past, some helpful, some less so. I tend to be very responsive to medications and so only require very small doses. From past experience, if I require additional medications I may consider:

-Antipsychotic: Quetiapine (not a medication I find easy to accept at all, but have previously taken and appear to tolerate it relatively well)

-Tranquilizer: Diazepam (PRN) (appears to suit me more than similar medications of this type)

-Antidepressant: Citalopram (although due to Bipolar diagnosis, antidepressants only suit me in very small dosages). May consider others.

-Sleeping Medication: Zopiclone.

-Due to intolerable side effects, I DO NOT, under any circumstances, wish to be given Olanzapine.

-In addition, I have found that taking the hormonal contraceptive pill has a beneficial effect on my mood. I was previously taking Ovranette and would like to recommence taking this (or very similar contraceptive pill, as advised by Dr) as soon as is advisable after the birth.

General Health

In general, when unwell, the following may aid my recovery:

Sleep: lack of sleep can both trigger and exacerbate an episode. Good quality sleep is extremely important to my mental health. For this reason, I am likely to benefit enormously from my baby being cared for (by my husband or mother) to allow me a full night's sleep, even if this necessitates me taking sleeping medication.

Diet: Eating a very healthy balanced diet helps my mood. Since being diagnosed with gestational diabetes in pregnancy, I have realised I benefit from a diet very low in sugar, high in protein and complex carbs. I am a vegetarian.

Exercise: Fresh air and gentle exercise tend to balance my mood, provide distraction and help me find perspective.

-I try to actively self manage my mental health as much as possible. Even when unwell, I would appreciate being provided with information and options.

Signed and witnessed:

Jane Smith: John Smith: Witnessed by Doctor: Date:
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