

Rose – Time 2

Rose responded to her spell on the acute ward well and following her discharge, she did well for the first couple of weeks but gradually her mental state started deteriorating. She was unable to look after herself and her baby and so her partner had to take over again. Her bonding with the baby was affected and she started complaining of not being a good enough mother again. It was felt that she would benefit from an inpatient admission to a Mother and Baby Unit in England but Rose was reluctant to consider admission. Her partner also found it very difficult to understand her mental health difficulties and was not supportive of an admission to MBU. He was also noted that he continued to be derogatory towards her.

With a number of medication changes and regular support from the perinatal team her mental health has gradually improved. She is now maintained on Lithium and all the other medications have been gradually discontinued. She has started functioning better and is able to look after her baby. It is now 7 months from the initial breakdown and she has returned to work on a graded return.

She has been reviewed today with a view to discharge from the service. She admits that there still occasionally mornings when she feels a slightly low in mood and lacking in motivation but these are transitory and she is generally feeling well and optimistic for the future. She is getting great pleasure in looking after her baby and is now getting some help and support from her mother. She admits that things can still be a little difficult with her partner but she is able to cope.

There is no evidence of any periods of overactivity and she is now sleeping well helped by the fact that baby is too. There is no evidence of any self-harm or suicidal ideation and she remains in good physical health. Since she returned to work she has also managed to make time to go to the gym with a work friend. There is no evidence of any other behavioural or symptomatic problems and she is on the whole clearly coping well with life at home and work.