Perinatal Faculty in Scotland Update for members and colleagues
1st April 2020

National and International Updates

- The UK Perinatal Faculty is having a meeting on Thursday 2 April 2020 4.00pm-4.30pm to provide national updates across the devolved nations. You are welcome to join the meeting virtually and I will also circulate an update. [LINK] to Microsoft Teams:

  - RCPsych has created [guidance for community and inpatient services](#) during the coronavirus pandemic including Perinatal services. There are links to useful resources for patients and families and also guidance as to how to assess risk and manage covid-positive patients:
    - It also suggests some adjustments to routine maternity liaison reviews on maternity wards postnatally (e.g. telephone contact options)

- RCOG has issued [guidance](#) on the management of pregnancy, childbirth and breastfeeding during the coronavirus pandemic - essentially continue to support skin-skin contact, breastfeeding, whilst ensuring relevant hygiene measures followed.

- WHO equally has useful [Q&A](#) on these topics:

  - [WHO TIPS](#) on healthy parenting during coronavirus outbreak

  - Resources relating to coronavirus-related [trauma](#)

- A national [covid trauma response working group](#) has been established (UCL). The site includes guidance for those planning psychological support for staff.

- [WHO guidance on all aspects of the pandemic response can be found](#) at [www.who.int](http://www.who.int) including daily briefings (I find this v. helpful additional source of detailed info on assessing HCW risks etc)

- [Information Governance](#):
  - Advice on mobile messaging, teleconferencing, data protection during home working, using personal devices and other issues relating to information governance to support continued communication between professionals and patients during the covid-19 pandemic. Essentially more flexibility in tools, but ongoing caution regarding what information and who you share it with – updates from the UK Information Commissioner’s office, NHS digital and National Data Guardian.

- [New technologies](#):
  - Teams are leapfrogging ahead in adapting new ways of assessing patients e.g. telephone triage and appointments, use of ‘Near Me’ and ‘Attend Anywhere’ VC
• Teams are using ‘Microsoft Teams’ (v. easy to use and connects to your NHS email and contacts); ‘Zoom’ and ‘PowWowNow’ for teleconference and videoconference calls
• The existing NHS videoconference services are still available which operates nationally
• Skype for Business is available within many NHS health boards.

• **Working From Home (WFH) - guidance is being developed by most health boards**
  • Practices seems to be varying significantly between health boards - some are mainly working from home, others mainly working from base. Office spaces are being re-configured to allow social distancing in work environment
  • Your defence union may also have guidance on remote consulting: MDDUS
  • GMC has issued guidance on safe remote prescribing

• **Advice** on keeping your workplace environment infection free:
  • **PPE** - WHO has good guidance on PPE, most health boards have developed local guidance. BMA is raising provision of PPE as a professional matter. Of note, 50 doctors in Italy have died, and 3 in the UK thus far. Ensuring PPE for community and inpatient staff is vital.
    o **NES Scotland PPE guidance**

**Scottish Updates**

• **Managed Clinical Network for Perinatal Mental Health** - face to face meetings and events have been suspended as have the MBU and community forums, but work is continuing behind the scenes to continue to support the development of Perinatal mental health services in Scotland.
• **Perinatal Workforce Planning** – as a Faculty we have a unique role in supporting the recruitment of future Perinatal psychiatrists in Scotland, for which there remains an increasing need. Not all posts are currently filled. This will continue to be a priority in the coming months.
• Scottish government has issued supplementary advice on child protection procedures - the rights of children and responsibilities of professionals are even more important at this time where risk is likely to increase.
• **Mental Health Act Legislation** – MWC has updated advice notes v2. Whilst nationally emergency powers have been sought, these have not yet been enacted and therefore the usual procedures should be followed, but the MWC advice note highlights some modifications possible (e.g. with respect to second opinion reports if patient in isolation, use of telephone/VC facilities, etc)
• **Changes to FNP and health visiting** – guidance has been issued including where home visits can be substituted with phone contacts.
Changes to teaching and training

- Most teaching programmes have been moved to either online or suspended
- Medical schools are moving to early graduations

Appraisal & revalidation

- Scottish Government has written to responsible officers suspending appraisals until further notice in the context of all non-urgent business being suspended
- Revalidation - those due to revalidate before Sept 2020 will have their revalidation deferred for 1 year- see GMC for updates
- GMC is providing temporary registration to encourage returning doctors who have given up their license in the past 3 yrs.

Supporting your own wellbeing 😊

- Don’t forget to prioritise your own wellbeing – this is a marathon not a sprint!
- Psychiatrists’ Support Service (RCPsych) – peer support for psychiatrists’ experiencing work related difficulties. Contact by phone 020 7245 0412 or email
- BMA provides telephone counselling and other support, 24/7 confidential and free of charge
- Headspace is offering free access to all their material for clinical and non-clinical NHS staff. It’s a very useful app for stress and anxiety management, help with sleep, etc using meditation techniques.
- In some areas – medical students are offering babysitting services (Edinburgh)
- NHS freebies!! Don’t forget to take advantage of NHS time for shopping e.g. Morrisons, Sainsburys; free coffee is being offered by some outlets for NHS staff e.g. M&S garages, Costa coffee, Caffé Nero, Prêt A Manger (if they’re open)

Last but not least..peer support and mentoring

- Faculty members have expressed an interest in offering to be mentors for colleagues- would you like to have a mentor or be a mentor? Please email us to arrange this
- Virtual peer support meetings will be established – once we have figured out the best technology to support this- possibly ZOOM or POWOW NOW. I’ll send a doodle poll...

Staff testing for covid-19 is being rolled out.

Please email if you want any more direct links to the info mentioned.

I hope you all stay well and safe.

(apologies for the marathon message)

Selena Gleadow-Ware