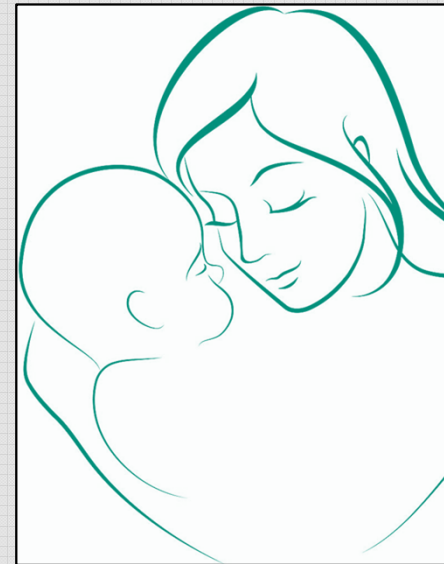


PERINATAL MENTAL HEALTH IN BUCKINGHAMSHIRE

Nicola Widginton (GP)

Ruth House (HV)



**e tragic
nsequences
perinatal
ental illness**

The Charlotte Bevan Inquest:

The 30-year-old and her four-day-old daughter left St Michael's Hospital, Bristol, and were found dead 15 hours later at the base of Avon Gorge.

Findings from the inquest

- **‘Significant failings’ in the months leading up to the death.**
- **Dr Laurence Mynors-Wallis said an "important contributory factor" was the "lack of a multi-disciplinary care plan".**
- **The 30-year-old mother had stopped taking an anti-psychotic drug over concerns about breastfeeding.**

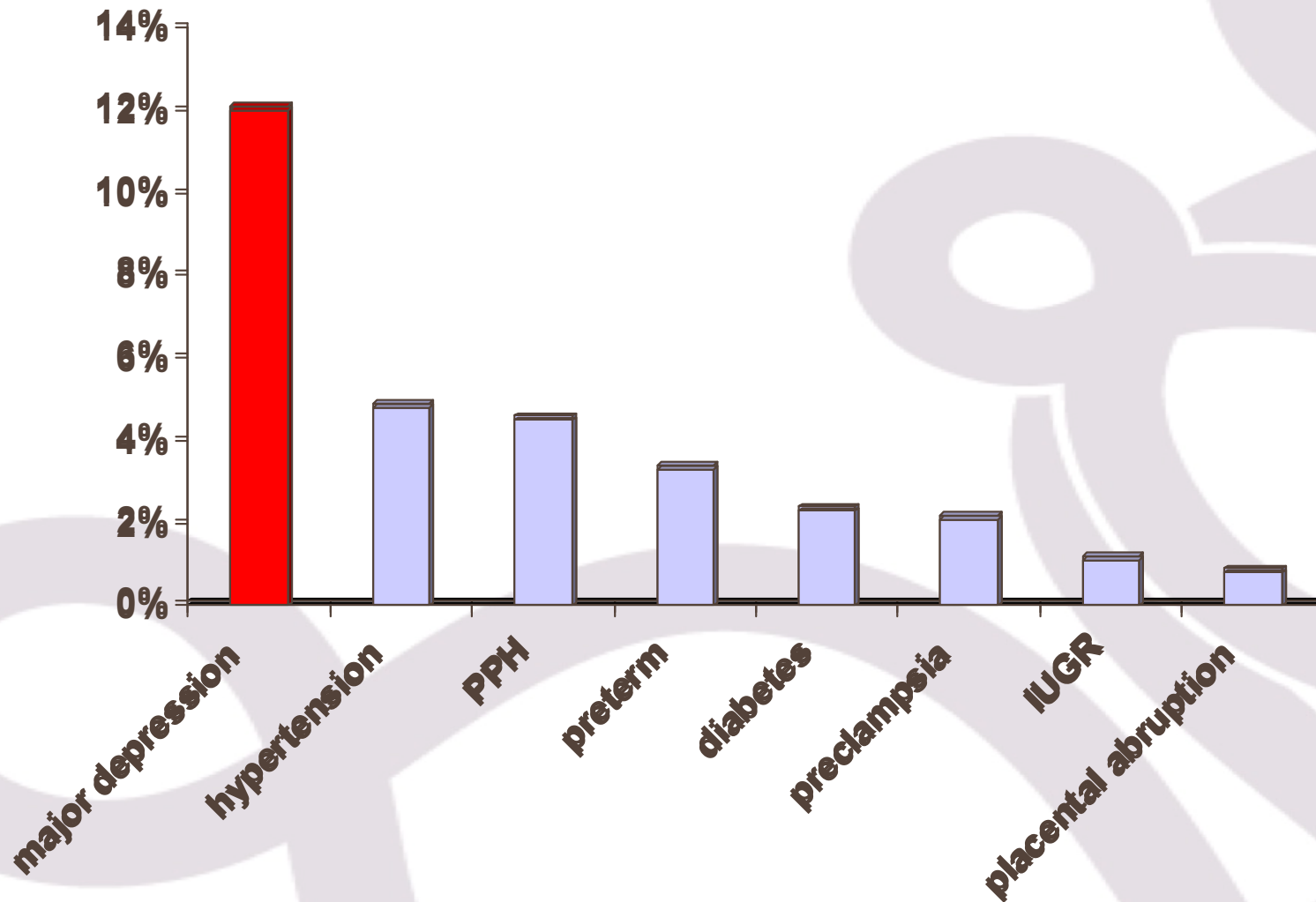
IHS ENGLAND

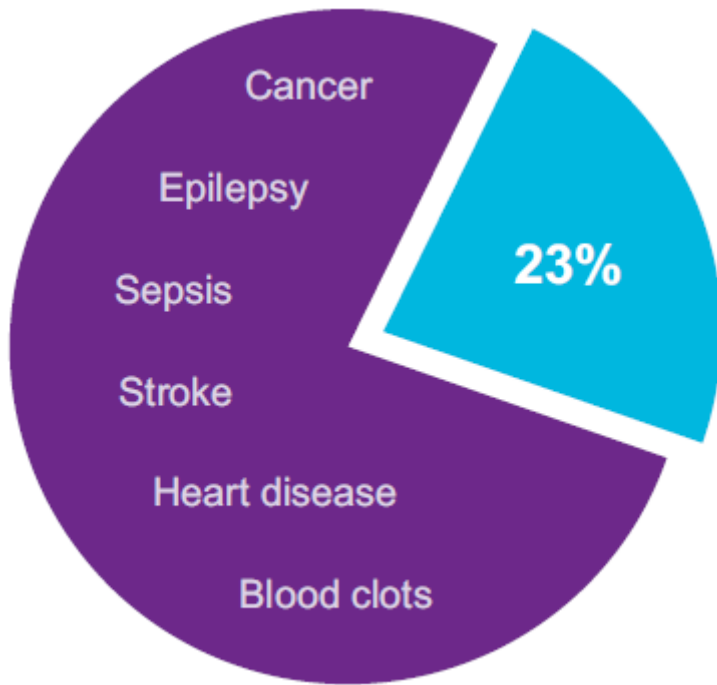
Statement and Response

‘As a health community, we will act on the coroner's findings to ensure that mothers with mental health needs, and their babies, have access to the services and professionals they need to keep them and ‘their babies safe during pregnancy, and following the birth.’

‘The Operations and Delivery will seek assurance through the operational planning for 16/17 from CCGs that commits CCGs to planning improvements to local services.’

Depressive illness: the most common major complication of maternity





1 in 7 women died by **Suicide**



- Saving Lives,
- Improving Mothers' Care



Important
'Red Flags'

- New thoughts of violent self harm
- Sudden onset or rapidly worsening mental symptoms
- Persistent feelings of estrangement from their baby

REFER URGENTLY TO A SPECIALIST PERINATAL MENTAL HEALTH TEAM.

Why is perinatal mental health important ?

- **Depressive illness is the most common major complication during pregnancy. 12% of women experiencing depression and 13% experiencing anxiety.**
- **Depression and anxiety also affect 15-20% of women in the first year after childbirth.**
- **90% of women diagnosed with perinatal mental health illness are cared for in primary care.**

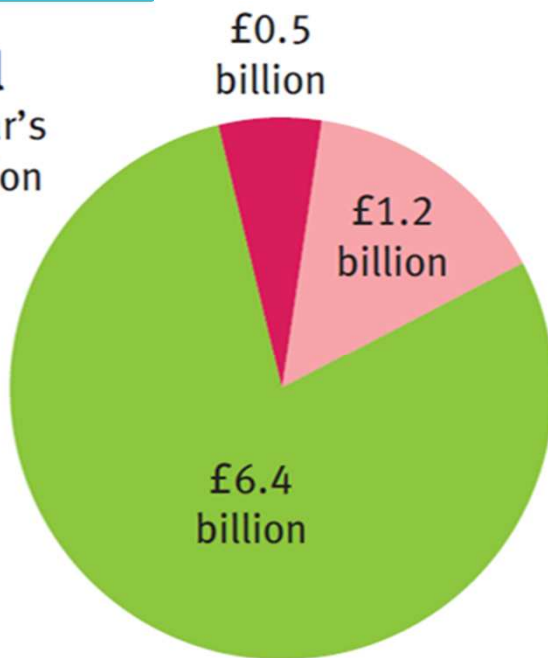
ne onsequences Perinatal ental Illness

- **Immense distress for women and their partners and families.**
- **Adverse impact on the interaction between mother and her baby. This affects the child's emotional, social and cognitive development.**
- **The first two years of a baby's life are the building blocks of their long-term health and development.**
- **Long term effects that last into the teenage years**
- **Death or serious injury**

The cost of perinatal mental illness

Costs of perinatal health problems per year's the UK, total: £8.1 billion

- and social care
- public sector
- wider society



The economic impact of untreated perinatal depression, anxiety and psychosis carries a total long-term cost to society of about **£8.1** billion for each one-year cohort of births in the UK, two-thirds of the cost being linked to short and long term problems for the child.

£1.2 billion is the cost to the NHS This is equivalent to **£10,000** for each birth

Perinatal depression £74,000

Mother =£ 23,00 Child £51,000

**Improving
detection**

Only about half of cases of perinatal mental health illness are detected and only about half of these are treated

90% of women diagnosed with perinatal mental illness are cared for in primary care

Factors for poor detection

Maternal

- Stigma
- Putting on a brave face
- Fear of being thought a 'bad mother'
- Fear the baby may be taken away
- Not knowing what is 'normal'
- Not knowing if treatment will help

Professionals

- Not asking
- Time constraints
- Lack of training or confidence
- Lack of access to specialist service
- Normalising or dismissing symptoms

General Practice

Midwifery

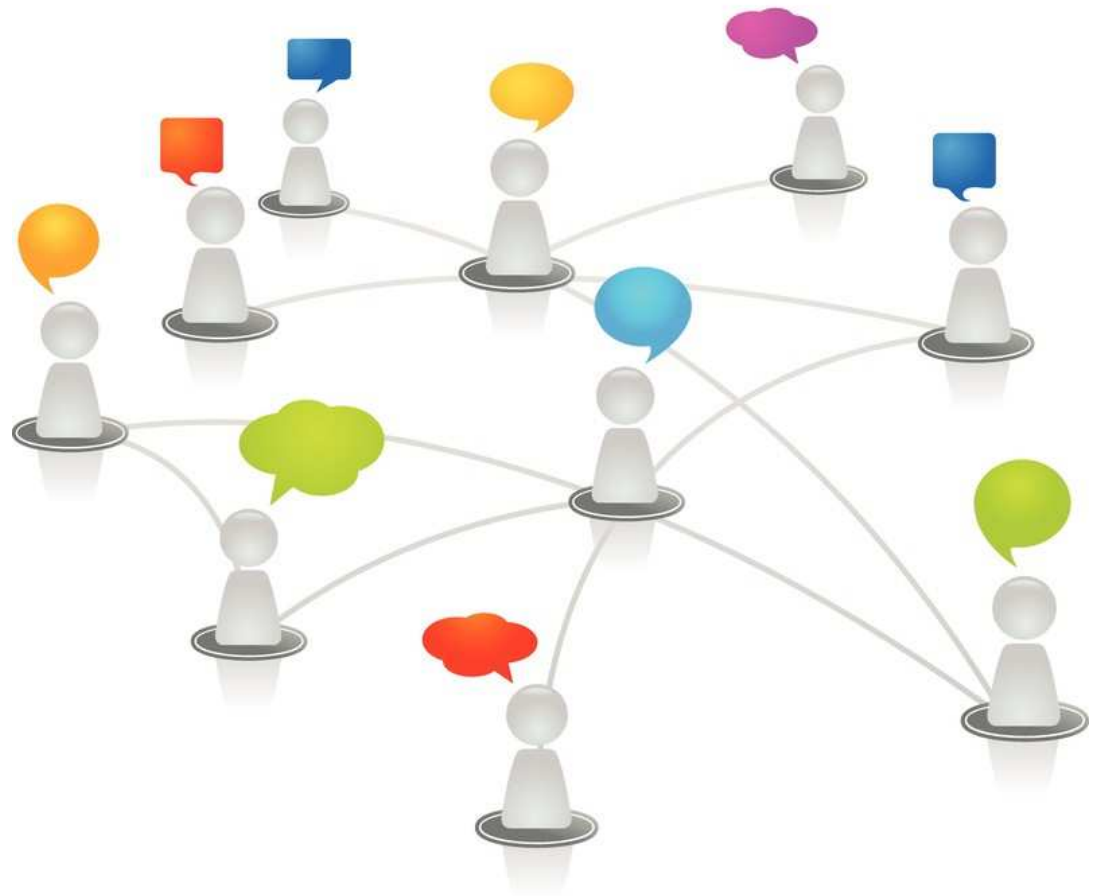
Health Visiting and

Psychological services

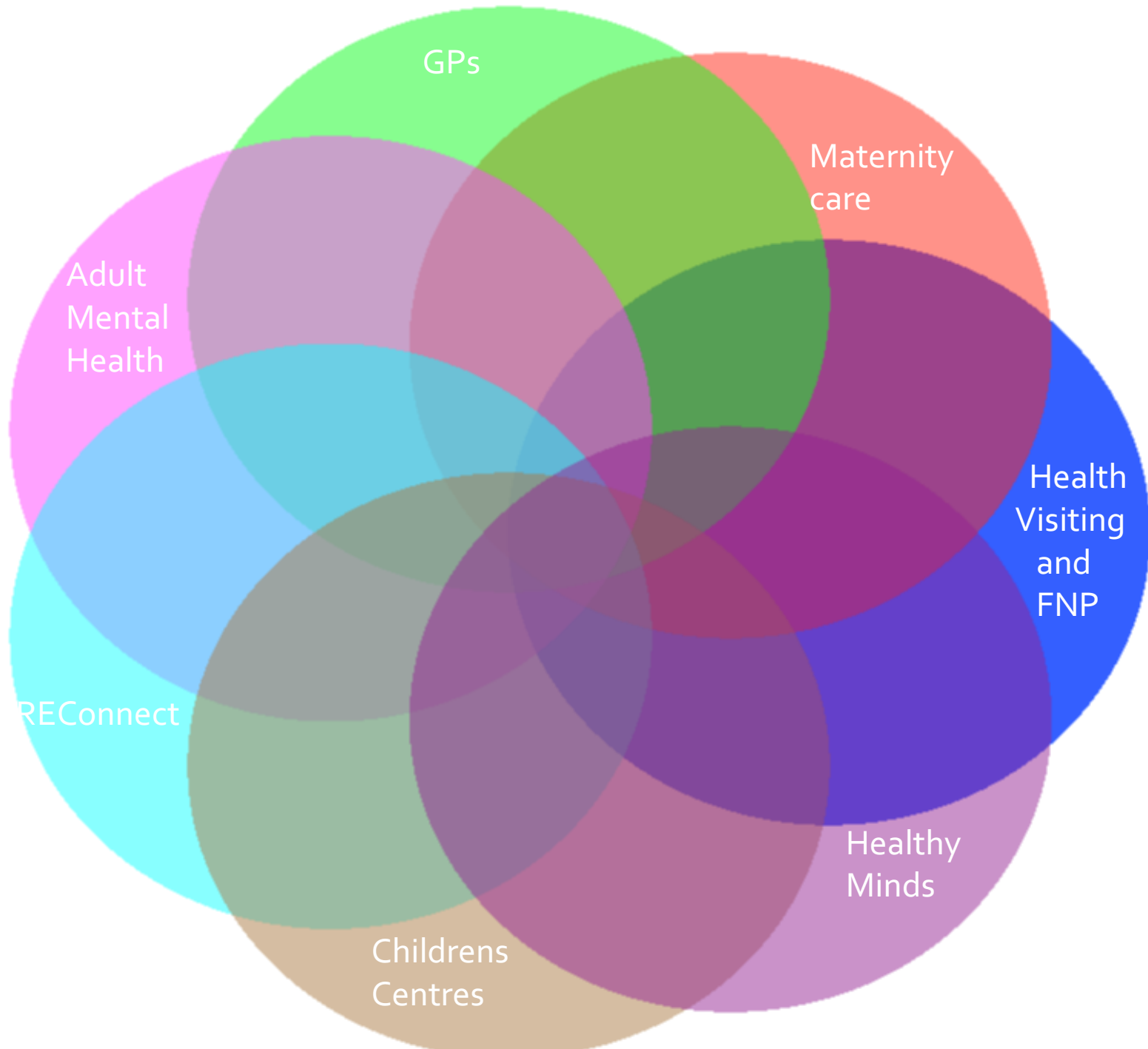
Connect

Adult Mental Health.

Childrens Centres

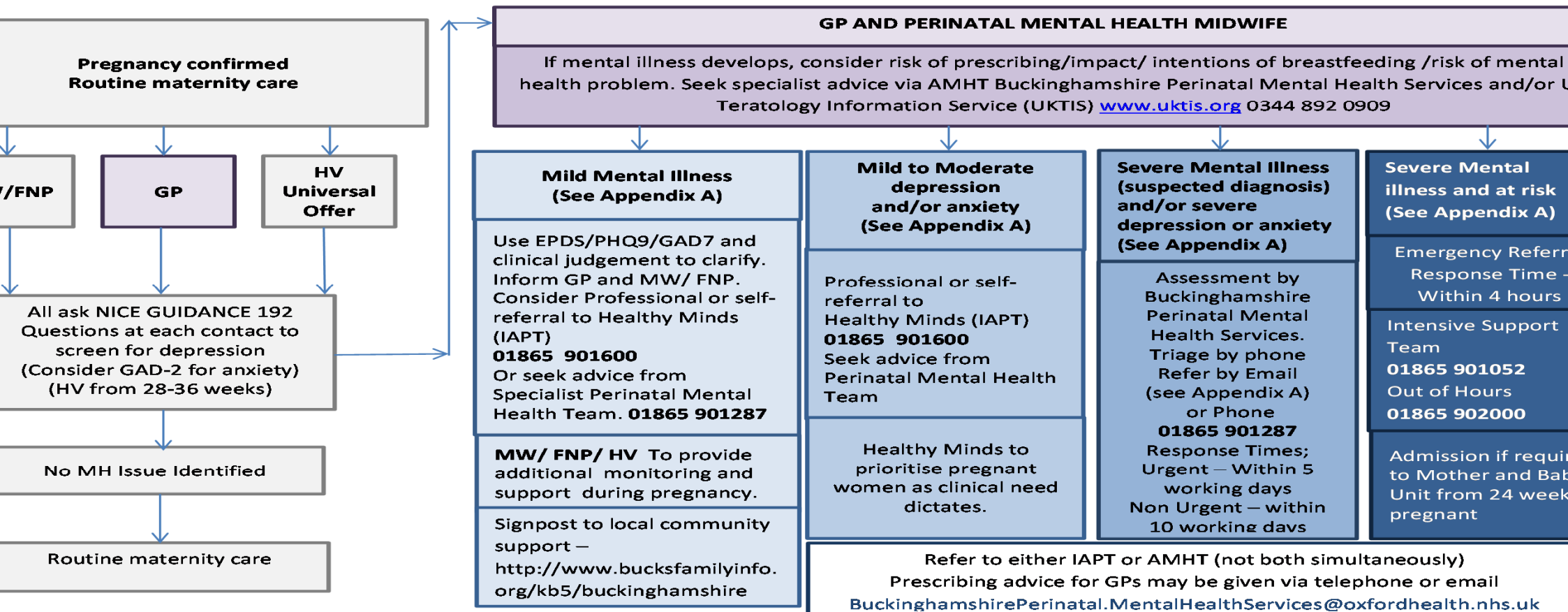


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ANTENATAL MENTAL HEALTH CARE PATHWAY for Women with no Current or Pre-Existing Mental Illness
 Developed in accordance with NICE Guideline 192 (2014). To be used in conjunction with local policies and clinical judgment.



professionals must document information and plan in maternity record (and/or organisational notes) and inform all other agencies, **including GP**, of outcomes including non-engagement. **Consider Safeguarding risks.**

For details of pre-birth procedures and guidance use the BSCB website: <http://www.bucks-lscb.org.uk/bscb-procedures/>

and every stage all professionals should ensure that **ALL** other agencies involved in care are informed of referral/outcomes/contact/non engagement. Add documentation to maternity record. ??Safeguarding?? link to LSCB policy pre-birth practice guidelines and procedures.

Bucks Postnatal Wellbeing Group



Safe & compassionate care,

every time



Have you had a **baby** in the last year?

Have you found it **hard work**,

not what you **imagined** it would be?

Do you sometimes feel **anxious**, find that you
have a **low mood** or worry that you might be
depressed?

If so you may find help from

The Bucks Postnatal Wellbeing Group.
(Crèche provided)

This 10 week structured group is designed to help mothers
struggling with depression and anxiety. Please speak to
your GP or Health Visitor, or phone Healthy Minds for
more information on 01865 901600

Safe & compassionate care,

every time



NHS

- * Have you had a baby in the last year?
- * Do you sometimes feel anxious, have a low mood or worry that you might be depressed?
- * Would you like to join a friendly and supportive Postnatal Wellbeing Group? (Crèche provided)
- * More information from your **GP, Health Visitor or Healthy Minds: 01865 901600**

Work
Progress



- Links with 3rd Sector
MIND/PANDAS
- Safeguarding
- Training
- User Feedback
- Thames Valley
Strategic Network

Blue Sky Thinking...

Partner Support

Prenatal groups

Ethnic Minority Groups

Prenatal Mental

Health Community

Services Development

and



Thank you
for
listening

Any Questions?

