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University Health Board

## Wales Mental Health in Primary Care Bursary Application

2009

<b>Name of Organisation</b>	<b>Abertawe Bro Morgannwg University Health Board</b>
<b>Category under which Bursary Applied for</b>	<b>Category 2 - Progressing service design</b>
<b>Name of Project</b>	<b>Perinatal Support Group</b>



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## Project Details

### Background

The Confidential Enquiry into Maternal and Child Health report “Saving Mother’s Lives: Reviewing maternal deaths to make motherhood safer - 2003-2005” has identified that psychiatric disorder during pregnancy and following birth is common stating that:-

- **10%** of new mothers are likely to develop a depressive illness in the year following delivery, of whom between a third and a half will be suffering from a severe depressive illness.
- At least **2%** of new mothers will be referred to a psychiatric team during this time
- 4 women per 1,000 will be admitted to a psychiatric hospital, of whom 2 per 1000 will be suffering from a puerperal psychosis.

The report recommends that Specialist perinatal psychiatric teams should be available to assist in the management of women who are at risk of becoming ill and to those who are suffering from serious postpartum disorders.

### Swansea

Within the Mental Health Services provided to the geographical area of Swansea is a District General Hospital Liaison service which provides a key assessment and treatment function for people with physical health problems who also have mental health problems as well as a Deliberate Self Harm service for people attending the Emergency Department. The Liaison Service serves Morriston and Singleton Hospitals and consists of 3 mental health liaison nurses 0.8 consultant psychiatrist and staff Grade. A small proportion of the service currently liaises and collaborates with Maternity services as part of the overall liaison service.

It is proposed to expand this Liaison role as a specific Perinatal Mental Health project which will

- Provide Training for Midwives in the identification of risk factors during pregnancy and following birth and treatment of common mental health problems
- Develop a pathway of care to ensure that there is a stepped model of interventions between primary care, maternity services and secondary



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mental health services

- Establish a peer support and treatment group for new mothers that will provide person centred education and knowledge
- Provide specialist assessment function of people referred by maternity services and provide advice for ongoing management
- Act as a fast track for medical assessment by a consultant psychiatrist
- Carry out an evaluation of the effectiveness of the project

To deliver this project it will be necessary to:-

- Provide additional nursing sessions for Clients that have already been referred to the service by their community midwife/Community mental Health Team/Primary Health Care Liaison Nurse. Further intervention will be offered with more flexibility to time and locality.
- Provide non-nursing sessions, including Psychology/ Occupational Therapy input to deliver a multidisciplinary approach by providing group work particular to perinatal clients .
- Develop information, advice and guidance resources which offer a choice of treatments options. These might include relaxation, healthy eating /life style choices, self esteem, problem solving exercises.
- Secure appropriate venues to offer person centred approach for group work which is reduced in the day but is increased if the time is out of hours. This is also much easier for people as childcare issues and work commitments are less of a problem. Accessibility is important as it needs to be central to offer to the whole of the Swansea area.
- Develop/Recognise the need for an established perinatal team.

### **Statement of how the project meets criteria of the category under which the application is being made**

#### **Category 2 - Progressing service design**

##### *A focus on equitable accessible responsive and Comprehensive services*

The purpose of the project is to improve the quality of mental health assessment and skills within the maternity services and improve access to specialist assessment services for the small number of women who develop mental health problems pre or post birth. Special attention will be paid to ensuring that the



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service does not disadvantage or prevent access as a result of location and services will be provided outside what are termed as office hours to improve access

*Planned Engagement of service users and carers in service design and continued development*

The project is designed to engage service users in the development of the information resources and the evaluation of the effectiveness of the project.

Ensuring that the service remains responsive to the needs of users will be crucial to get the maximum use out of the available resources and as such there will be a simple mechanism for frequent feedback and satisfaction.

*Linkage to NSF standards 4, 5 & 6 and WaMH in PC Gold Standards attributes 2 & 3*

The development of this perinatal project is a direct response to Key Action 25 of the Adult Mental Health NSF (2005) which seeks the provision of specialist services that are widely accessible across Wales and more specifically the establishment of local and regional perinatal services by 2010/11.

Perinatal services were also highlighted as one of the priorities for mental health service development in the Welsh Assembly Government's strategy document Design for Life (2005).

Key Action 3.18 of the NSF for Children, Young People and Maternity Services (2005) requires not only the offer of assessment of a mother's mental health before and after birth but also access to specialised follow up support where necessary. This project will seek to improve the skills of those undertaking basic mental health assessments and also provide access to more specialised assessment of needs.

The interventions proposed as part of this project are aimed at promoting the strengths and emotional resilience of service users in developing coping strategies for the difficulties they encounter and minimising their exposure to risk factors.

The development of an agreed pathway for the perinatal project is in line with Standard 7 of the Adult Mental Health NSF which seeks effective Client Assessment and Pathways. It will seek to ensure clear understanding and communication between different services.



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### **Planned and Desired Outcomes of the Project**

The aim of the Project is to develop an awareness of mental health problems in expectant mothers and to expand the gradual progression of the service. Provide a facility to reduce the risk associated with expectant mothers and raise awareness of midwives by working along side the midwives and supporting the current new pathway that is being launched. Expectant mothers will be screened early in their pregnancy and provisions made available for them to access the additional services. At present this is limited with some services unavailable.

#### Tangible Outcomes

- **To reduce referrals to Secondary care.**
- **To reduce/improve the mental health risks that are sometimes associated with expectant mothers.**
- **To reduce consultation time with GP'S and Primary Mental Health Care Liaison Nurses.**
- **To provide a link to Midwives and Health visitors.**
- **To develop as a resource for service users and professionals before entering secondary services .**
- **6 Teaching sessions to midwives and other professionals working within maternity services and primary care will be delivered by October 2010**

#### Intangible Outcomes

- **More accessible multi disciplinary service with specific support and advice for pregnant mothers.**



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<b>Financial Costing</b>			
<b>Requirement</b>	<b>Whole time equivalent</b>	<b>Unit Cost</b>	<b>Annual Cost</b>
1 RMN	2 HRS WEEKLY	£40.00	<b>£800.00</b>
OT/PSYCHOLOGIST	2HRS WEEKLY	£40.00	<b>£800.00</b>
ROOM HIRE	PER HOUR	£10.00	<b>£400.00</b>
CD REWRITER		£50.00	<b>£50.00</b>
HANDOUTS		£100.00	<b>£100.00</b>
CD-RECORDABLE DISCS		£50.00	<b>£50.00</b>
CD PLAYER		£50.00	<b>£50.00</b>
SUNDRIES		£50.00	<b>£50.00</b>
RELEVANT SPEAKERS			<b>£575.00</b>
<b>TOTAL</b>			<b>£3000.00</b>