

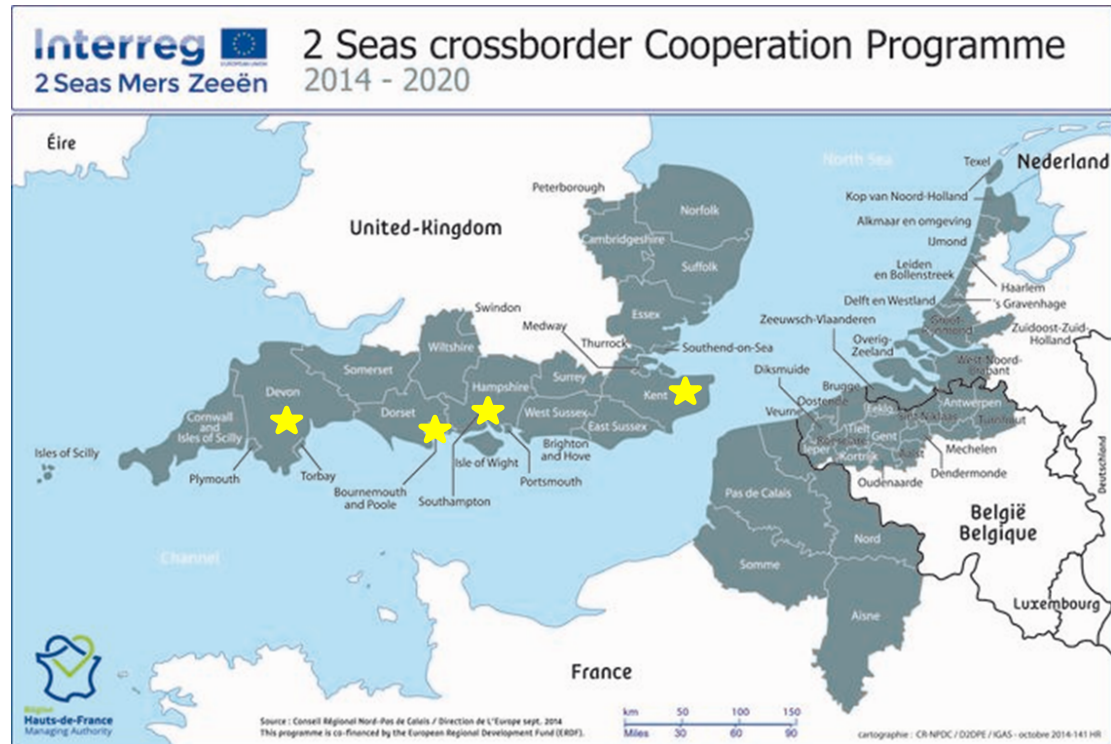
The vital role of healthcare professionals in perinatal mental health

Dr Bosky Nair
Consultant Perinatal Psychiatrist &
Co-Clinical Lead for PMHCS, KMPT

PATH UK HCP segment

NHS
Kent and Medway
NHS and Social Care Partnership Trust

Kent
County
Council





- * Focus groups
- * Social listening
- * Survey 1001 parents
- * Parent panel



- * Online hub
- * Training programmes- f2f, virtual format



This webinar series aims to improve understanding of perinatal mental illnesses (PMI), look at how stigma can be a barrier for parents with PMI, and refresh communication skills.

This will equip primary health care professionals to recognise and support those with mild to moderate perinatal mental health problems.

- Awareness of perinatal mental illness (PMI)
- Understanding and challenging stigma related to PMI
- Improving communication and self-care for healthcare professionals



This course will be delivered by clinical professionals over a 3 week period via Zoom (1 session a week).

Thursday 20th January
10:00am – 11:30am

Thursday 27th January

Register your attendance:
devonmind.com/perinatal

- * HCP training
- * NCSW training
- * Training for professionals on Dad & Partners mental health

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PATH – UK

Professionals



This section includes resources for healthcare professionals.

This section includes resources for healthcare professionals to deliver the highest quality care to women with mental health problems in the perinatal period.

Here you will find a diverse range of resources for additional learning for individual practitioners.

Please send any comments or suggestions to info@perinatal.uk

New PATH training

PATH is an EU-funded project which will enable women, families and healthcare professionals to prevent, diagnose and successfully manage mild to moderate perinatal mental health issues which occur during pregnancy or in the first year following the birth of a child.

As a part of this project, we have worked together with healthcare professionals, and people with lived experience of perinatal mental health issues to co-create training sessions which aim to improve the understanding of perinatal mental health issues.



Training for non-clinical community support workers

These training sessions are aimed towards non-clinical community support workers (e.g. people who facilitate local community groups such as new parent support groups, breastfeeding buddies, mother and baby groups, etc.) who can provide support to pregnant women, women who have a child less than a year old, and their partners.

Title of training: New parent mental health awareness training

Aims and objectives:

- Gain knowledge of what PMI (Perinatal Mental Illness) is and what it can look like.
- Understand the stigma around PMI and how to reduce stigma.
- Gain effective communication skills in how to approach and support someone with PMI
- Gain knowledge of where to signpost to for help
- Gain awareness of PMI in dads and partners.

Length of session: 1.5 hours

- PATH HCP training- KMPT, KCC, Devon Mind- 298 trained
- Seminars, presentations, workshop- local, national level

KCC

- Raise awareness
- Differences in experiences by ethnic population
- Child development
- Family hub trailblazer

Supporting the family and fathers resources

supporting-fathers/

- Universal pathway
- Family mental health & wellbeing outcomes



Why should HCPs be trained in PMH?

- Rising prevalence (UK primary care data, population studies)
- SR & MA- Prevalence of depression - 17-31 %, anxiety- 30-42%
(ref: Demissie & Bitew 2021, Fan et al 2021, Shorey et al 2021, Sun et al 2021)
- PATH survey- 1001 parents
 - ☐ Low mood - 59%
 - ☐ Barriers to seeking help- feeling ashamed - 45%
- Impact on the child

Quotes

“Having the confidence to ask and show interest in what the parent is saying. A key part of supporting mental health is listening to the person. This can give the parent confidence to keep seeking support.”

“Don’t underestimate the impact of stigma – It can be really challenging for parents to open up. Professionals can be intimidating. Try and create a “safe” space for parents to open up”

“Be sensitive. You may be the first person the parent is opening up to”

E-learning in France

“Perinatal mental health in the First 1000 days”

Dr Nathalie Leone
Scientific coordinator for PATH-
France
WHOCC for Research & Training in
MH



Maternal mental health in France

French National Perinatal Survey 2021 (INSERM) :

- All births during one week in March 2021
- 2-months post-partum follow-up**, > 7000 women recontacted online or by telephone to answer a 15-minute questionnaire on their health or that of their child

For the first time, evaluation of maternal mental health at national level :

- 16.7% of women had major depressive symptoms (EPDS score ≥ 13)**
- 15.5% of women had a difficult or very difficult pregnancy and 11.7% had a bad or very bad experience of their delivery**

Report available online: https://www.xn--epop-inserm-ebb.fr/wp-content/uploads/2022/10/ENP2021_Rapport_Octobre2022.pdf

Despite this, women lack information and support

Online survey on pregnancy experience, CIANE in partnership with Santé Publique France, 2021

Results based on more than 8500 pregnancies between 2016 and 2021

The first weeks at home after delivery are a very difficult period for many women 50% declared lacking of support, and 30 to 40% experienced discouragement

About 50% of women had not received any information about their mental health after childbirth and less than 40% of them said they knew who to contact in case of mental distress

The First 1000 days policy

A new public policy designed around the needs of children and their parents

Piloted since 2021 by the French Ministry of Solidarity and Health

Among the key measures:

-extending paternity leave to 28 days,
-two mandatory consultations in order to identify PMI at an early stage :

- early prenatal interview from the 4th month of pregnancy,
- early postnatal interview between the 4th and 8th weeks after delivery
- new parent-baby units,
- parent support groups,
- website and the mobile app “First 1000 days”

PATH in France

- Actions to promote perinatal mental health
- Built in partnership with the institutions and associations involved in these issues at the national level

French partners involved

French PATH steering committee involves nearly 40 experts including representatives from the Ministry of Solidarity and Health and parents' associations such as Maman Blues

- Francophone Alliance for Perinatal Mental Health
- Francophone Marcé Society
- National Public Health Agency, Santé Publique France Unités petite enfance, périnatalité et santé mentale
- PSYCOM
- The Ink Link
- PMI Pas de Calais & Oise departments
- Make Mothers Matter France
- Maman Blues
- CIANE
- FNAAFP
- FFRSP, French federation of perinatal health networks
- DREES
- INSERM
- French Ministry of Social affairs and health
- ANAP
- EPSM Lille Métropole

PATH - French Action plan

1) Information

Who is concerned ?

Parents – HCP - employers

- ✓ Perinatal mental illness (PMI) information brochures
- ✓ Comic book to raise awareness among fathers/second parents
- ✓ Podcasts « Transition to parenthood, mental health and employment »

2) Training

Who is concerned ?

HCP

- ✓ E-learning - MOOC
Basic skills in PMI
Screening, psychosocial assessment, treatment options, collaborative practice

A Massive Online Open Course (MOOC) for professionals

« Perinatal Mental Health in the First 1000 Days »

✓ Target audience : General practitioners and specialists, Midwives, Nurses, Psychologists, Psychomotricians, Social workers, etc.



Module 1

Parenthood,
Perinatal Mental
Disorders

Module 2

Child
development
and health

Module 3

Pathways to care,
Collaborative
practice, peer
support

45 vidéo lessons of 15 minutes each, parents testimonials, Quiz, certificate of attendance, French & English versions

Training projects offered by PATH-Flanders

Dr Christine Franckx
(Child) Psychiatrist
Gio asbl Director
PATH project leader

- 1.e-learning tool for professionals- (AP)
- 2.Webinars (AP)
- 3.Face-to-face theoretical training days with emphasis on techniques for talking with parents (Odisee)
- 4.Networkevents 1000 days (Odisee)
- 5.Intensive train-the-trainer project (GiO)

Clinical aspects of dealing with mental health issues for perinatal health professionals: some key ideas

- mental health is part of all health&care offer
- perinatal health professionals are in the frontline of irrational emotional reactions
- an intense human encounter between patient and professional

The importance of training in mental health for perinatal professionals in order to...

- focus on a professional attitude and tolerate irrational reactions
- learn observing non-verbal expression of mental suffering in patients
- communicate emotional experience with colleagues
- acknowledge and accept limitations in own emotional responsiveness

Essential pillars for good perinatal mental health practice

- collegial forums for health professionals to process the impact of emotions and to learn from experience
- easy access to ongoing theoretical and clinical training
- institutionalized reflective practice in the work place

Family Centered Care

Family Centered Care, introduced in the Netherlands in 1994 and still not sufficiently embedded in the training of professionals

<https://kindenziekenhuis.nl>

<https://ipfcc.org/>

Resistance to change

- ☐ overstretched
- ☐ ignorance
- ☐ inability
- ☐ unwillingness
- ☐ incompetence
- ☐ overloaded
- ☐ other priorities
- ☐ no leadership
- ☐ unclear focus
- ☐ ramshackle structure
- ☐ shortness of nurses
- ☐
- ☐
- ☐ ?
- ☐ ?
- ☐ all the above

Dr. Celeste Phillips

“It’s not about us. It’s about de patient and their families!”

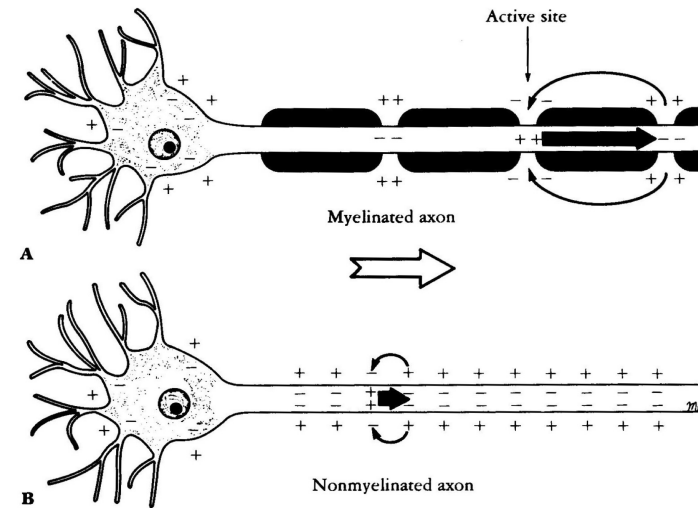
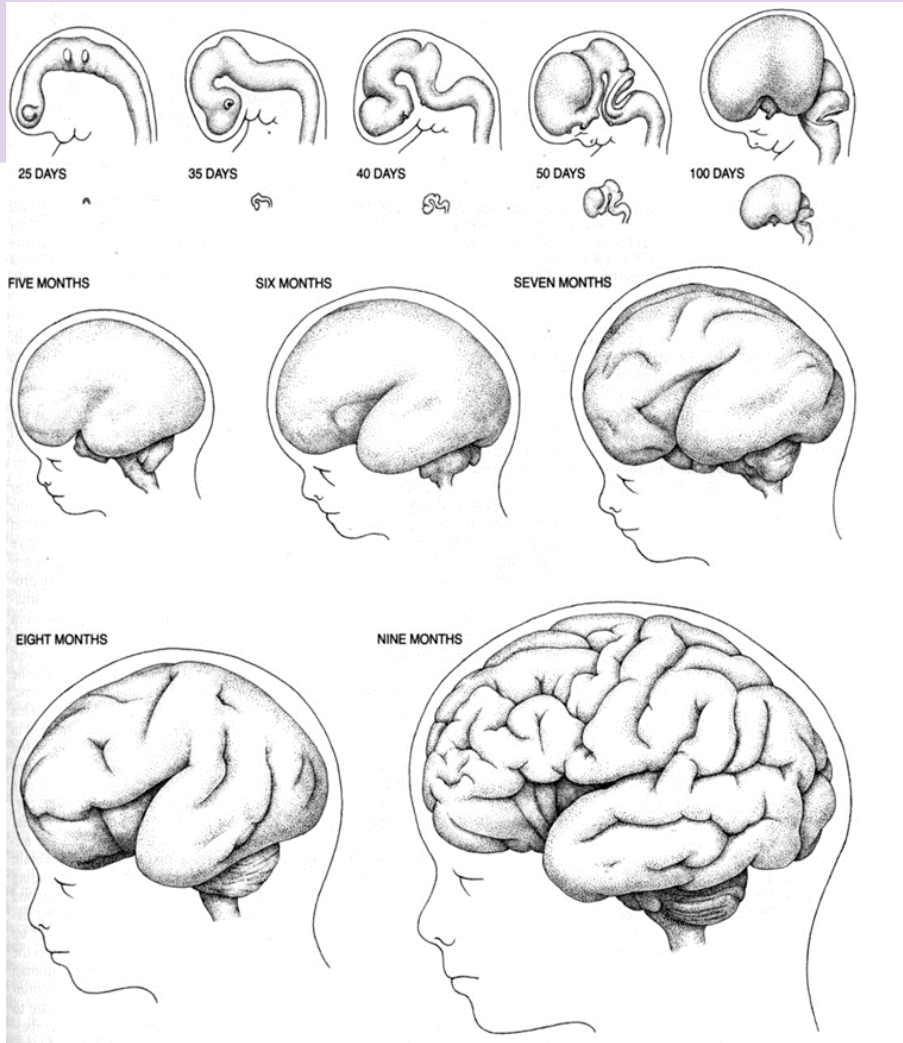


Family Centered Single Room Developmental care

“Family-centered maternity care is not pretty rooms and attractive surroundings. It is an attitude and a philosophy that supports and underpins the whole birth experience.”



Developing of the brain



Developing of the brain

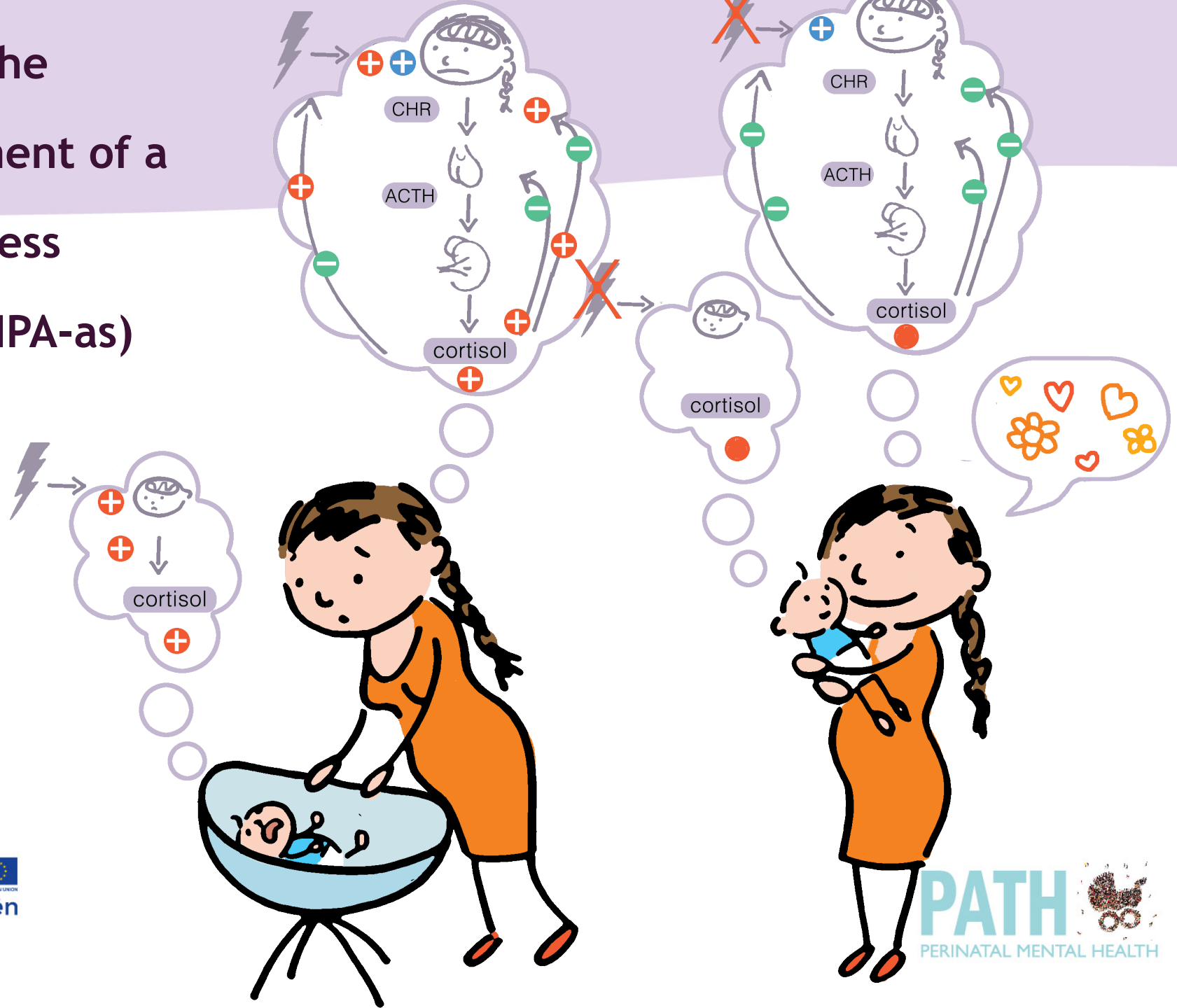
Sensory mismatch
environment versus baby



Working on the support
self-regulation during
development



Support the development of a stable stress system (HPA-as)



Education and training skills

After 3 attempts, for funding - PATH came



Education and training skills

A lot of partners worked with the Maasstad Hospital in PATH



Education and training skills

- ❑ 1000 professionals, parents, employers trained
- ❑ And still counting



Cross Border Sharing

PATH was not a bed of roses but what a bouquet of experiences

We worked with a wonderful team from 4 countries

Let's make use of all that knowledge and tools



Education and training skills

The one person who is not in control, does carry the legacy throughout his or her life



Please make a difference for him or her

Let's do this!

Input To The PATH Project from a Perinatal Peer Support Worker (the importance of co-production)

Who Am I And How Did I Get Into The PATH Project?



Jo Harrison Perinatal Peer Support Worker
for the Perinatal Mental Health Community
Service (PMHCS) at Kent and Medway
Social Care and Partnership Trust (KMPT)

The PATH Project Is Important To Me Because.....

.....of my lived experience



My Involvement

- Providing My Opinion From a Lived Experience Perspective
- Input to the Stigma Section of Hub and HCP Training
- Video Recorded My Story
- Creating Training for Employees of Organisations that Support New Parents and Family and Friends of Parents with PMI



Co-production in PATH and its benefits



- Continuously involved at various stages
- Colleagues who were fair and open to suggestions
- Found that inequalities/ disparities can be better addressed
- Helps improve relationships, understanding and power balance between project partners and beneficiaries/users

Thank you!



PATHways to improving **PerinAtal** men**Tal** **H**ealth...

For more information visit the **PATH** website <https://path-perinatal.eu>