

Info sheet on Perinatal Mental Health – management in the community

Information for GPs, midwives, health visitors and primary care providers

Perinatal mental illnesses range from anxiety, depression, OCD, PTSD, fear of childbirth (tokophobia), bipolar affective disorder, schizophrenia and postpartum psychosis, and include the period from *pregnancy until 1 year postnatal*.

Postnatal depression [PND] is well known but there is much less awareness of antenatal mental health problems which are just as important. **Up to 50% of cases can be detected antenatally with effective screening.**

At least 1 in 10 women experience significant mental illness during pregnancy or in the first year of their baby's life [NSPCC]

Of maternal deaths, 1 in 7 women died by suicide in the postnatal period (MBRRACE UK, 2015)

Saving Lives, Improving Mothers' Care – lessons learnt from the UK and Ireland Confidential Enquiries into Maternal Deaths and Morbidity 2009-2012:

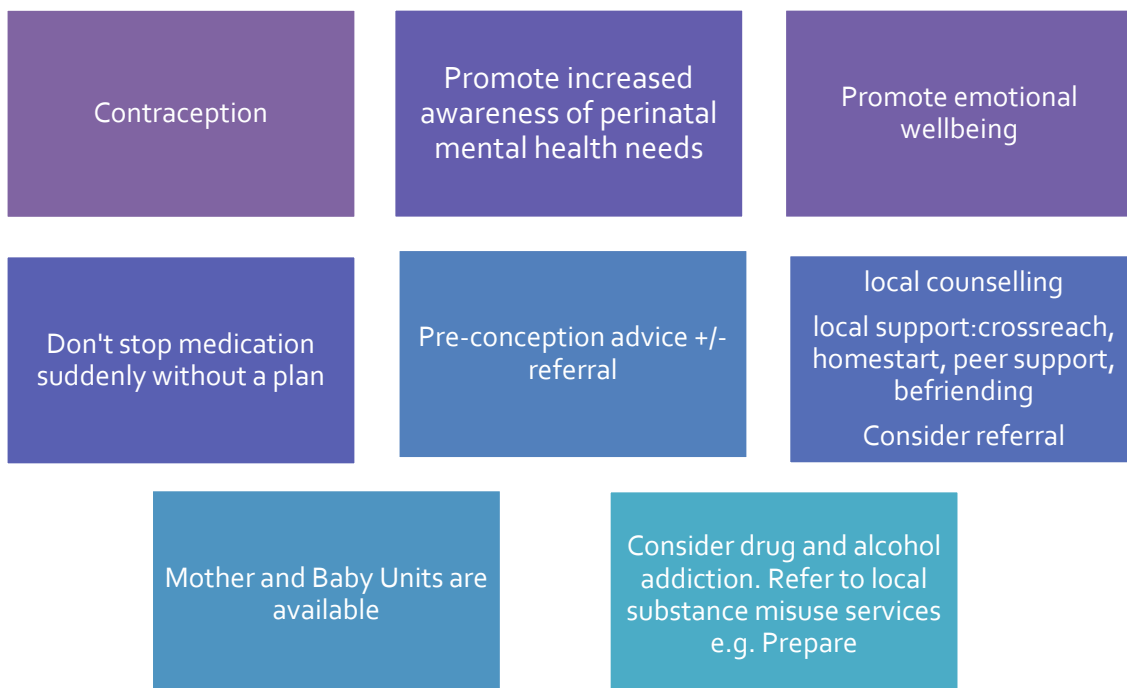
Seventeen percent (17%) of the women who died were known to have pre-existing mental health problems.

Three quarters of women who died had medical or mental health problems before they became pregnant.

Women with pre-existing significant medical and mental health problems need:

- Pre-pregnancy advice
- Joint specialist and maternity care

Intervention: what can we do as healthcare professionals to help?



- 10-15% of women experience perinatal depression, of which 50% may start antenatally
- OCD is likely to get worse during the perinatal period if no intervention is provided
- 4-6 % of women develop post-traumatic stress disorder after childbirth
- 4% of women will have a complex mental health condition in the perinatal period and need specialist care co-ordination such as schizophrenia or bipolar affective disorder

Higher Risk Groups

- Women with existing **moderate- severe** mental health problems are more likely to relapse around pregnancy especially those **with bipolar affective disorder** who have an increased risk of **post partum psychosis**
- These women should **always** be referred to the **perinatal mental health service** and have a **pre-birth mental healthcare plan in place**, even if **currently mentally well**
- Risk groups for **maternal suicide** include
 - Women >37 yrs, high achieving background, 1st time mother, no previous difficulties
 - Teenage mothers with complex mental health and substance abuse history
 - History of postpartum psychosis, bipolar affective disorder and severe depression
- **Women who report new thoughts of violent self harm, sudden onset or rapidly worsening symptoms, or persistent feelings of estrangement from their infant require urgent specialist assessment**
- **Other vulnerable factors: domestic violence, poor family or partner support, high levels of stigma or poor engagement with services**

How can health professionals help?

INFORM women with any history of mental illness that the perinatal period can be a vulnerable time for relapse

- ✓ Discuss contraception and how to plan for pregnancy when it's right for them.
- ✓ Prevent relapse - by accessing support and treatment as early as possible, women can optimise the chances of staying mentally well to ensure a happy and healthy pregnancy, birth and postnatal period
- ✓ Promote emotional well-being – self-help tools such as mood juice, living life to the full (enjoy your bump)
- ✓ Ensure a relapse plan is in place and ensure women know how to access help (e.g. Tommy's wellbeing plan)

ASK about personal & family history

- Women with a family history of mental illness are at increased risk of illness, even if they have no personal history, particularly perinatal depression, bipolar affective disorder and postpartum psychosis
- Women experiencing assisted conception, traumatic birth, stillbirth, premature delivery and multiple births are at increased risk of PNMH problems

SCREEN ALL WOMEN FOR MENTAL HEALTH DIFFICULTIES AT ALL CONTACTS DURING THE ANTENATAL AND POSTNATAL PERIOD (NICE, 2014)

Screening for anxiety and depression:

Whooley Questions

"During the past month, have you often been bothered by feeling down, depressed or hopeless?"

"During the past month, have you often been bothered by having little interest or pleasure in doing things?"

If Yes – "Is this something you would like help with?" Consider full PHQ9 (Patient Health Questionnaire-9)

GAD2 (anxiety questionnaire)

Over the last <u>2 weeks</u> how often have you been bothered by the following problems?	Not at all	Several days	More than half the days	Nearly every day
Feeling nervous, anxious or on edge?	0	1	2	3
Being unable to stop or control worrying?"	0	1	2	3

If the answer is nearly every day consider screening with longer version (General Anxiety Disorder-7)

If less often - "Do you find yourself avoiding places or activities and does this cause you problems?"

If positive screening: offer intervention e.g. anxiety management resources and community support

MANAGE in Primary Care during the antenatal or postnatal period

- Women with mild-moderate mental health conditions should be managed in primary care in collaboration with midwife and/or health visitor
- Management options include psychoeducation, relapse prevention, self-help resources, counselling and medication.
- Consider using Tommy's Wellbeing Plan
- If a woman is not improving in spite of treatment, consider referring to the **perinatal mental health service**
- In an emergency, refer via general adult emergency routes: to the mental health assessment service (Royal Edinburgh Hospital) or local crisis service such as Intensive Home Treatment Team.
- Women requiring inpatient admission from 32 weeks' gestation- 1st postnatal year should be offered mother-and baby-unit admission.

PNMH & medication

- Medication should not be stopped suddenly before or during pregnancy, without careful consideration of risk of relapse, alternative treatment and relapse prevention.
- Consider the risk of relapse to mother and therefore her unborn child
- Factors to consider: severity of illness, risks when unwell, time of last relapse, response to treatment, alternative treatment (e.g. counselling or CBT), risks of neonatal adaptation syndrome, patient preference, help-seeking behaviour and positive supports.
- Choice of antidepressant during pregnancy should take into consideration the risk: benefit profile for each medication and breastfeeding intention
- Previous response to treatment is an important consideration. For mothers not on previous treatment, Sertraline is an advisable first line treatment during pregnancy, has good tolerability and is expressed in low levels in breastmilk. It may also be safe to continue other alternatives.
- Provide written information: 'Best Use of Medicine in Pregnancy' www.medicinesinpregnancy.org and 'NHS Choices' portal: : <http://www.choiceandmedication.org/nhs24/> go to 'Drugs in Pregnancy' (covers pre-conceptual- to postnatal period)
- If in doubt, contact the Lothian Perinatal Mental Health Service for advice via email or advice line (10-12 Mon, Wed, Thur, Fri).

Mother & Baby Units

- Mother and Baby Units are expert facilities where women and their babies can be offered inpatient care both antenatally and postnatally. By admitting mothers and their babies together they can provide a therapeutic programme to meet the needs of mothers and infants that encourages bonding and develops parenting abilities, whilst addressing their mental health needs.
- MBU have a **lower threshold** for admission than general adult mental health units

- Our nearest MBU is Livingston Mother and Baby Unit

If there are no beds at Livingston, women can also be admitted to the Glasgow MBU or beds can be found further afield. It is not advisable to admit a pregnant / postnatal woman with mental health issues to a general psychiatric unit.

Postnatal care

- Due to stigma, women are less likely to disclose mental health difficulties during the perinatal period, than at other times.
- Engage mothers in a non-judgemental and sensitive way - asking open, friendly and neutral questions can help make her feel comfortable at the start of your meeting.
- Disclosures of mental distress during the perinatal period, should be treated as a **red flag**, and require further exploration and should not be dismissed ('Falling through the gaps' report, RCGP 2014)
- If a woman screens positive, ensure that appropriate **follow up** is in place
- **Postpartum psychosis is a medical emergency. Exclude a physical cause. Refer for urgent psychiatric assessment. The quicker it is treated the better the outcome for women and their families.**

The Lothian Perinatal Community Mental Health Service

PNMHS@nhslothian.scot.nhs or 01506 524 176.

Address: Lothian Perinatal Community Mental Health Service, Block 1-2 The Residencies, St John's Hospital, Howden Road West, Livingston EH54 6PP

We assess and manage women with moderate-severe mental health conditions during the perinatal period across the Lothian region, with clinics in the community and provide maternity liaison

Please see our page on RefHelp our care pathways, referral form, and service information

Resources	
Management Guidelines	NICE Guidance Dec 2014: Antenatal and postnatal mental health: clinical management and service guidance http://www.nice.org.uk/guidance/cg192
	SIGN Guidelines 127: Management of perinatal mood disorders: https://www.sign.ac.uk/sign-127-management-of-perinatal-mood-disorders.html
	British Association for Psychopharmacology consensus guidelines on the use of psychotropic medication preconception, in pregnancy and postpartum 2017 https://www.bap.org.uk/pdfs/BAP_Guidelines-Perinatal.pdf
Medication Information	Best Use of Medicines in Pregnancy – information on specific medications during pregnancy and associated risks. Has a patient friendly portal www.medicinesinpregnancy.org
	NHS Choice and Medication – information on medication during antenatal and postnatal period including drug comparison charts http://www.choiceandmedication.org/nhs24/ go to 'Drugs in Pregnancy' (covers from fertility to postnatal period)
Information on conditions	Royal College of Psychiatrists – patient information leaflets on conditions including postnatal depression, OCD, psychosis (www.rcpsych.ac.uk) http://www.rcpsych.ac.uk/healthadvice/problemsdisorders/postpartumpsychosis.aspx
Perinatal Depression	Bluebell http://www.bluebellcare.org - info on anxiety and depression, includes info for dads Association for Post Natal Illness http://www.apni.org info on anxiety and depression and paternal postnatal depression PANDAS – Pre- and postnatal mental illness http://www.pandasfoundation.org.uk/ Run support groups in some areas Postpartum Support International Information and support for sufferers of postnatal depression and their families

	<p>www.postpartum.net</p> <p>The Smile Group http://www.thesmilegroup.org/ 'supporting mums in living with emotions'. Useful self-help resources</p> <p>The Joanne Bingley Memorial Foundation- information and self help resources on postnatal depression http://www.joebingleymemorialfoundation.org.uk</p>
Postpartum psychosis	APP website Action Postpartum Psychosis, the UK Postpartum Psychosis Network – info on postpartum psychosis including patient and carer information and guidance on pregnancy planning http://www.app-network.org/
Bipolar Affective Disorder	Bipolar UK – information on pregnancy planning for women who have bipolar affective disorder, and postpartum psychosis https://www.bipolaruk.org/information-on-postpartum-psychosis
OCD-Uk	OCD-UK – information on OCD during the perinatal period www.ocd.uk.org/prenatal-postnatal-ocd
Birth Trauma	Birth Trauma Association http://www.birthtraumaassociation.org.uk/
Other national resources	Cry-sis provides support for families with excessively crying, sleepless and demanding babies www.cry-sis.org.uk Helpline: 08451-228-669
	Financial information for parents- Money Advice- tips and information on maternity allowance, child tax credit and other benefits https://www.moneyadviceservice.org.uk/en/categories/having-a-baby
	ParentLine http://www.children1st.org.uk/parentline-scotland Confidential helpline, providing advice and support to anyone caring for or concerned about a child Parentline Scotland: 08000 28 22 33
	Tommy's Wellbeing Plan –information and wellbeing plan to promote mental health during the perinatal period. Also resources on emotional changes during pregnancy, stress management and depression https://www.tommys.org/pregnancy-information/im-pregnant/mental-health-during-and-after-pregnancy/wellbeing-plan
Peer support on twitter	'PND and Me' http://www.pndandme.co.uk/pndhour/ Twitter @PNDandMe #PNDhour (wed 8pm) - peer support for mothers' with perinatal depression by award winning peer supporter Rosie Wren. Informative blog
Training resources & information	Maternal Mental Health Alliance – useful resources for clinicians http://maternalmentalhealthalliance.org/resources/clinicians/
	NES Modules on perinatal mental health: http://www.knowledge.scot.nhs.uk/maternalhealth/learning/maternal-mental-health.aspx
	E-learning for healthcare – Modules for Health Visitors on Perinatal Mental Health https://www.e-lfh.org.uk/programmes/perinatal-mental-health/
Royal College of GPs Clinical Resources	Guidelines and resources for managing perinatal mental health conditions in primary care http://www.rcgp.org.uk/clinical-and-research/toolkits/perinatal-mental-health-toolkit.aspx
Lothian perinatal resources	Crossreach Counselling- provides counselling in different areas in NHS Lothian including Edinburgh and East Lothian (prestonpans) including 1:1, couple and group counselling. https://www.crossreach.org.uk/our-locations/crossreach-counselling-lothians-edinburgh Contact: 0131 552 8901
	Dads Rock- provides information and Dads playgroups in Edinburgh https://www.dadsrock.org.uk/ email: Hello@dadsrock.org.uk

	Dr. Bells Family Centre Provides range of family and children support incl crèche 0-5yrs, counselling, PEEP groups, baby massage, healthy eating, and activities for families from Leith in circumstances of social disadvantage 0131 553 0100 http://www.drbells.co.uk
	Home start https://www.home-start.org.uk provides a range of support for families, including 1:1 homestart volunteers Edinburgh Leith and NE, Edinburgh West and South West; East Lothian and West Lothian branches
	JUNO Perinatal Mental Health Peer support- provides a range groups for mothers with lived experience of mental illness across sites in NHS Lothian including Edinburgh and Midlothian and a Birth Trauma group and includes subsidised access to counselling https://www.juno.uk.com/ email: juno.enquiries@gmail.com
	La Leche Breastfeeding Network. Runs mother-mother breastfeeding support groups across Edinburgh incl. Dr Bells Family Centre (Leith), Buccleuch Free Church, Cornerstone Center https://lledinburgh.co.uk/
	Multi-cultural family base Provides range of input for vulnerable BME families including support for refugees (The Safe Haven project), early years input, relationship counselling http://www.mcfb.org.uk/ 0131 467 7052
	Pregnancy Counselling & Care Provides emotional and practical support during pregnancy http://www.lifelinecounselling.org contact 0131 557 2060 Edinburgh
	Pregnancy and Parents Centre provides a range of activities for mothers, infants, fathers and prospective parents including free Motherspace 'drop in' sessions. Edinburgh http://pregnancyandparents.org.uk/ contact 0131 229 3667
	Relationships Scotland – Bright Light Relationship Counselling counselling, mediation and family support including couples counselling, sexual & relationship therapy, family therapy, at health centres across Lothian region. www.bright-light.org.uk 0131 556 1527 Fee based service with sliding scale
	The Spark Relationship Counselling. Includes relationship helpline (0808 802 2088) and face-face counselling (0808 802 0050) and useful website with relationship resources https://www.thespark.org.uk/ Provides individual, couple and family counselling
Single Parent Families Support	One Parent Families Scotland: https://www.opfs.org.uk/ provides information, individual and group support for one parent families in Edinburgh, incl. fathers group. Parents helpline 0808 801 0323 Email: helpline@opfs.org.uk contact 0131 556 3899 https://www.gingerbread.org.uk/ - website information for single parent families
East Lothian	Dads Work – information and support for Dads and Male carers in East Lothian http://www.dadswork.co.uk/ Dads2Be - antenatal classes for fathers: https://www.facebook.com/Dads2BEastLothian
	Aberlour Perinatal Befriending Support Service Provides 1:1 support for women with perinatal mental health needs. Referral via GP, midwives, health visitors and other agencies. Contact: 01875 632 055 Email: Lothian.aberlourlperinatal@nhs.net https://www.aberlour.org.uk/services/bumps/
	Crossreach counselling- as above
	East Lothian PANDS support group Postnatal peer support group run weekly in Prestonpans https://www.facebook.com/eastlothianpandassupportgroup/
	First Step Musselburgh range of links to resources including baby groups, breastfeeding support, sleep clinic, PEEP parenting group Contact: 0131 665 0848 https://sites.google.com/site/firststepmusselburgh/
West Lothian	Dads2Be- Free 4 week antenatal class for Dads, run by Home Start at St John's Hospital https://www.westlothian.gov.uk/article/6791/Thursday
	Sure Start West Lothian- runs range of activities on Thursdays at different community locations incl messy monkeys, creative play and baby sensory. Sure Start West Lothian, Strathbrock community partnership, Broxburn 01506 284440

	https://www.westlothian.gov.uk/article/6791/Thursday
Mental Health Resources Edinburgh	EdSpace https://edspace.org.uk/ Edinburgh's online source of mental health and wellbeing information including links to peer support, self help and local services
Other resources	<p>Women's Aid Lothian – information and support for women at risk of /experiencing emotional/physical/financial abuse/coercive control</p> <p>East & Mid Lothian Women's Aid, Dalkeith: 0131 663 9827 Penicuik: 01968 670970. Support line 9-2pm 0131 561 5800</p> <p>West Lothian Women's Aid, https://www.wlwa.org.uk/ 01506 413 721</p> <p>Edinburgh Women's Aid https://edinwomensaid.co.uk/ 0131 315 8111</p> <p>Scottish Women's Aid website: https://womensaid.scot/</p> <p>National domestic abuse and forced marriage helpline: 0800 0271234</p> <p>Shakti Women's Aid (Support for women from BME backgrounds)- 0131 475 2399 https://shaktiedinburgh.co.uk includes support/ advice for women at risk/ experiencing domestic violence/ honour based violence/ FGM/ forced marriage/ immigration rights</p>