



Ms Melita Walker and Mrs Kathryn Grant United Kingdom

A national initiative to strengthen health professional practice in perinatal mental health



**Leading The Way:
A national initiative to strengthen
health professional practice in
perinatal mental health**

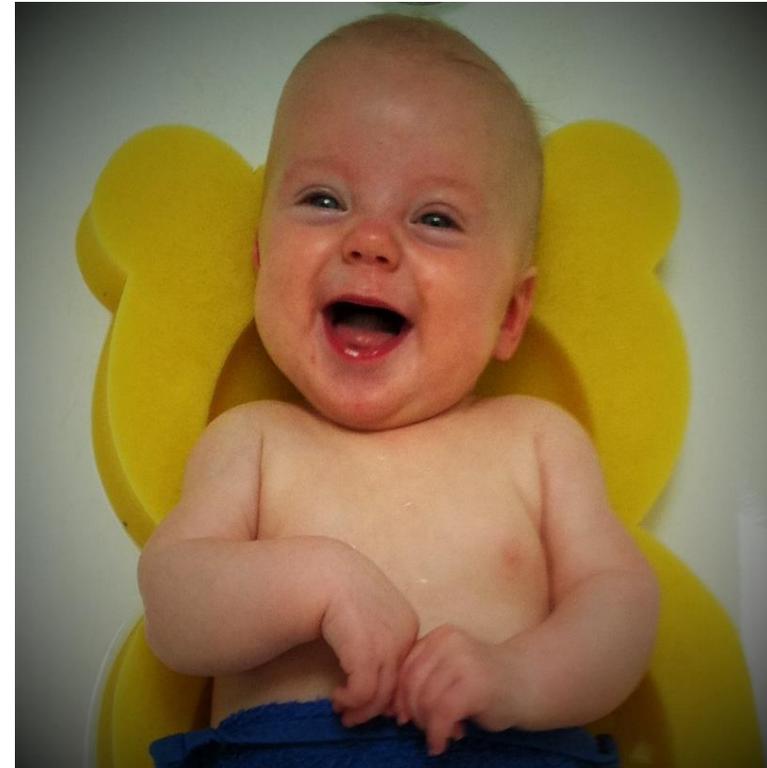


@iHealthVisiting

www.ihv.org.uk

The Institute of Health Visiting is
a charity and academic body

Core mission:
To improve outcomes for
children and families and reduce
health inequalities through
developing and strengthening
health visiting services.



Every baby happy, healthy, safe and valued
Every parent feeling supported and able to achieve this

Health Visitors in the UK: Working everyday for a safe, healthy and peaceful world

- Advanced specialist public health nurses – midwives or nurses before undergoing health visiting training – one year at degree or masters level (About a third of health visitors are educated to masters level).
- HVs lead the Healthy Child Programme - a national **universal** child and family preventative public health programme. It aims to seek for and identify health needs for **all** families and offer prevention/ promotion/ intervention ***Every baby safe, happy, healthy and valued...**
- Since its very inception (1862) the role of the health visitor has developed in response to the ever-shifting challenges of public health **E.g. Perinatal Mental Health**

PMH: Clarification of the terminology

As more evidence emerges about the effects of perinatal mental illness on the mother, father and developing foetus/infant the term is now commonly used to describe the emotional well-being of women, their children, partner and families from conception to 1 year following the child's birth.

The Importance of Perinatal Mental Health (PMH): Prevalence and Impact

Mental health problems in the perinatal period affect 1 in 5 women. NICE CG192 2014 reports:

- Depression **and** anxiety are the most common PMI (12% Depression, 13% Anxiety)
- Many women experience both – 15-20%
- Between 1 & 2 in 1000 women will experience postpartum psychosis.

More than 1 in 3 new fathers are concerned about their mental health (NCT, 2015)

Maternal suicide is the leading cause of death when looked at over the perinatal period.

122,000 babies under one are living with a parent who has a mental illness.

Putting into context

It's been estimated that maternal mental health problems cost the UK

£8.1bn*
each year



Up to **1 in 5** women develop mental health problems during pregnancy or in the first year after childbirth



Around **one quarter¹** of all maternal deaths between six weeks and a year after childbirth are related to mental health problems



Nine out of ten people with mental health problems experience stigma

The Five Pillars of the iHV

- Professional leadership ✓
- Education and training ✓
- Quality assurance processes ✓
- Research ✓
- Working in partnership ✓

iHV Perinatal and Infant Mental Health Champions

- 2013 iHV Commissioned to create **400** HV PMH Champions
 - Agreed a cascade model
- By 2015 (May) **573** iHV PMH Champions and 298 iHV IMH Champions
- By 2016 PMH cascade reach: **10,000+** practitioners
 - Needed to be multi-agency
- By May 2017 over 500 Multi-agency Champions and direct delivery of PMH Awareness to 780 practitioners

Range of multi-agency programmes, including:

- Combined PIMH Champions Programme
- Maternity Champions Programme
- Fathers and PMH Champion Programme



Becoming a Champion: The training

The training focuses on why the early recognition of risk for, or symptoms of PMI is so important; including how to make a differential diagnosis, and the preventative and treatment strategies which can be employed, including when to refer-

in other words:

- **What it is**
- **Why it matters**
- **What you can do**

Impact: Creating Leaders



Impact: Saving Lives



Impact: Professional –making the difference!

“The iHV PMH Champions training has inspired me to strive for parity of esteem for mental health. It has empowered me to make the difference that I came into health visiting to do, giving health visitors on the ground the confidence and motivation to positively influence local and national service development. The training has been really well received. I know it is making a difference for practitioners and most importantly, for our families”

Impact: Workforce

After Training:

- 98% completely agreed that they understood the impact PMH has on the family and society
- 96% completely agreed that they were able to effectively assess women and their partners for the presence of perinatal mental illness
- 98% had a broader understanding of the concepts of perinatal mental health,
- 97% felt they had a good understanding of the dilemmas, diversity and stigma which surrounds mental health
- Over 98% rated the overall training as excellent, with the other 2% scoring it as very good

Impact: Service Quality

“Since you delivered the PMH training to the health visitors, they have been very proactive and trained the workforce. The overwhelming feedback on the training was positive, useful, relevant and appropriate, with words like “brilliant” used. Staff felt empowered and grew in confidence and are very motivated. I’m collating the overall % of staff trained at the minute, and I’m expecting 100%. This will ensure that the health visiting workforce provides a top quality service to children and families”.

Impact: Partnership working

- Integrated PMH pathway
- Improved access to PMH services
- Reducing stigma of PMH
- Increased detection rates; antenatal as well as postnatal, for a range of conditions, not just PND
- All referrals to PMH services were evaluated as appropriate
- Raised parity of esteem for mental health

Kathryn's story



Thank you for Listening!



For more information on the Institute of Health
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