

# Perinatal Mental Health Annual Meeting

Supported by: *The Royal College of Psychiatrists*

Thursday 13 – Friday 14 December 2018



Royal College of  
Obstetricians &  
Gynaecologists

Venue: RCOG

## Overview

Mental health problems affect 20% of women in the perinatal period and suicide is one of the leading causes of maternal mortality. Many women are not recognised as being unwell and go untreated. Stigma in relation to mental health problems is a further barrier to women seeking appropriate help and support. Specialist perinatal mental health services are being developed across the UK and there is a need for all professionals who work with women in pregnancy and the postnatal period to have skills in detecting, assessing and managing the conditions.

This 2 day intensive course for obstetricians, gynaecologists, midwives, health visitors, GPs and mental health professionals will increase understanding of maternal mental disorders (nature, course, assessment and management) and the associated skills required in maternity services. The course will be delivered by experts from psychiatry, psychology, psychotherapy, obstetrics and midwifery in Perinatal Mental Health and the content will reflect the HEE PMH Competency Framework objectives.

## Learning Objectives

- To enable obstetrics and gynaecology doctors, midwives and allied professionals to identify and understand the aetiology, nature and course of mental health problems in pregnancy and the first year following childbirth
- To understand the characteristics of disorders in the perinatal period which contribute to complexity and risk across physical, emotional and social domains
- To enable participants to reflect on the role of stigma as a barrier to effective identification and management of mental disorders
- To understand current developments in relation to services, care pathways and clinical networks
- To understand that each discipline has a role to play in the care of women with mental disorders and to understand multi-disciplinary and multi-agency working and the need for good communication
- To update professionals on the latest developments in management and treatment of mental disorders in the perinatal period (including physical and psychological strategies)
- To understand the effects of maternal mental health problems on the developing fetus and infant
- To understand how the participants can contribute to the development and provision of services

## Who Should Attend?

- All Consultants, SAS Doctors and Trainees in Obstetrics and Gynaecology
- Midwives
- Nurse Specialists
- Obstetric anaesthetists and physicians
- GPs
- Neonatologists
- Medical Students

## Course Organisers

Dr Liz McDonald FRCPsych, MPhil, DU, London

Dr Karen Joash MRCOG, London

Dr Maddalena Miele MRCPsych, D Phil, London

## Honorary Director of Conferences

Mr Philip Toozs-Hobson FRCOG, Birmingham

## Honorary Deputy Director of Conference

Mr Andrew Sizer FRCOG, Shropshire

## PROGRAMME

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### Thursday 13 December

#### Mental Disorders

8.45am      *REGISTRATION AND REFRESHMENTS*

#### Session I

*Chair: Dr Liz McDonald*

9.15am      **Welcome and introduction**  
Prof Lesley Regan and Maria Viner, Chief Executive Officer, Mothers for Mothers

9.35am      **The perinatal frame of mind: what is this and what does it mean for training and educating professionals?**  
Dr Liz McDonald, Consultant Perinatal Psychiatrist

10.20am     **The obstetricians role within the development and provision of perinatal mental health services**  
Miss Karen Joash, Consultant in Obstetrics and Gynaecology, Imperial NHS Healthcare Trust, London

10.45am     **Discussion**

11.00am     *REFRESHMENTS*

#### Session II

*Chair: Dr Maddalena Miele*

11.20am     **Psychosis in the perinatal period**  
Prof Ian Jones, Director NCMH, Professor of Psychiatry, Cardiff University

11.50am     **Birth trauma and PTSD**  
Prof Susan Ayers, Professor of Maternal and Child Health, City, University of London

12.20pm     **Maternal anxiety and OCD in the perinatal period**  
Dr Heather O'Mahen

12.50pm **Discussion**

1.05pm *LUNCH*

### **Session III**

*Chair: Dr Alison Wright*

1.45pm **Perinatal depression**

Dr Lucinda Green, Private Consultant Perinatal Psychiatrist – Priory Wellbeing Centre, Portland Hospital & Women’s Wellness Centre

2.15pm **Substance misuse and alcohol dependency in pregnancy**

Dr Emily Finch, Clinical Director, Southwark Central Acute and Addictions Directorate, South London and Maudsley NHS Foundation Trust

2.45pm **Eating disorders in pregnancy and the perinatal period**

Dr Niki Kern

3.15pm **Discussion**

3.30pm *REFRESHMENTS*

### **Session IV: Workshop Session A**

Delegates can choose only **one** breakout group from below

3.50pm **1. Pre-birth planning: working within a multi-agency framework**

Dr Olivia Protti, Consultant Perinatal Psychiatrist, City and Hackney Centre for Mental Health, Homerton Hospital

Dona Thomas

Ms Jill Demilew, Consultant Midwife Public Health, King’s College Hospital, London

**2. Working together: joint obstetric and psychiatric management of complexity in the antenatal period**

Dr Neha Rawat, Consultant Perinatal Psychiatrist, Goodmayes Hospital, Ilford

Dr Farida Bano, Consultant Obstetrician and Gynaecologist, Barking, Havering and Redbridge University Hospitals NHS Trust, London

**3. Lived experience – what do women want from their healthcare practitioners and how can we support their partners?**

Ms Clare Dolman, Service User Research, Institute of Psychiatry, Psychology and Neuroscience, London

Dr Henry Fay, Former GP with first-hand family experience of postpartum psychosis

**4. Mild to moderate depression and anxiety disorders: psychological treatment options and care pathways**

Dr Sarah Finnis, Clinical Psychologist, Hillingdon Hospital, Uxbridge

Ms Elizabeth Siddell, Senior Cognitive Behavioural Therapist, Gilbert Hitchcock House, Bedford

**Session V: Workshop Session B**

Delegates can choose only **one** breakout group from below

4.25pm

**1. Pre-birth planning: working within a multi-agency framework**

Dr Olivia Protti, Dona Thomas and Ms Jill Demilew

**2. Working together: joint obstetric and psychiatric management of complexity in the antenatal period**

Dr Neha Rawat and Dr Farida Bano

**3. Lived experience – what do women want from their healthcare practitioners and how can we support their partners?**

Ms Clare Dolman and Dr Henry Fey

**4. Mild to moderate depression and anxiety disorders: psychological treatment options and care pathways**

Dr Sarah Finnis and Ms Elizabeth Siddell

5.00pm

*CLOSE of DAY ONE*

**Friday 14 December**

8.45am

*REGISTRATION AND REFRESHMENTS*

*Chair: Dr Maddalena Miele*

9.00am

**Welcome and introduction**

Dr Trudi Seneviratne

9.10am

**My experience: taking medication**

Rosie Lowman, Chief Executive Officer, Cocoon Family Support

**Session VI: Prescribing psychotropic medication during pregnancy and breastfeeding**

9.30am

**General principles**

Dr Liz McDonald

- 9.50am      **Prescribing anti-psychotic drugs and mood stabilisers**  
Dr Angelika Wieck, Honorary Perinatal Consultant Psychiatrist, Greater Manchester Mental Health NHS Foundation Trust
- 10.20am     **Prescribing anti-depressants**  
Prof Ian Jones
- 10.45am     **Prescribing sedative, anxiolytic and hypnotic drugs**  
Dr Angelika Wieck
- 11.00am     **Discussion**
- 11.05am     *REFRESHMENTS*

**Session VII: Understanding the effects of maternal mental health problems on the developing infant and family, perinatal loss and safeguarding**

*Chair: Dr Sonji Clarke*

- 11.20am     **Normal infant emotional development and effects of maternal mental health problems**  
Prof Jane Barlow, Professor of Evidence Based Intervention and Policy Evaluation, University of Oxford
- 11.50am     **Is reproductive mental health overlooked? Why it matters and what we can do about it**  
Dr Camilla Rosan, National Programme Lead for Perinatal Mental Health and Consultant Perinatal Clinical Psychologist, London
- 12.30pm     **Safeguarding children – issues in relation to PMH**  
Dr Heidi Hales, Consultant Adolescent Forensic Psychiatrist, St Bernard's Hospital, London
- 12.55pm     **Discussion**
- 1.05pm      *LUNCH*

**Session VIII**

*Chair: Dr Karen Joash*

- 1.45pm      **Evaluation of major risk – lessons from maternal deaths enquiries**  
Prof Marian Knight, Professor of Maternal and Child Population Health, University of Oxford
- 2.10pm      **Abnormal illness behaviour in the antenatal period**  
Dr Catia Acosta, Consultant Perinatal and Liaison Psychiatrist, Chelsea and Westminster Hospital
- 2.50pm      **Hormones and the brain**  
Dr Michael Craig

3.15pm **Discussion**

3.25pm *REFRESHMENTS*

### **Session IX: Workshop Session C**

Delegates can choose only **one** breakout group from below

3.45pm **1. Perinatal mental health clinical networks, care pathways**  
Ms Jo Maitland, London Perinatal Mental Health Network Coordinator;  
Perinatal Mental Health Training and Service Development Lead, Tavistock  
and Portman NHS Foundation Trust, London

Dr Sarah Taha, Chair of the London Perinatal Mental Health Network,  
Consultant Perinatal Psychiatrist, West London Mental Health Trust

Miss Karen Joash

Emma Fox sharing her experience of being involved in the London Perinatal  
Network and the importance of co-production

**2. Pre-pregnancy counselling for women with severe mental health  
problems**

Dr Maddalena Miele and Mrs Jenny Fay

**3. Training maternity staff in the identification of maternal mental  
health problems**

Dr Lucinda Green

Miss Louise Page, Consultant Obstetrician and Gynaecologist, Chelsea and  
Westminster Hospital NHS Foundation Trust – West Middlesex Site, London

### **Session X: Workshop Session D**

Delegates can choose only **one** breakout group from below

4.20pm **1. Perinatal mental health clinical networks, care pathways**  
Ms Jo Maitland and Dr Sarah Taha, Miss Karen Joash and Emma Fox

**2. Pre-pregnancy counselling for women with severe mental health  
problems**

Dr Maddalena Miele and Mrs Jenny Fay

**3. Training maternity staff in the identification of maternal mental  
health problems**

Dr Lucinda Green and Miss Louise Page

5.05pm *CLOSE*