



Programme – Thursday 10 October 2019

Mental Disorders

8.45am *REGISTRATION AND REFRESHMENTS*

Session I : Why is preinatal mental health important

Chair: Dr Maddalena Miele, Consultant in Perinatal Psychiatry and Perinatal Mental Health Clinical Lead, CNWL Perinatal Mental Health Services, The Paterson Cabin, St Mary's Hospital, London

9.15am **Welcome and introduction**

Professor Lesley Regan, RCOG, President

Ms Maria Viner, Chief Executive Officer, Mothers for Mothers, Bristol and RCOG Women's Network

9.30am **The perinatal frame of mind: what is this and what does it mean for training and educating professionals?**

Dr Liz McDonald, Clinical Lead for Perinatal Workforce Development RCPsych, Associate Clinical Lecturer Tavi and Portman Trust

10.00am **The role of the obstetrician in perinatal mental health**

Dr Karen Joash, Consultant in Obstetrics and Gynaecology, Imperial NHS Healthcare Trust, London

10.20am **The RCOG perinatal faculty**

Dr Veronica Miller

10.30am **Discussion**

10.45am *REFRESHMENTS*

Session II : Overview of mood disorders and impact on child development

Chair: Dr Maddalena Miele

11.00am **SPARE SLOT**

11.30am **Normal infant emotional development and effects of maternal mental health problems**

Professor Jane Barlow, Professor of Evidence-based Intervention and Policy Evaluation, University of Oxford

12.00pm **Perinatal depression**

Professor Carmine Pariante

12.30pm **Maternal anxiety and OCD in the perinatal period**

Dr Fiona Challacombe, NIHR Clinical Lecturer, King's College London and South London and Maudsley NHS Trust

1.15pm *LUNCH*

Session III: Breakout Group Session A

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

2.00pm **1. Pre-pregnancy counselling for women with severe mental health problems**

Dr Maddalena Miele

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

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

Dr Montserrat Fusté, Consultant Perinatal Psychiatrist, Perinatal Parent-Infant Mental Health Service, Goodmayes Hospital North East London NHS Foundation Trust (NELFT)

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

Dr Clare Dolman, Vice Chair of the Maternal Mental Health Alliance, London

Dr Henry Fay, Former GP with lived experience as the partner of someone who has suffered from postpartum psychosis

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

Dr Sarah Finnis, Clinical Psychologist, Hillingdon Hospital, Uxbridge

Mrs Jessie Gallagher-Michaels, Deputy Clinical Lead, Cognitive Behavioral Psychotherapist, Hillingdon Talking Therapies Service, CNWL NHS Trust

Session IV: Breakout Group Session B

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

2.30pm **1. Pre-pregnancy counselling for women with severe mental health problems**

Dr Maddalena Miele

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

Miss Farida Bano

Dr Montserrat Fuste

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

Dr Clare Dolman

Dr Henry Fay

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

Dr Sarah Finnis, Clinical Psychologist, Hillingdon Hospital, Uxbridge
Mrs Jessie Gallagher-Michaels

3.00pm *REFRESHMENTS*

Session V : Mental health and social factors

Chair: Miss Karen Joash

3.15pm **Substance misuse and alcohol dependency in pregnancy**
Dr Emily Finch, Clinical Director, South London and Maudsley NHS
Foundation Trust, Camberwell

3.45pm **Perinatal mental health and domestic violence**
Dr Hind Khalifeh, Consultant Perinatal Psychiatrist (Hertfordshire
Partnership NHS Trust) and Visiting Researcher (Section of Women's Mental
Health, IOPPN, King's College London)

4.15pm **Sexual abuse and perinatal mental health**
Ms Michelle Wright (lived experience, midwife)

4.45pm **Discussion**

5.00pm *CLOSE of DAY ONE*

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8.45am *REGISTRATION AND REFRESHMENTS*

9.00am **Welcome and introduction**
Dr Alison Wright, Vice-President UK and Global Membership, RCOG

Session VI: Treatment of mood disorders

Chair: TBC

9.05am **Puerperal psychosis, schizophrenia and bipolar disorder**
Professor Ian Jones

9.30am **The role of the midwife**
Ms Louise Nunn, Consultant Midwife Development Role – Public Health/Normality, Chelsea and Westminster Hospital NHS Foundation Trust

9.55am **Prescribing anti-depressants**
Professor Ian Jones

10.20am **Prescribing anti-psychotic drugs and mood stabilisers**
Dr Angelika Wieck, Honorary Perinatal Consultant Psychiatrist, Greater Manchester Mental Health NHS Foundation Trust

10.45am **Treatment of tokophobia**
Dr Rachel Mycroft, Consultant Clinical Psychologist, Birmingham and Solihull Mental Health NHS Foundation Trust

11.10am **Discussion**

11.20am *REFRESHMENTS*

Session VII: Breakout Group Session C

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

11.30am **1. Perinatal mental health clinical networks and care pathways**
Ms Jo Maitland, Perinatal Mental Health Training and Service Development Lead; and London Perinatal Mental Health Network Coordinator, Tavistock and Portman NHS Foundation Trust

Dr Sarah Taha

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

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

3. Stigma: addressing it the perinatal context

Miss Sujatha Thamban

Session VIII: Breakout Group Session D

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

- 12.30pm **1. Perinatal mental health clinical networks and care pathways**
Ms Jo Maitland
Dr Sarah Taha
- 2. Training maternity staff in the identification of maternal mental health problems**
Miss Louise Page
- 3. Stigma: addressing it the perinatal context**
Miss Sujatha Thamban
- 1.00pm *LUNCH*

Session IX: Understanding the effects of maternal mental health problems on the developing infant and family

Chair: Dr Maddalena Miele

- 1.45pm **Maternal deaths section**
Ms Penny Law
- 2.15pm **Birth trauma and PTSD**
Dr Janice Smith
- 2.45pm **Fathers and mental health**
Dr Andrew Mayers, Principal Academic, Bournemouth University
- 3.15pm **Safeguarding children and vulnerable adults – issues in relation to PMH**
Dr Angelika Wieck
- 3.45pm *REFRESHMENTS*

SESSION X: The future

Chair:

- 4.00pm **Rewind therapy and third sector interventions**
Ms Louise Nunn
- 4.30pm **Mental capacity in pregnancy and the puerperium: legal framework and liberty**
Dr Clementine Maddock, Medical Director and Consultant Psychiatrist, Ry Catrin, Cardiff
- 5.00pm **Discussion**
- 5.15pm *CLOSE*