Programme – Thursday 10 October

Mental Disorders

8.45am  REGISTRATION AND REFRESHMENTS
L1 and Lower Atrium

Session I: Why is perinatal mental health important
Lecture Theatre
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
Prof 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, Consultant Obstetrician and Obstetric Lead for Perinatal Mental Health, John Radcliffe Hospital, Oxford

10.30am  Discussion

10.45am  REFRESHMENTS
L1 and Lower Atrium

Session II: Overview of mood disorders and impact on child development
Lecture Theatre
Chair: Dr Maddalena Miele

11.00am  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
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11.30am  **Perinatal depression**
Professor Carmine Pariente, Professor of Biological Psychiatry, Institute of Psychiatry, Psychology and Neuroscience, King’s College London and Consultant Perinatal Psychiatrist, South London and Maudsley NHS Foundation Trust

12.15pm  **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

1.00pm  **LUNCH**
L1 and Lower Atrium

**Session III: Breakout Group Session A**

2.00pm  **1. Pre-pregnancy counselling for women with severe mental health problems**
L3
Dr Maddalena Miele

2. **Working together: joint obstetric and psychiatric management of complexity in the antenatal period**
L4
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?**
L2
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**
Lecture Theatre
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

2.30pm  
1. Pre-pregnancy counselling for women with severe mental health problems  
   L3  
   Dr Maddalena Miele

2. Working together: joint obstetric and psychiatric management of complexity in the antenatal period  
   L4  
   Miss Farida Bano and Dr Montserrat Fusté

3. Lived experience – what do women want from their healthcare practitioners and how can we support their partners?  
   L2  
   Dr Clare Dolman and Dr Henry Fay

4. Mild to moderate depression and anxiety disorders: psychological treatment options and care pathways  
   Lecture Theatre  
   Dr Sarah Finnis and Mrs Jessie Gallagher-Michaels

3.00pm  
REFRESHMENTS  
L1 and Lower Atrium

Session V: Mental health and social factors  
Lecture Theatre  
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), Greater Glasgow and Clyde, Glasgow

4.45pm  
Discussion

5.00pm  
CLOSE of DAY ONE
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8.45am   REGISTRATION AND REFRESHMENTS
           L1 and Lower Atrium

Session VI: Treatment of mood disorders
Lecture Theatre
Chair: Dr Alison Wright

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

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

9.30am   Prescribing anti-psychotic drugs and mood stabilisers
           Dr Angelika Wieck, Honorary Perinatal Consultant Psychiatrist, Greater
           Manchester Mental Health NHS Foundation Trust

9.55am   Prescribing anti-depressants
           Professor Ian Jones

10.20am  Treatment of tokophobia
           Dr Rachel Mycroft, Consultant Clinical Psychologist, Birmingham and Solihull
           Mental Health NHS Foundation Trust

10.45am  The role of the midwife and rewind therapy
           Ms Louise Nunn, Consultant Midwife Development Role – Public
           Health/Normality, Chelsea and Westminster Hospital NHS Foundation Trust

11.10am  Discussion

11.20am  REFRESHMENTS
           L1 and Lower Atrium

Session VII: Breakout Group Session C

11.30am  I. Perinatal mental health clinical networks and care pathways
           L4
           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, Consultant Perinatal Psychiatrist, Chair of the London
           Perinatal Mental Health Clinical Network, Hammersmith and Fulham
           Hospital, London
2. **Training maternity staff in the identification of maternal mental health problems**
   **Lecture Theatre**
   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**
   **L3**
   Miss Sujatha Thamban, Consultant Obstetrician and Gynaecologist, Whipps Cross Hospital, Barts Health NHS Trust, London
   Dr Mehreen Mirza, ST7, Barts Health, London

**Session VIII: Breakout Group Session D**

**12.00pm**
1. **Perinatal mental health clinical networks and care pathways**
   **L4**
   Ms Jo Maitland and Dr Sarah Taha

2. **Training maternity staff in the identification of maternal mental health problems**
   **Lecture Theatre**
   Miss Louise Page

3. **Stigma: addressing it the perinatal context**
   **L3**
   Miss Sujatha Thamban and Dr Mehreen Mirza

**12.30pm**
**LUNCH**
**L1 and Lower Atrium**

**Session IX: Maternal deaths, the impact of mental illness on the family; mental capacity in obstetric settings**
**Lecture Theatre**
**Chair: Dr Maddalena Miele**

**1.30pm**
**Maternal deaths section**
Miss Penelope Law, Consultant Obstetrician and Gynaecologist, Hillingdon Hospital, London

**2.00pm**
**Birth trauma and PTSD**
Dr Janice Smith, Make Birth Better Clinical Lead, Chartered Psychologist, Healthy You Ltd

**2.30pm**
**Fathers and mental health**
Dr Andrew Mayers, Principal Academic, Bournemouth University
3.00pm  Safeguarding children and vulnerable adults – issues in relation to PMH
Dr Angelika Wieck

3.30pm  REFRESHMENTS
L1 and Lower Atrium

3.45pm  Mental capacity in pregnancy and the puerperium: legal framework and liberty
Dr Clementine Maddock, Medical Director and Consultant Psychiatrist, Ty Catrin, Cardiff

4.15pm  Discussion

4.30pm  CLOSE