

National Programmes Day

Title of Conference: National Clinical Programmes-  
Recovery, Resilience, Reform

#3RsBetterHealthNCP22

Sláintecare.

Right Care. Right Place. Right Time.



# Specialist Perinatal Mental Health Services: Development in Ireland

National Clinical Programmes:  
*Reform, Recovery, Resilience*

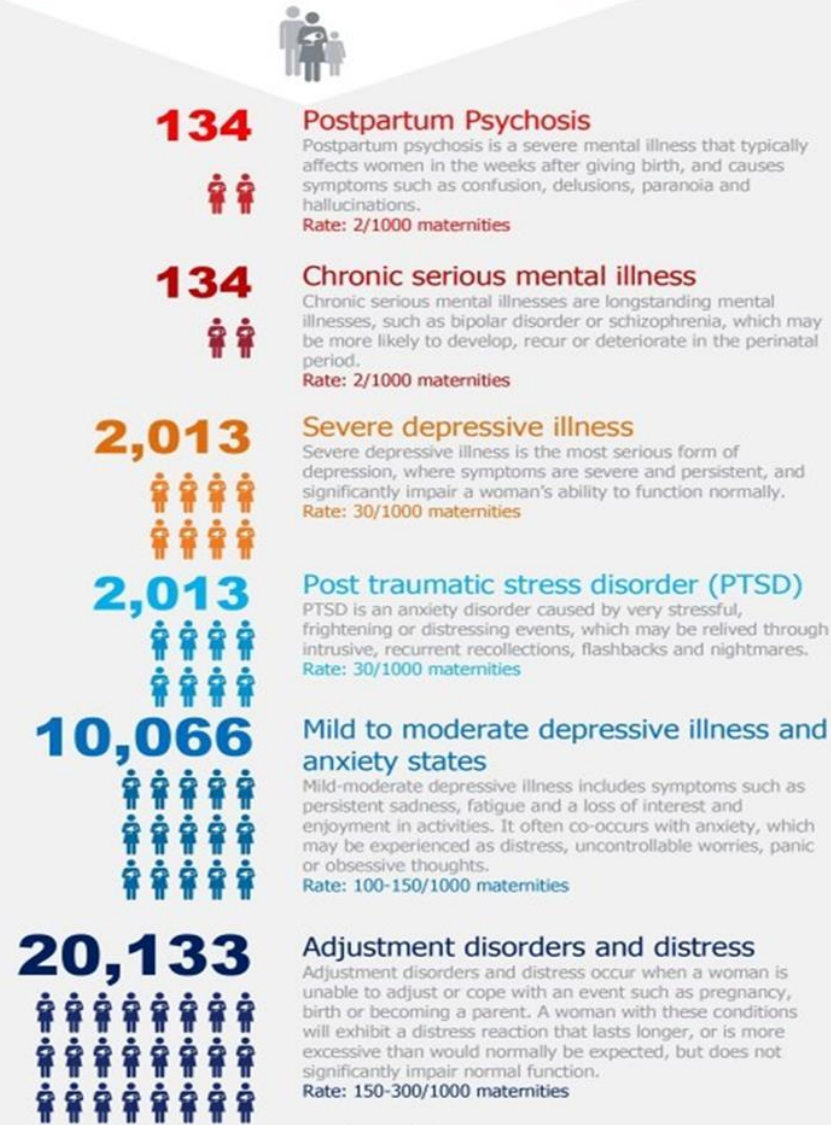


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7<sup>th</sup> October, 2022

# Context

Figure 1: Estimated number of women affected by perinatal mental illnesses in Ireland each year



Rate is estimated based on average number of births for the years 2012 - 2016. There may be some women who experience more than one of these conditions. Adapted for the Irish population from Prevention in Mind NSPCC, UK 2013 and JCP-MH 2012.

Perinatal Mental Health Services prior to MOC → 4.0WTEs (Dublin only).



# Importance of identifying and treating perinatal mental health problems

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## *The impact:*

- *The mother*
- *The infant: lifelong significant emotional, behavioural and cognitive problems*
- *The wider family.*

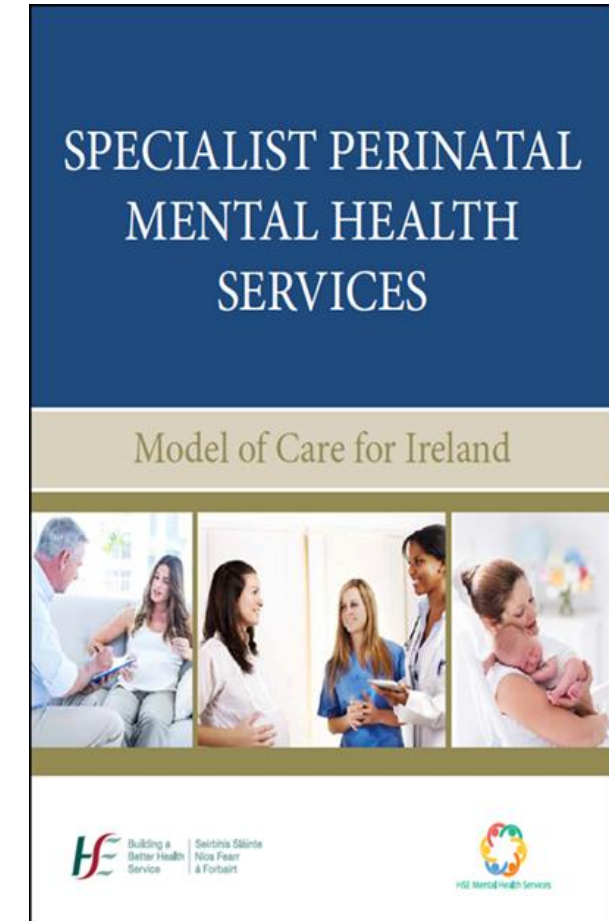
## *The cost:*

- *UK study: £8.1 billion /year*
- *£10,000 for every single birth*
- *To remedy: £600 per/ birth*



# The Strategy: HSE Mental Health Division 2016

- **Response:** to the DOH National Maternity Strategy 2016
- **Design:** Multidisciplinary with service user input (AIMS Ireland)
- **Launched:** 30<sup>th</sup> November 2017
- **Covers:**
  - Specialist perinatal mental health response to women with moderate to severe mental health problems
  - Response to women with mild-moderate problems
  - during pregnancy and first year post partum
- Both: **Integrated** with maternity services.





# Hub and Spoke Network

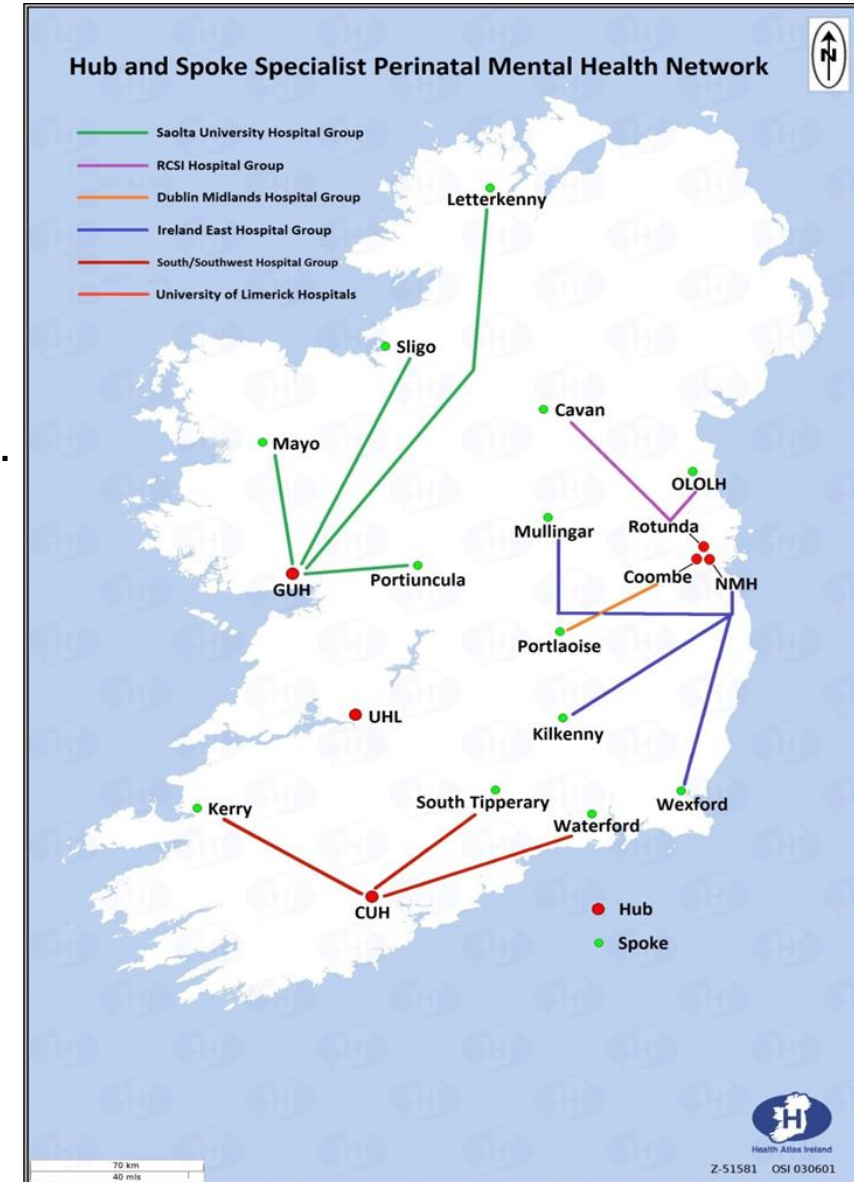
- 19 maternity services: birth numbers 1,000 to 9,000/year
- Hub and Spoke model recommended
- In line with maternity networks and developed within hospital groups.

**Hubs:** host multidisciplinary specialist teams led by perinatal psychiatrists.

- Rotunda Hospital
- National Maternity Hospital
- Coombe Hospital
- University Maternity Hospital Limerick
- Cork University Maternity Hospital
- Galway University Hospital

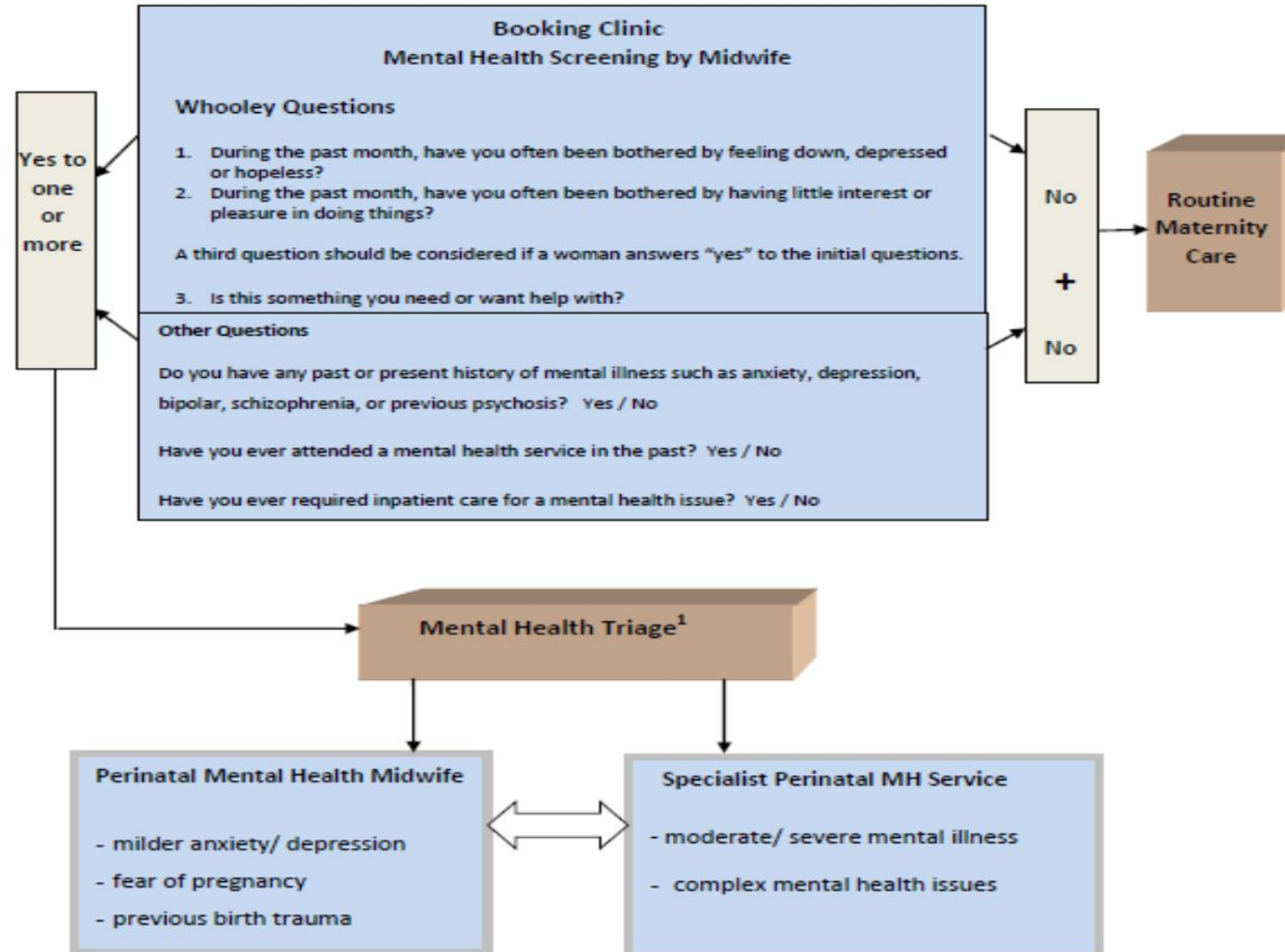
**Spokes:** Liaison Psychiatry

**Both:** Perinatal Mental Health Midwives.



# Clinical Pathway

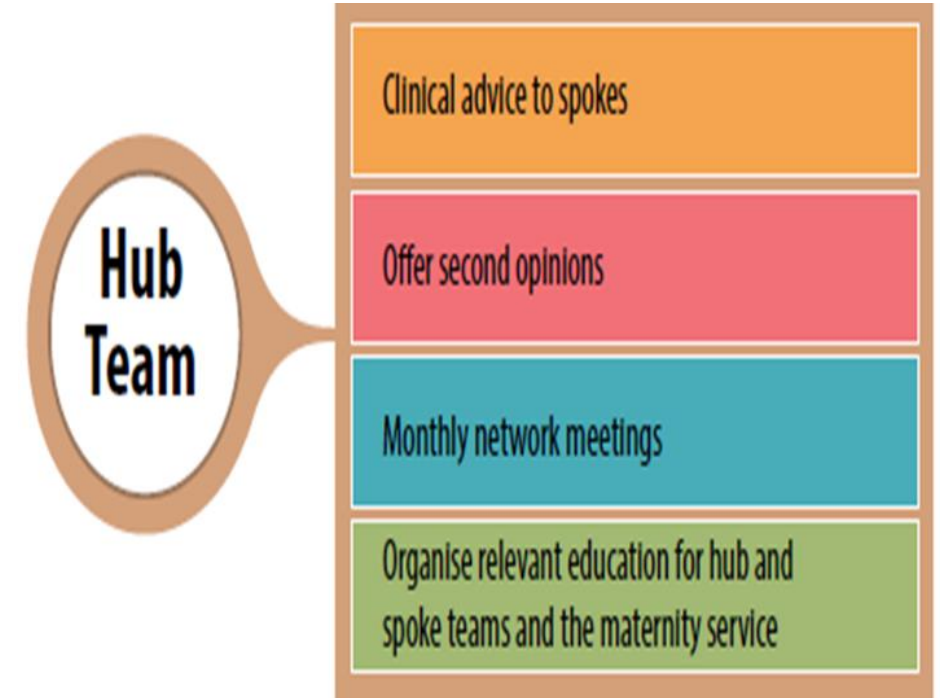
## Perinatal Mental Health Referral Pathway – within Maternity Services



# Responsibility of the Hub Team

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- *Provide clinical advice to the spokes*
- *Offer second opinions if indicated*
- *Organise monthly network meetings*
- *Organise relevant education for the staff in the hub and spoke teams and for the maternity service as a whole.*





# Implementation of the MOC – four years on

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**Clinical Lead and Programme Manager** working with Mental Health and Maternity Services and the National Women and Infants Health Programme (NWIHP)

- Recruitment
- Induction – in conjunction with Hubs
- National Oversight Implementation Group
  - established in April 2018
  - hubs joined when a consultant is in place
  - each discipline represented
  - support hub site development
  - develop and support spoke structure
  - education and training (specific team training and PMH App)
- Dataset to capture clinical activity (in development)
- Advancing the Mother and Baby Unit (MBU).

## Funding

- PFG funding (€3.6m) for specialist perinatal mental health teams
- Funding from NWIHP for PMH Midwife posts (€1.2m) in hub and spoke sites.
- Combination of national leadership and funding together with joint working from Maternity and Mental Health Services key enablers for implementation.

# SPMHS Hub Sites – WTE update

SPMHS Hub sites	UMHL	CUMH	GUH	Coombe	Rotunda	NMH
Perinatal Psychiatrist	1.0	1.0	1.0	1.2	1.0	1.0
HST Snr Registrar	1.0	1.0	1.0	1.0	1.0	1.0
Administrator	1.0	1.0	1.0	2.4	1.0	1.0
CNSMH x1	1.0*	1.0	1.0	1.0	1.0	1.0
CNSMH x1	1.0	1.0	1.0	1.0	1.0	1.0
PMH Midwife x1	1.0*	1.0	1.0	1.0	1.0*	1.0
PMH Midwife x1	1.0	1.0	-	1.0	1.5	1.0
Snr MH Social Work	1.0	1.0	1.0	1.0	1.0	1.0
Snr Psychologist	1.0	1.0	1.0	1.0	1.0	1.0
Snr O.T.	1.0	1.0	1.0	1.0	1.0	1.0
<b>Total</b>	<b>10.0</b>	<b>10.0</b>	<b>9.0</b>	<b>11.6</b>	<b>10.5</b>	<b>10.0</b>
*cANP and cAMP posts in UMHL and AMP post in Rotunda Hospital.			<b>SPMH Hub Site total: 61.1WTEs</b>			

**Note:** Snr O.T. posts last discipline- filled this year. Posts in red are the currently in recruitment. Includes additional posts gained this year through an application to Women’s Health taskforce and through the ANP/ AMP ONMSD process.

# Spoke Sites

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- *13 maternity units all in Level 3 hospitals*
- *MHS provided by existing liaison psychiatry service*
- *MOC: augmented by a PMH midwife*
- *Spoke linked to Hub in relevant Hospital Group.*

## **SPMHS - PMH Midwives**

All now recruited:

### **NMH (Dublin Sth East)**

- Wexford, Mullingar, Kilkenny

### **Rotunda (Dublin Nth & Nth East)**

- Cavan, Louth

### **Coombe (Dublin South West)**

- Portlaoise

### **CUMH (Cork Hub)**

- South Tipperary, Waterford, Kerry

### **UMHL (Limerick Hub)**

### **GUH (Galway Hub)**

- Donegal, Mayo, Portluncula, Sligo.

# Key enablers of reformation and recovery – four years on...

## *What was good?*

- ✓ **Implementation mechanism** established at time of launch by the Mental Health Division
- ✓ **Existing highly trained staff** in perinatal mental health in Ireland worked closely with all stages of design and implementation
- ✓ **Funding** available at the time of Model of Care launch
- ✓ **Collaborative** working with National Women and Infants Health Programme
- ✓ Development of **perinatal mental health midwife role** nationally
- ✓ **Good working relationships** established with all hub and spoke sites
- ✓ The Programme was able to work closely with the **HSE National Recruitment Service** to:
  - develop bespoke panels to fill posts in line with specifically designed job descriptions
  - run competitions for the three HSE sites together enabling each post to be filled in a timely manner
- ✓ Providing bespoke **training**
- ✓ Development of the **PMH Healthcare App** for all frontline staff as an efficient way of providing PMH specific information and training to SPMHS teams and other frontline staff.
- ✓ 6 full-time higher trainee **posts in perinatal psychiatry** were funded by the HSE and approved by the College of Psychiatrists of Ireland.

# More to do: ensure resilience

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- SPMH Team and **clinic accommodation**: Galway, Cork and Limerick
- **National Mother and Baby Unit**
- Cascade Training: PHNs, Practice Nurses, Community Midwives, Community Mental Health Teams.
- Strengthen spoke links with hubs and liaison psychiatry
- Community mental health nurse lead in each double sector
- PHN lead in each CHO for Perinatal Mental Health
- Bespoke IT database: clinical activity, patient outcome and feedback.





# And for women and their infants..

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- *Mental health problems*
  - common
  - not their fault
- *Reform the system to meet*
  - their needs
  - needs of their infants
- *Recovery focused services*
  - accessible response
  - skilled staff
  - hope imbued
- *Resilience*
  - enhanced in women
  - develops in infants where mother-infant bond the focus
  - lifelong benefit for infants, into adulthood.



# SPECIALIST PERINATAL MENTAL HEALTH SERVICES

Model of Care for Ireland



**HSE** Building a Better Health Service  
Seirbhís Sláinte Níos Fearr á Forbairt



**Further information and supports at:**

Web: [www.hse.ie](http://www.hse.ie) search: Perinatal Mental Health

 : @HSE\_SPMHS



**Perinatal Mental Health App**  
Available to Healthcare Staff at:

<https://pmh.healthcarestaff.app>

