The First Advanced Nurse Practitioner in Perinatal Mental Health in Ireland:
“An 8 year Gestation Period”

Deirdre Madden RPN, RANP, Msc.
Preparation (1 year) 2008

Me (RPN)

* Mental Health Nurse
* Previous experience in Perinatal Mental Health (PMH)
* Experience in a nurse led liaison team
* Training in psychological interventions

Partner (s)

* HSE Dublin South East
* National Maternity Hospital
* Consultant Perinatal Psychiatrist
* Multidisciplinary Healthcare professionals
* Women (case load)
Pre – conception stage (1 year) 2009

Me (RPN)
* Clinical supervision
* Further training
* Resources
* Audit

Partner(s)
* Service needs analysis
* Service Model considered
* Budget
* Provide training for non mental Health staff
* National Policies
Me (RPN)

* Nurse managed clinics
* Situated in Maternity Setting
* Not limited by catchment area
* Overview of caseload emerging
* Adopt International guidelines

Conception (1 year) 2010

*Albert Einstein*

Education is not the learning of facts, but the training of the mind to think.
First trimester (1 year) 2011

- International guidelines
- Policy implementation
- Audit (s)
- International research
- Service gaps
- Emerging patterns
Second trimester – RPN to CNSp (1 year)

- Scope of practice
- Demand for education to non-mental health professionals about PMH
- Lack of research in Irish context
- Need for further education – level 9 commenced
- Role development or role expansion
The scan – Intact enough to proceed to MSc? 2013

- Identified need for nurse led PMH clinics
- PMH in the Irish context
- Nursing paradigm
- Comprehensive PMH literature search
- Clinical knowledge & Clinical component
- Merge Research and area of clinical relevance = Action Research
Third Trimester – Prepare to deliver the dissertation (1 year) 2014

- Integrated care
- Action research (5 key findings)
- Gap in International & Irish Research
- Implement change
- Pathway
- Education (provided)
- Screening
- Areas for further education identified
Labour – Site Preparation (10 months) 2015 - 2016

Me cANP

* Identified components for nurse led clinics (4)
* Defined case load for prescriptive authority
* Recovery based model
* Defined service needs (7)
* Defined case load
* Developed competency framework RPN-CNSp-RANP in PMH
* Developed framework for opening conversations about PMH

Partner(s)

* NMPDU & NMBI
* Director of Nursing & Midwifery
* Consultant Perinatal Psychiatrist
* Practice Development
* Community partners
* Women, their infants & support person
Birth – Professional Portfolio (6 months)
2015-2016

Autonomy
- Developing a case for change
- Accountability and responsibility
- Professional judgement
- Assess
- Collaborate
- Intervene
- Treat
- Refer
- Discharge
- Assessment and management of risk
- Managing complexity

Expert Practice
- Ethical decision making and problem solving
- Critical thinking
- Analytical skills
- Reflection
- Expert decision making, clinical judgement
- Clinical governance
- Developing confidence
- Develop therapeutic interventions
- Higher level communicatin skills
- Promotion of learning
Adjustment – “What just happened” (ongoing - recovery) 2016

Thesis: 22,000 words
Transcription: 40,000 words
Site Preparation & Job description: 37,282 words
Portfolio: 10,297 words
Infancy-RANP in Perinatal Mental Health (currently) 2016

- Nurse prescribing
- Research
- Publication
- Education
- Nurse led clinics
- Developing therapeutic interventions
- Development of a clinical network in PMH
“The £5m perinatal community services development fund, announced today, is intended to improve the availability of high quality care for women experiencing severe mental health problems.

It forms part of an overall £365m plan to offer evidence-based perinatal support to 30,000 more women over the next five years, which was unveiled last month by NHS England in its Five Year Forward View for Mental Health”.

Nursing Times, August 2016.