



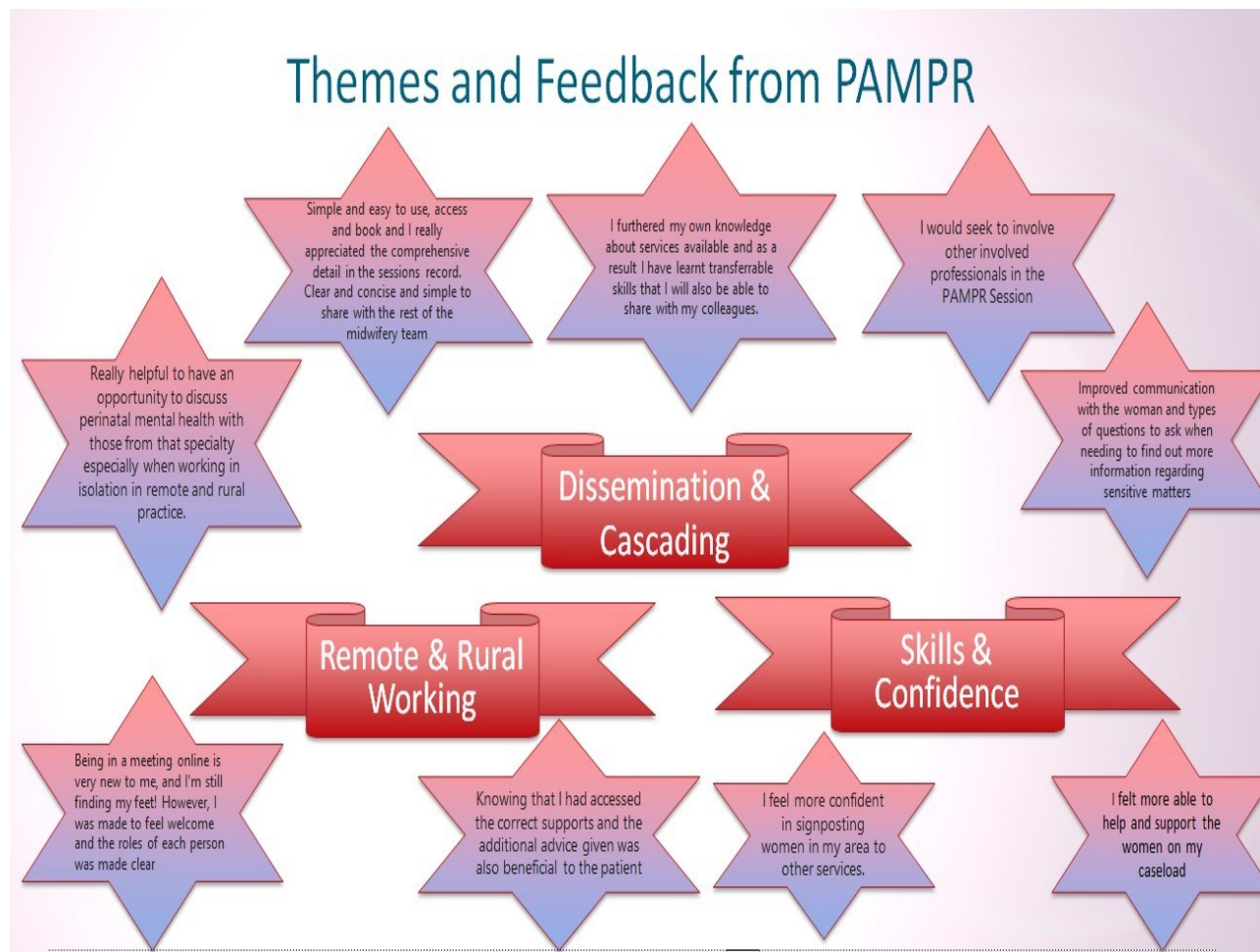
Welcome to the first Perinatal Mental Health Network Scotland (PMHNS) Spotlight Bulletin of 2023.

If you would like to share information on your service or take the 6-question challenge, or if you have any questions please contact [nss.pmhn@nhs.scot](mailto:nss.pmhn@nhs.scot)

NHS Highland (North) Perinatal Infant Mental Health (PNIMH) Service

The Perinatal Infant Mental Health Team are delivering and developing an integrated three-strands approach to supporting perinatal and infant mental health from pre-conception to an infant's 3rd birthday. Our service began late November 2021 with the recruitment of Susan Ross, our Perinatal Mental Health Advanced Nurse and has developed since then with the appointment of Donna Cowan, Specialist Midwife for Perinatal Mental Health; Roddy Munro, Perinatal Mental Health Nurse; Rebecca McLelland providing Advanced Clinical Pharmacy input; Sarah Hughes, Parent-Infant Therapist; Mel Lees, Principal Clinical Psychologist and finally Doug Hutchison Clinical Lead (Consultant Clinical Psychologist). Our Service Manager, Carol Spratt, manages all three strands of the service. The Team have been accepting referrals from late November 2022.

Our Perinatal Advice Meeting and Professional Reflection (PAMPR) sessions are a well-established consultation pathway for all mild to severe perinatal mental health queries following initial team triage, allowing our multi-disciplinary team to meet formally with a range of professionals utilising the diverse clinical skill mix of our team to discuss perinatal well-being for individual patients and broader family systems. Commenced in April 2022, PAMPR sessions are easily accessed and bookable through an MS App online booking system. Early evaluation of PAMPR with professional service users is very positive and we have begun to present some of the themes from this feedback in local and national forums.



The Team keeps colleagues within the Health and Social Care Partnership and 3rd Sector up to date with our quarterly newsletter via Sway.

We have facilitated training between colleagues and the NESH Personality Disorder Service 'Introduction to Personality Disorder', and Fathers Network Scotland 'Understanding Paternal Mental Health'.

We are currently processing a Service Level Agreement with DADPAD for NHS Highland.

Lived Experience has been at the heart of our service development. We host a Perinatal Infant Mental Health Voices of Experience Forum and this provides feedback to our Perinatal Infant Mental Health Delivery Group.





# 6 QUICK QUESTIONS!



**Rebecca McLelland,  
Advanced Clinical Pharmacist  
(Mental Health)**



*Where do you work?*

I work within NHS Highland (North) and I am based within the pharmacy department, New Craigs Hospital - the inpatient psychiatric unit in Inverness.

*Tell us about your role?*



Our team comprises of pharmacists, technicians and support workers. We provide a mental health pharmacy service to inpatient and outpatient multi-disciplinary teams (MDTs) and we also provide support and advice to the primary care teams. My role includes department duties e.g. checking prescriptions, co-ordinating clozapine supply and visiting the wards, but I also work within three community mental teams providing medication advice, undertaking medication reviews and accepting referrals for patients with complex medication issues who could benefit from an episode of care in my clinic. An episode of care sees me agreeing treatment plans, managing medication changes, optimising treatment and assessing response. I can consult with patients via a mixture of telephone, face to face and NearMe appointments, which helps me reach those living in the more remote and rural areas of NHS Highland. Other aspects of my role involve delivering training and education and contributing to guideline development e.g. SIGN

Last year funding was secured from the Mental Health Recovery and Renewal fund to provide 0.1WTE of Advanced Clinical Pharmacist input to the newly formed Perinatal and Infant Mental Health (PNIMH) team and I was delighted to be successful in securing this new role. I work with the team to provide advice on medication use in the prenatal, antenatal and postnatal period and I can meet with patients and their family to signpost and discuss information with them, hopefully allowing them to make an informed decision about treatment.



*What is the best part of your job?*

Variety - no two days are ever the same in this job! This also means I am always learning.

*How long have you been doing your job/ been in post?*



I started in New Craigs in 2006, 6 months after I qualified as a pharmacist. In the last 17 years my role has evolved as I have undertaken postgraduate qualifications in psychiatric pharmacy and undertaken my independent prescribing qualification. Last April I started in the post with the PNIMH team, a new role for NHS Highland.



*Where would you like to be in your post/service in a years' time?*

I am excited to see how the perinatal pharmacist role evolves and whether there may be opportunities to expand the amount of input our team can offer to the PNIMH team.

*What's on your desk right now?*



My computer

Patient files (and more patient files) that I am reviewing!

My go to reference texts - The Maudsley prescribing guidelines and Bazire's psychotropic drug directory

My phone, a pen and water bottle







# PMHNS Care Pathways Information Videos

We are delighted to share the recently developed information videos to reflect the five care pathways designed to help women, their infants and families, know what specialist perinatal and infant mental health care is available in Scotland.

You can access each of the care pathways videos at the [Perinatal Mental Health Network Scotland](https://www.pmhns.scot.nhs.uk) website.

Now Available:  
**Scottish Perinatal  
Mental Health Care  
Pathways videos**



[www.pmhns.scot.nhs.uk/access-to-specialist-care-in-scotland/](https://www.pmhns.scot.nhs.uk/access-to-specialist-care-in-scotland/)



Pathway 1: [What's preconception advice? How can it help me if I'm planning a pregnancy?](#)

Pathway 2: [What are the Maternity and Neonatal Psychological Interventions Teams? How can they help me and my family?](#)



Pathway 3: [What are the Community Perinatal Mental Health Teams? How can they help me and my baby?](#)

Pathway 4: [What's a Mother and Baby Unit? How can it help me and my baby?](#)



Pathway 5: [What is parent-infant therapy? How can it help me and my baby?](#)

Please share these videos with your colleagues, local networks and service users as appropriate. The information videos can be used within a health board setting, for example, in waiting areas.

For more information please contact the team on [nss.pmhns@nhs.scot](mailto:nss.pmhns@nhs.scot)



**Dr Margaret Rose Oates**  
**OBE, MB, ChB, FRCPsych, FRCOG**



**b. 11.06.1943 – d. 31.12.22**

Margaret Oates was drawn to psychiatry at an early stage. Having trained in Liverpool, Cardiff, Edinburgh, the West Indies and Manchester, she made Nottingham her home, where she raised her children, and which was the base for her clinical, service development and academic achievements.

In 1973 Margaret opened the Nottingham Mother and Baby Unit, followed by a specialist community team in 1984. Her vision was revolutionary - to provide the first integrated perinatal mental health inpatient, community and maternity liaison service in the world. It remains the template for service development across the UK and beyond.

Her achievements and influence were profound. In the UK she developed the first integrated service and the first perinatal mental health managed clinical network. She led the establishment of the RCPsych Perinatal Special Interest Group, guiding its progression to Section (now Faculty) status. She founded the RCPsych Perinatal Quality Network, the default accreditation network for services across the UK.

Margaret's contribution to the Confidential Enquiries into Maternal Deaths was one of her proudest achievements and led to radical improvements in the care of women in maternity, primary care and mental health settings. She was a founding member of the Marcé Society, now a worldwide family of researchers and clinicians dedicated to the understanding and treatment of perinatal mental illness. Her advice on service development was sought across the globe.

Her skills as an educator and communicator were legendary. A generation of health and social care staff benefitted from her teaching excellence. In clinical settings, her compassion shone through, complemented by an academic rigor and clarity she brought to diagnosis and management.

She was a close friend of Scotland, having completed some of her training in Edinburgh, and watched developments in perinatal mental health here with great interest. She attended the opening of Scotland's first MBU in Glasgow in 2004 and was an invited contributor to the first strategy day held by Perinatal Mental Health Network Scotland. She also acted as an external reviewer of the work of the Network on behalf of National Services Scotland.

She was immensely proud of her four children and delighted in each and every grandchild. Her many achievements were recognised in the awarding of an OBE in 2009, an RCOG Honorary Fellowship, and an RCPsych Lifetime Achievement Award. However, her greatest legacy is that the lives of women with maternal mental illness, and that of their babies and families, would be much the poorer and, in many cases, mired in tragedy, were it not for her ceaseless work on their behalf.

Roch Cantwell





# News

**UNDERSTANDING YOUR CHILD**  
SOLIHULL APPROACH

Scottish Government  
Riaghaltas na h-Alba  
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Online course for everyone around the baby: Mums, Dads, Grandparents, friends and relations. Written by Registered Midwives and NHS Professionals.

**2. Understanding your baby**  
Online course for everyone around the baby: supporting you and the new arrival. Written by Psychologists, Psychotherapists and Health Visitors.

**3a. Understanding your child (0-19 yrs) (main course)\* or 3b. Understanding your child with additional needs**  
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## Understanding Your Baby

For everyone around the baby  
supporting you and the new arrival  
(0-12 months)

**UNDERSTANDING YOUR CHILD**  
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Scottish Government  
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## Understanding your child with additional needs

For everyone around the child:  
Mums, Dads, Grandparents,  
friends and relations

Further details and resources for Perinatal and Infant Mental Health teams can be found on the PMHNS website

[www.pmhn.scot.nhs.uk](http://www.pmhn.scot.nhs.uk)

Twitter - @PMHN\_Scot

