



Perinatal Mental Health Network Scotland
National Managed Clinical Network



Annual Report 2022-23





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Introduction and foreword

Perinatal Mental Health Network Scotland (PMHNS), the National Managed Clinical Network, was established in 2017. Our aim is to help develop and improve access to high quality care for women, their infants and families, who experience mental ill health in pregnancy or during the first postnatal year. We want to make sure that expert-led care and treatment is available wherever a woman lives in Scotland.

The aim of the Annual Report is to provide our commissioners and stakeholders with a summary of the work and key achievements from 1 April 2022 to 31 March 2023. The report also outlines the priorities for 2023-24.

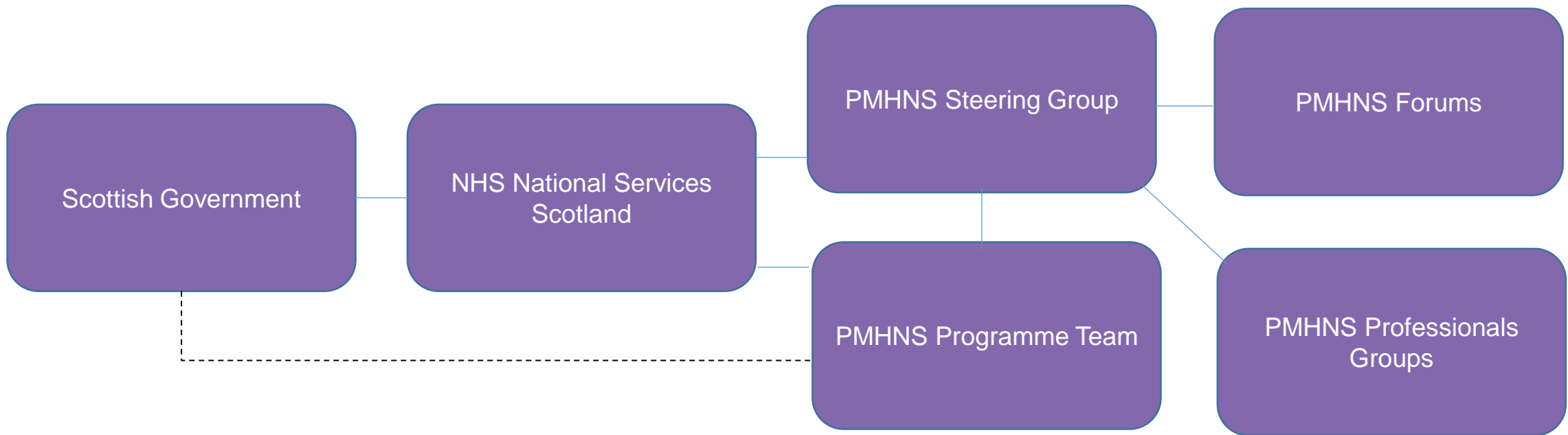
This year we have made significant progress with the development and initial rollout of the Perinatal Mental Health dataset (PowerApp). This will allow teams to access data relating to their service to support service development, quality improvement and ultimately lead to improvements for women and families accessing perinatal mental health services in Scotland. We were proud to launch the care pathway videos which outline what women and families can expect from specialist services. We also had the opportunity to bring together colleagues from our 5 forums to an in-person event. The ability to network in person was hugely beneficial as delegates heard examples of best practice and challenges experienced across perinatal and infant mental health services. Following a pause due to covid-19, we have been able to progress the Access to MBU Care project. It aims to monitor psychiatric admissions of women within one year of childbirth across Scotland and report the proportion of women not admitted with their babies. This is an ongoing audit which continues into the 2023-24 workplan to understand the barriers to joint admission and make recommendations for how to overcome them.

Achieving the progress outlined in this report would not have been possible without the energy, time, advice and expertise provided by the network's stakeholders. We would like to take this opportunity to thank members for their commitment and contributions, with special thanks to those who have given their time to co-chair the forums and take forward the implementation of the Perinatal Mental Health PowerApp.

Dr Roch Cantwell, Lead Clinician PMHNS and Dr Anne McFadyen, Infant Mental Health Lead



Governance and Finance



Perinatal Mental Health Network Scotland is funded entirely by an allocation from Scottish Government to cover staff costs and non-pay expenditure.

The network operated within budget for the financial year 2022-23. There was an underspend in pays allocation due to the Nurse Lead and Maternity Lead posts not being filled and the Programme Manager post being vacant from March to October. There was also an underspend in non-pays.



Core Steering Group and Programme Team

The PMHNS Steering Group aims to meet three times per year and is chaired by Dr Roch Cantwell, Lead Clinician PMHNS. The purpose of the Steering Group is to oversee the delivery of the Network's agreed work plan. The membership of the PMHNS Steering Group was revised in 2022-23. Existing members were asked if they wished to stay on the group and to identify additional members. The meeting in March 2023 included new members from partnership organisations and representation, including general practice, parent infant therapy, third sector, social work, NHS Education for Scotland, Scottish Perinatal Network (maternity) and Parent and Infant Mental Health Scotland (PIMHS).

The Programme Team is hosted by NHS National Services Scotland and provides programme management support to the Network. During 2022-23, the Programme Manager post was vacant for seven months and the data analyst post was vacant for six months. The tenures of the Lead Clinician and Infant Mental Health Lead are due to come to an end in 2023 and work is underway to recruit to these posts. As agreed by the Steering Group, they were both extended for a period of three months to support planning for the next phase of the Network.

Dr Roch Cantwell,
Lead Clinician

**Dr Anne
McFadyen,**
Infant Mental
Health Lead

Sarah Gargan,
Programme
Manager

Susan Fairley,
Programme
Support Officer

Louise Bradley,
Data Analyst



Performance against workplan

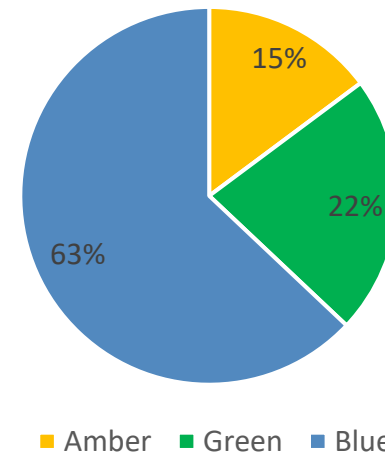
The graph below summarises the progress achieved in delivering on the agreed work objectives for 2022-23. There has been progress on all objectives, with 85% of the work either completed or on track to be completed as planned (RAGB status 'blue' or 'green' – as defined below). The remaining 15% of the work have moved forward but more slowly than originally anticipated (RAGB status 'amber').

Areas where progress was slower than expected include; planning for the next phase of the network and recruitment of clinical leadership. This work is all ongoing and incorporated into the workplan for 2023-24. The network is commissioned to 31 March 2024.

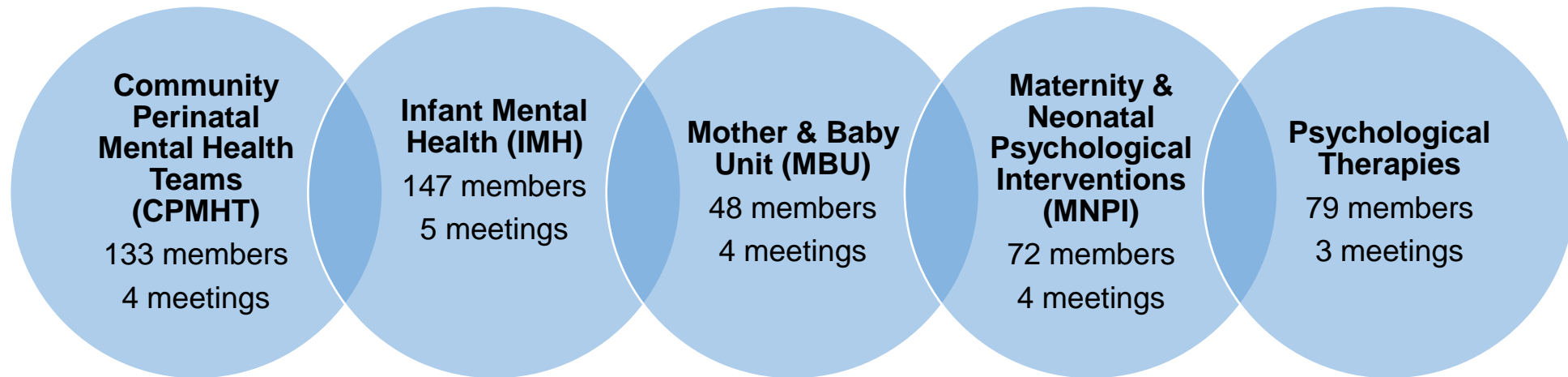
A more detailed overview of progress against priority areas is outlined from page 9 in this report.

- Red (R) The network is unlikely to achieve the objective by the agreed end date / major barriers to progress.
- Amber (A) A risk the network will not achieve the objective by the agreed end date but progress has been made.
- Green (G) The network is on track to achieve the objective by the agreed end date.
- Blue (B) The network achieved the objective.

Milestone status



PMHNS has five clinical forums with the aim of bringing together professional groups with a common interest to share experiences and best practice of service development, peer support, networking and learning opportunities. The key figures for 2022-23 for each group are outlined below. A bulletin summarising each meeting is available from the [PMNHS website](#).

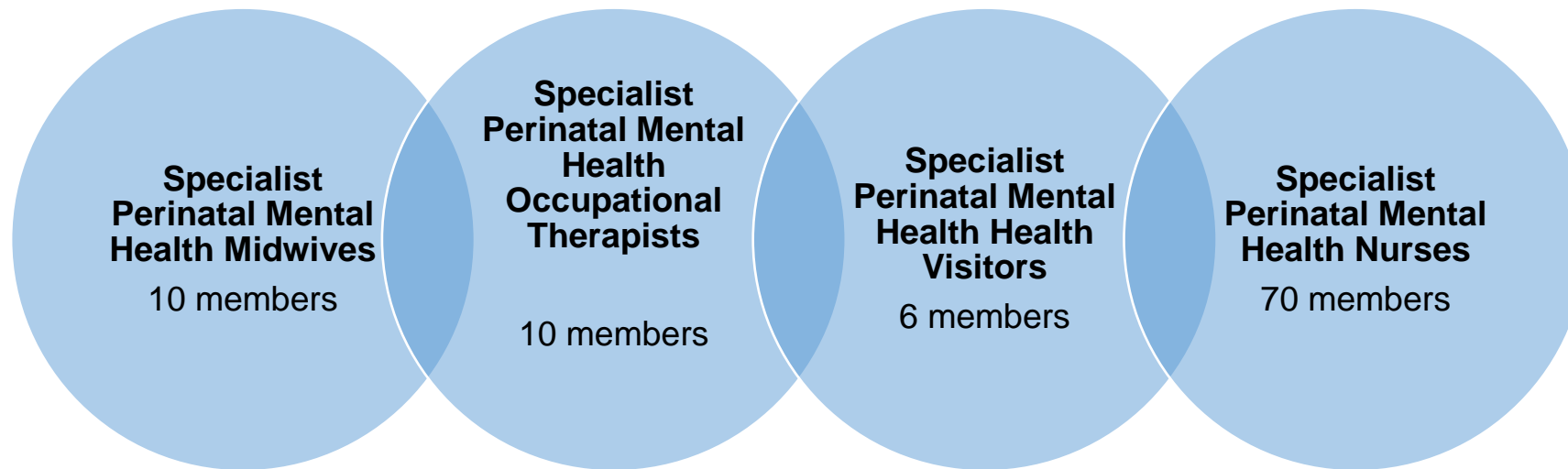


Chair: Dr Roch Cantwell	Chair: Dr Anne McFadyen	Chair: Dr Roch Cantwell	Chair: Dr Roch Cantwell	Chair: Dr Roch Cantwell
Co-chair: Helen Sloan	Co-chair: Marie Balment	Co-chair: Dr Aman Durrani	Co-chair: Dr Joan Burns	Co-chair: Dr Fiona Fraser



Professionals Groups

PMHNS also supports professional groups to come together for peer support and learning opportunities. The Network facilitates the administrative support for these groups. Membership, chairing and actions come from the associated professions. New groups are set up and established based on need identified from stakeholders.

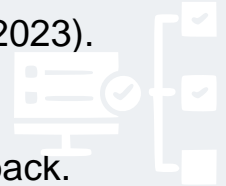




Key Priority: Roll out of Perinatal Mental Health Dataset PowerApp

Key Activities

- ✓ Team training and commencement of online data collection via PowerApp for both Mother and Baby Units (July and Sept 2023).
- ✓ Began CPMHT and MNPI data collection in NHS Grampian and NHS Greater Glasgow & Clyde MNPI in January 2023.
- ✓ Roll out planned for remaining teams in 2023-24. All teams were asked which cohort they would like to opt in to.
- ✓ Continue to work closely with Information Management Services to make adjustments to functionality based on user feedback.
- ✓ Agreed content for initial data reports.
- ✓ Developed PowerApp training manuals for CPMHT, MNPI and MBUs.



Benefits

- Support the evolution of new perinatal mental health services.
- Provide baseline data for continuous quality improvement.
- Allow teams to benchmark against other comparable services.
- Help women, infants and families to access appropriate care.
- Provide teams with data reports with information not available from one single existing data source.
- Work towards the development of an interactive national perinatal mental health data dashboard.





Key Priority: Access to Mother and Baby Unit (MBU) Care Project

Key Activities

- ✓ Project recommenced after being paused due to COVID-19 and Programme Manager vacancy between March and October 2022.
- ✓ Information governance approval granted through the Public Benefit and Privacy Panel for Health and Social Care (PBPP) process.
- ✓ National data linkage to identify women admitted to any facility for mental health treatment in the 12 months after giving birth.
- ✓ Developed questionnaire for use with clinicians responsible for the care of women not admitted to an MBU to better understand the barriers to joint admission.
- ✓ Started communication plan for phase 2 of project, following the data linkage.



Benefits

- Provide ongoing monitoring of psychiatric admissions of women within one year of childbirth across Scotland to report the proportion of women not admitted with their babies.
- Identify the barriers to joint admission. Under Scottish mental health legislation, women who require inpatient psychiatric care, and who have infants under 12 months old, should be admitted jointly with their infant to appropriate facilities (MBU), unless it is not in the clinical interests of the mother or baby to do so. Existing research shows that in up to a third of cases this does not happen.
- Identify themes from the data extract and feedback from clinicians in order to overcome barriers to joint admission.
- improve standards of care for women with the most severe forms of perinatal mental illness, and their babies.



Key Priority: Launch of Care Pathway Videos

Key Activities

- ✓ The five care pathways were launched in 2021, followed by [five complementary information videos](#) for women and families in 2022. The videos cover the topics:
 - 1) What's preconception advice?
 - 2) What are Maternity and Neonatal Psychological Interventions Teams?
 - 3) What are Community Perinatal Mental Health Teams?
 - 4) What's a Mother and Baby Unit?
 - 5) What is parent-infant therapy?
- ✓ Launched care pathway videos at the Families at the Centre Event in November 2022.
- ✓ Published videos on the PMHNS website.
- ✓ Shares resource with stakeholders and raise awareness through Twitter and regular spotlight bulletins.
- ✓ Produced poster for the Perinatal and Infant Mental Health Programme Board event in March 2023.



Benefits

- Help women, their infants and families, access the most appropriate specialist perinatal and infant mental health care, should they require it.
- For referrers and service providers, they should help guide the development of pathways into care which are responsive to the needs of their local population and service organisation.
- Videos can be shown with subtitles in waiting areas to raise awareness of services available and what to expect.





Key Priority: Links with Primary Care, Adult Mental Health and Mental Health Unscheduled Care

Project Overview

Having initially focussed on the establishment of specialist perinatal mental health (PMH) services, the Network recognises that relationships between specialist services and adult mental health/primary care services is essential to good, seamless care. Recommendations for the wider mental health and primary care workforce also appear repeatedly in the Confidential Enquiries into Maternal Deaths. The scope of this work will include adult mental health (AMH), mental health unscheduled care (liaison, home treatment and crisis services), and primary care.

Suggested outline of areas to be addressed

- 1) Role of AMH and primary care in the provision of advice on mental health risk and pregnancy planning for women of childbearing potential.
- 2) Transitions and joint working between AMH, unscheduled care services and specialist PMH services.
- 3) Training, support and educational needs in relation to:
 - a) Risk identification and management in the perinatal period for unscheduled care and primary care services.
 - b) Prescribing in the perinatal period for primary care services.
 - c) Parent-infant relationships and infant mental health needs for AMH, unscheduled care and primary care.

Key Activities

- ✓ This project was paused due to vacancies in the programme team and was reinstated in March 2023.
- ✓ Steering Group and Forum co-chairs consulted on representation on the short-life working group planned for early 2023-24.





Key Priority: Perinatal Nurses Event

In September 2022, PMHNS hosted an online study day for perinatal mental health nurses with the following aims:

- To provide nursing staff working within Perinatal Mental Health teams the opportunity to meet and network with their peers.
- To reflect on the development of Perinatal Mental Health within Scotland over the past 2 years.
- To celebrate and recognise achievements to date and to consider future CPD opportunities.

The event was attended by over 60 delegates. There were presentations from colleagues across Scotland as well as the use of Microsoft Teams breakout rooms to facilitate smaller group discussion. Delegates heard about progress and the development of integrated services, the role of Nurse Therapist in an MBU, the role of an Advance Nurse as well as physical health disorders in pregnancy.

The event evaluated well and examples of delegate feedback can be found below.

“Enjoyed the opportunity to network with perinatal mental health nurses. Sense of unity which is motivating.”

“I really enjoyed the whole event, particularly all of the speakers who all brought something different to the event. I also enjoyed the opportunity to speak directly to fellow nurses and to network with them in the break out rooms.”



Key Priority: Forums Event

In February 2023, PMHNS hosted an event for forum members in Perth. This was the first face to face event hosted by the network since 2019 and was attended by 90 delegates from across Scotland. The event aimed to:

- Reflect on the achievements and challenges in PMHNS and each forum.
- Provide an opportunity to share examples of service development and models of care across Scotland.
- Allow networking through facilitated table discussions and informally over breaks.
- Provide the opportunity to look ahead to the next steps for PMHNS and beyond the Perinatal and Infant Mental Health Programme Board at Scottish Government, which finished at the end of March 2023.


Delegate feedback was overwhelmingly positive with many noting the benefit of networking face to face and being able to hear about developments in different services and health boards. Feedback outlined the value in opportunities for shared learning and sharing experiences of challenges and how to overcome them to progress. When asked how to improve future events, the key theme was the opportunity for more face to face networking across and within disciplines. This will be taken into consideration for future planning.

Participants discussed future structures for the network, including possible changes in clinical leadership to reflect new service provision and the inclusion of infant mental health more formally within the network remit.

[A bulletin](#) was shared after the event with a summary of the day and the presentations.



Fantastic to be part of this event. Such enthusiasm in the room and lots of good news on the PNIMH front. Enjoyed rich conversations during table discussion exercise. [#PNIMH](#) [#MBU](#) [#IMH](#) [#MNPI](#) [#CPMHT](#) [#Perinatal](#)

 **Perinatal Mental Health Network Scotla...** @PMHN_Sc... · Feb 28
Thank you to everyone who attended and contributed to the PMHNS Forum event today. A very informative day with a chance to hear best practise examples from across Scotland

Stakeholder Engagement

Over the course of 2022-23 PMHNS has steadily increased its reach and engagement via its [spotlight bulletin](#), [website](#) and [Twitter](#) feed. The Programme Team has reviewed methods of communication and have now moved to Sway for spotlight bulletins to allow better use of analytics to continually drive improvements. Stakeholders have also been asked for feedback on communication as part of the annual survey. Some key metrics on communication usage and reach in 2022-23 are given below.

Spotlight Bulletins



499 subscribers

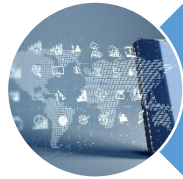


10 bulletins

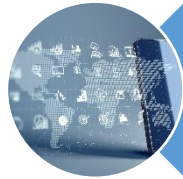


8 perinatal mental health service updates provided from across Scotland.

PMHNS Website



3,369 views



1,230 users



The most visited pages were Care Pathways and animations

Twitter



2,543 followers
(increase of 325 since March 2022)



148,300 impressions
(views on Twitter)

During the reporting period, the PMHNS twitter account (@[PMHN_Scot](#)) continued to tweet daily links to resources including the Network's spotlight bulletins, service development guides, care pathways and links to NES training modules. The animated videos to accompany the care pathways were launched in November 2022 and tweets have been regularly scheduled since to raise awareness of the new resource.

As of March 2023, the PMHNS account has 2,534 followers. Throughout the year, tweets have been liked and shared by stakeholders and partnership organisations including territorial health boards, NHS Education for Scotland, perinatal and infant mental health services accounts, as well as MSPs.



NHS Education for Scotland (NES) and
NHSG Parent & Infant Mental Health Services Retweeted your Tweet

The Scottish Perinatal Mental Health Care Pathways were developed to help women, their infants & families, access the most appropriate specialist perinatal & infant mental health care should they require it, find out more here - pmhn.scot.nhs.uk/care-pathways/
pic.twitter.com/KMXPw8bUOj



Parent and Infant Mental Health Scotland @PIMHScot · Mar 20
Really helpful video below and lots more other from [@PMHN_Scot](#)
See below



Perinatal Mental Health Network Scotland... @PMHN_Sc... · Mar 20
Thinking of trying to get pregnant? Ever suffered from mental health problems? You may benefit from speaking to a mental health specialist who can provide advice on how best manage your pregnancy. Find out more in this video - tinyurl.com/cuctpz9d



Clare Haughey MSP and 4 others liked a Tweet you were mentioned in

Hugely excited to hear members of the [@PMHN_Scot](#) forums present their achievements at our first in person meeting in 3 years. Lots to celebrate!
[@PNIMHScot](#) [@PIMHFund](#) [@rcpsychPeri](#) [@MMHScot](#) [@TheMarceSociety](#) [@RCPsychScot](#)



Stakeholder Feedback

In February 2023, stakeholders across all PMHNS forums, professionals groups and the Steering Group were asked for their feedback in a survey to allow the Network to measure impact and make continual improvements to ways of working. 36 respondents completed the survey.

97% of respondents said attendance at their group supported them in their role. When asked what they found most useful about the services offered by then Network, the key themes were sharing developments/best practice, CPD/learning, networking/peer support and national guidance. Examples of key quotes are noted below.

“Contact with others, updates on changes and progress, sharing of issues - improve our service, help us find solutions and build a network.”

“I find networking with other health boards and professionals extremely beneficial in sharing ideas and good practice.”

Suggestions for improvements have been fed back to the chair and co-chair for each group for development in 2023-24. Examples include more joined up learning opportunities across forums, updating terms of reference for clarity on group role, use of virtual breakout room for smaller group discussion when required and meet face-to-face where possible.



Stakeholder Feedback

“Huge positive impact to women we care for, skilling staff to highest standards to improve care.”

“It has allowed me to access specialist training, to hear about what other health boards are doing and to inform/adapt our service and practice for our board.”

“Shared practice, networking opportunities, clarifying pathways and role definitions, sharing of job descriptions and development ideas.”

“Increased confidence around my professional role in perinatal..”

What impact has PMHNS had in your area?

“It has provided a helpful set of guidelines from which to build a new service.”

“Ability to ensure voice of all professional groups is included.”

“They have provided a helpful forum to connect with others.”

“Improved services for mums and families.”

Priorities for 2023-24

Building on the progress achieved in 2022-23, the PMHNS will focus on the following priorities in 2023-24, some of which are a continuation of existing work streams. The workplan was taken to the PMHNS steering group in March 2023 and was approved.



Dataset and Powerapp rollout



Access to MBU care project



Engagement with adult mental health, unscheduled care and primary care



Clinical outcomes measurement



Forums and Professional Groups



Perinatal Mental Health Network Scotland

National Managed Clinical Network

For more information about the Network please visit: [Perinatal Mental Health Network Scotland – National Managed Clinical Network](#)

You can contact the Team at: nss.pmhn@nhs.scot or via Twitter [@PMHN Scot](#)

