

## **NES Essential Perinatal and Infant Mental Health Online Modules**


NES have collaborated with colleagues in perinatal services to produce a suite of seven e-learning modules covering “essential” knowledge for staff working in perinatal and infant mental health (PIMH), available at <https://learn.nes.nhs.scot/10382/perinatal-and-infant-mental-health>.

To access the supporting documents you will need to register with TURAS Learn. Anyone can register and it is free of charge. To register go to: <https://learn.nes.nhs.scot/>

Please note: there are no compulsory tests that need to be passed in order to complete the modules.

### ***Overview of the modules***

- 1. Essential perinatal and infant mental health - Introduction:** this module provides an overview of the areas of perinatal and infant mental health as well as the pathways that have been developed for PIMH services and how to use them (module takes approx. 45 mins to complete).
- 2. Keeping baby In mind:** provides a further overview of perinatal and infant mental health (module takes 45 minutes to complete).
- 3. Stigma:** Recent MBRRACE reports have added to our growing awareness of the inequality of outcomes for women and families who are BAME, including higher mortality and mental health morbidity rates. Social, cultural and personal ideas of motherhood can act as a barrier to women feeling able to share when they are struggling in this period. The **stigma** module supports workers to work in a culturally competent way with families and has helpful resources to address the impact of stigma in the perinatal period (module takes 35 minutes to complete).
- 4. Risk in the perinatal period:** this modules is designed for staff in both perinatal-specific and general services, as it is recognised all staff working in health and social care services will encounter women, girls, and families in the perinatal period and require to know the “red flags” and “amber flags” that **signal preventative or immediate action must be taken** (module takes 30 minutes to complete).




**Red Flag Presentations**

MBU admissions should be considered if:

**Recent significant change in mental state** or emergence of new symptoms.

**New thoughts or acts** of violent self-harm.

**New and persistent expressions** of incompetency as a mother or estrangement from the infant.



**Amber Flag Presentations**

Indicating risk of relapse in the perinatal period:

Women with any **past history of psychotic disorder** are at **elevated risk** and will require an individualised assessment of risk.

Women with a **family history of bipolar disorder or postpartum psychosis** should be closely monitored and referred to specialist services in any change in mental state.

If the **woman herself has any mood disorder or history of postpartum mood destabilisation** she should have an individualised assessment of risk.

- 5. Assessment:** Mental health assessment in the perinatal period requires good liaison between services and inclusion of perinatal-specific information, such as a woman's obstetric history. The **assessment** module is comprehensive and includes a printable PDF of the important areas to cover in a mental health assessment during the perinatal period as well as useful toolkits (e.g. tokophobia toolkit) (module takes 45 minutes to complete).
- 6. Interventions:** It has been identified that the perinatal period presents women with lots of difficult and confusing decisions with regard their mental health and options for intervention. This module is to help staff to confidently support women and families in choosing a pathway to recovery (module takes 30 minute to complete).
- 7. Pharmacological Interventions:** This module focuses on pharmacological interventions for women in the perinatal period (module takes 30 minute to complete).

### NES infant Mental Health module

NES have also produced an interactive PDF covering knowledge about promoting positive infant mental health and early attachments.

[NES infant mental health PDF](#)

**Table of Staff Level Descriptions**

Level	Description
<b>Informed</b>	<b>Baseline knowledge and skills required by all staff working in health, social care and third sector settings. (All staff)</b>
<b>Skilled</b>	<b>Knowledge and skills required by staff who have direct and/or substantial contact with women during pregnancy and the postnatal period, their infants, partners and families. (All maternity, health visiting, primary care, children &amp; families social work, relevant third sector)</b>
<b>Enhanced</b>	<b>Knowledge and skills required by staff who have more regular and intense contact with women who may be at risk of/affected by perinatal mental ill health, their infants, partners and families. (All mental health staff, including adult, CAMHS, addictions etc. As well as maternity, primary care, health visiting and third sector staff who work in an enhanced role)</b>
<b>Specialist</b>	<b>Knowledge and skills required by staff who, by virtue of their role and practice setting, provide an expert specialist role in the assessment, care, treatment and support of women who may be at risk of/affected by perinatal mental ill health, their infants, partners and families. They will often have leadership roles in education, training and service co-ordination and development. (Staff working within specialist perinatal and infant mental health services)</b>

**NES Infant Mental Health Training Plan – January 2021**

