



Growing
ideas
through
networks

Perinatal Mental Health

The Malta Experience

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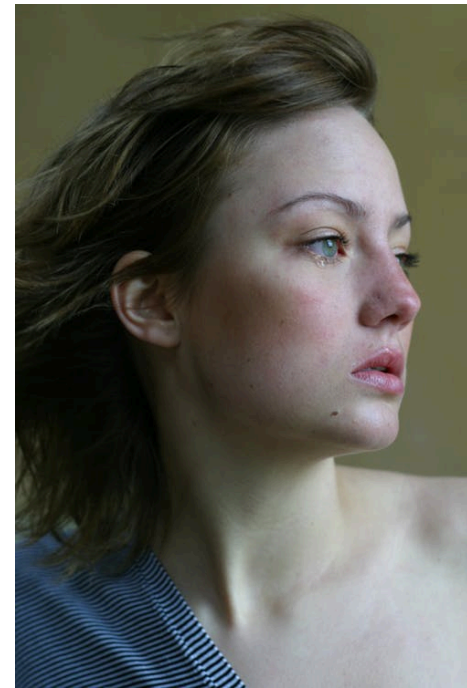
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First steps towards Perinatal Mental Health

- Research in:
 - Antenatal and postnatal depression
 - Education of midwives on postnatal depression
- Postnatal Depression Clinic
- Education of Midwives on Postnatal depression
 - CPD Programmes for health professionals
 - Undergraduate Midwifery Programme
- Raising awareness in the media: Parent-Infant Mental Health Alliance



EPDS scores at Time 1, 2, 3

Time	Gender	N	EPDS	%	M (SD)
1	Men	217	0-13	98.2	5.2 (3.17)
		4	>14	1.8	15.0 (1.41)
	Women	202	0-13	91.4	7.24 (3.47)
		19	13-14	8.6	16.5 (1.81)
2	Men	137	0-11	89.5	5.1 (2.98)
		16	>12	10.5	13.4 (1.55)
	Women	115	0-11	73.2	6.8 (2.82)
		42	>12	26.8	14.2 (2.31)
3	Men	109	0-11	94.8	4.6 (2.58)
		6	>12	5.2	14.0 (2.28)
	Women	99	0-11	84.6	5.8 (2.99)
		18	>12	15.4	14.8 (2.73)

Perinatal Mental Health Clinic – Growth of PMHC

- I saw the service develop from one psychiatrist, one midwife (part-time) and a psychiatric trainee to a multidisciplinary team *Audrey*
- We are so supportive, the admission rate for in patient care for our mums is quite low compared to that of UK *Anne*
- Every service user can self refer to our clinic... no specific exclusion criteria *Sara*
- The midwife assesses referrals to the PMHC, makes a care plan... discussed in multidisciplinary team and referred as needed *Nina*
- Have some home-visits which I think has helped the most vulnerable. And also the VIG services *Nina*

PMHC - Challenges

- We had a case where a postpartum mother with a (..) child with severe mental health issues...ended up in a psychiatric unit... should never happen *Erica*
- We do not have enough human resources, as a perinatal team *Sara*
- Lack of resources and facilities focusing on infant mental health *Anne*
- Hesitant in introducing Screening *Anne*
- PMH was never given the importance it deserved – need a PMH strategy to map way forward *Audrey*

PMHC- WAY FORWARD

- PMH services should be placed on the agenda of the mental health strategy and positive parenting strategy of the country
- Dedicated day unit where the team could work under one roof with proper accommodation – community and outreach services
- Setting up of a mother and child unit
- Setting up of an infant mental health service to address the parent-infant relationships and attachment & preventive services
- Paediatricians and GP to be part of the team (champions)
- CPD for PMH professionals

Thank you

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