

From preconception to delivery and beyond



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Abertawe Bro Morgannwg
University Health Board

What is PRAMS?



- A specialist assessment and treatment service
- Early detection and treatment
- Evidence based(Nice)
- Team and a service(NOT a centre or a ward!)
- Perinatal Consultant(1 day),relevant junior staff
- Occupational Therapist
- Nurse specialist

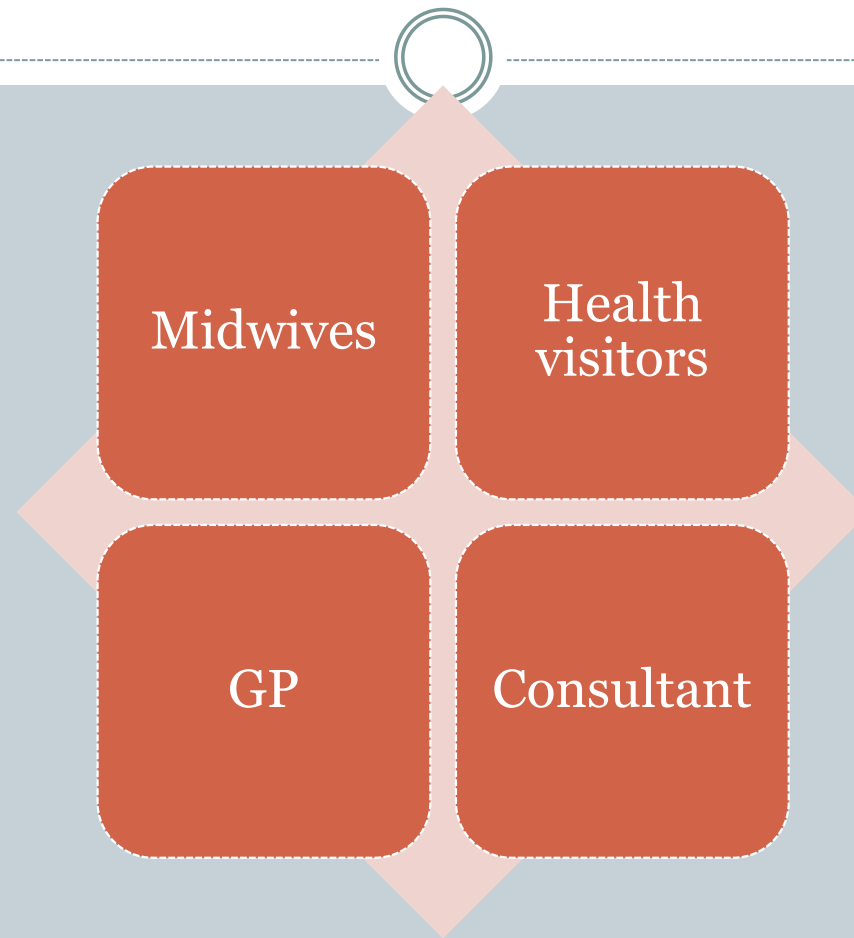
Map of ABMU



What do we do

- Cover 2,500 live births per year in Bridgend
- Satisfy N.I.C.E. Guidelines No 45
- Replicate the format in Swansea
- Streamlining admin processes

How do women access services?



Where we can make a difference



Pre
conception

Pregnancy

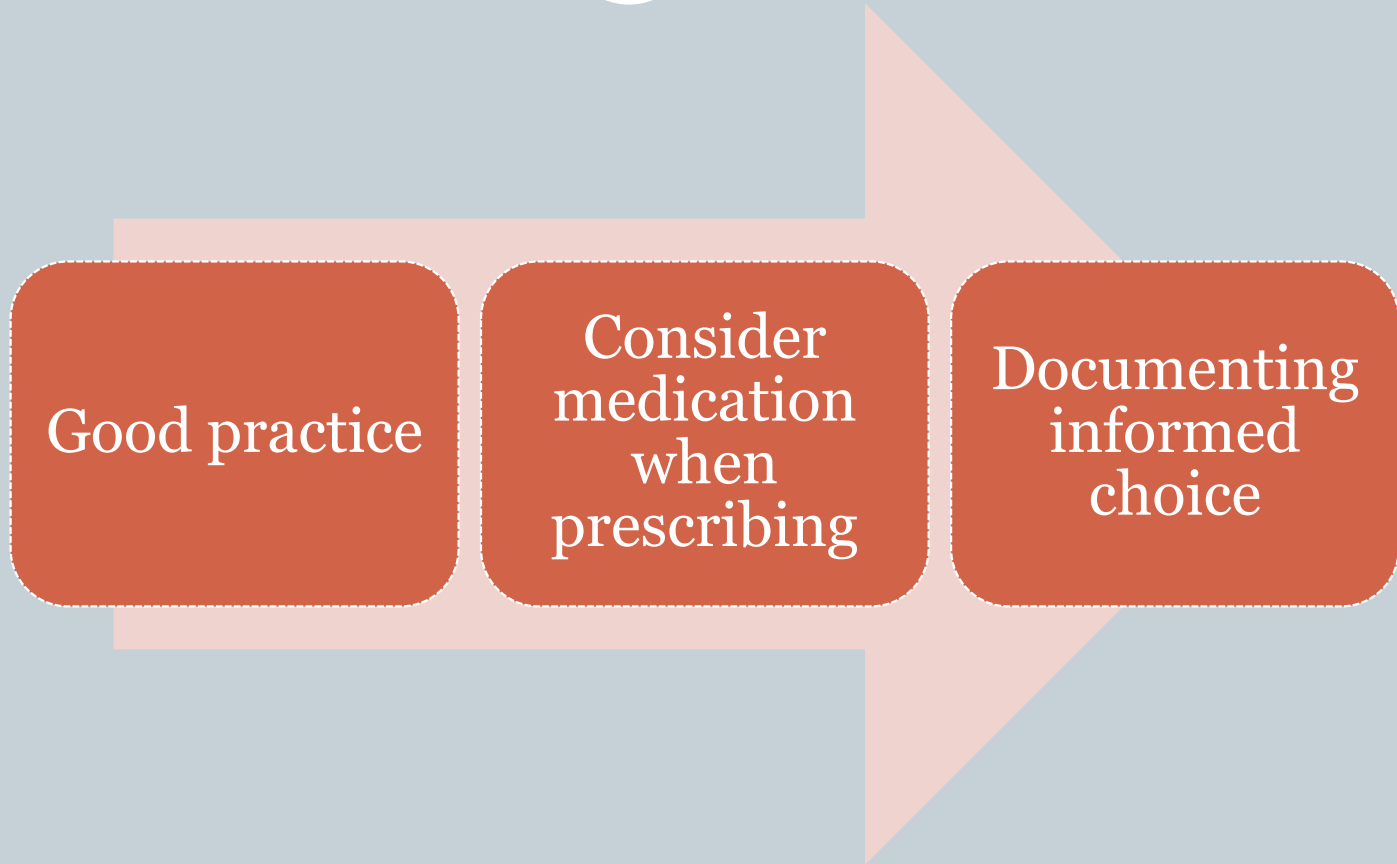
Up to one
year post
natal

Example



- Married 29 year old woman
- 12 weeks pregnant
- 2nd baby
- Diagnosis of ante natal psychotic depression
- Previous inpatient admission during pregnancy
- On medication
- Was under CMHT
- Seen by outpatient clinic

Preconception



Ante Natal



Routine
assessment

Co work with
cmht to ensure
continuity

Joint plan
devised within
first trimester

Ante natal plan



Care Team

- Names
- Numbers

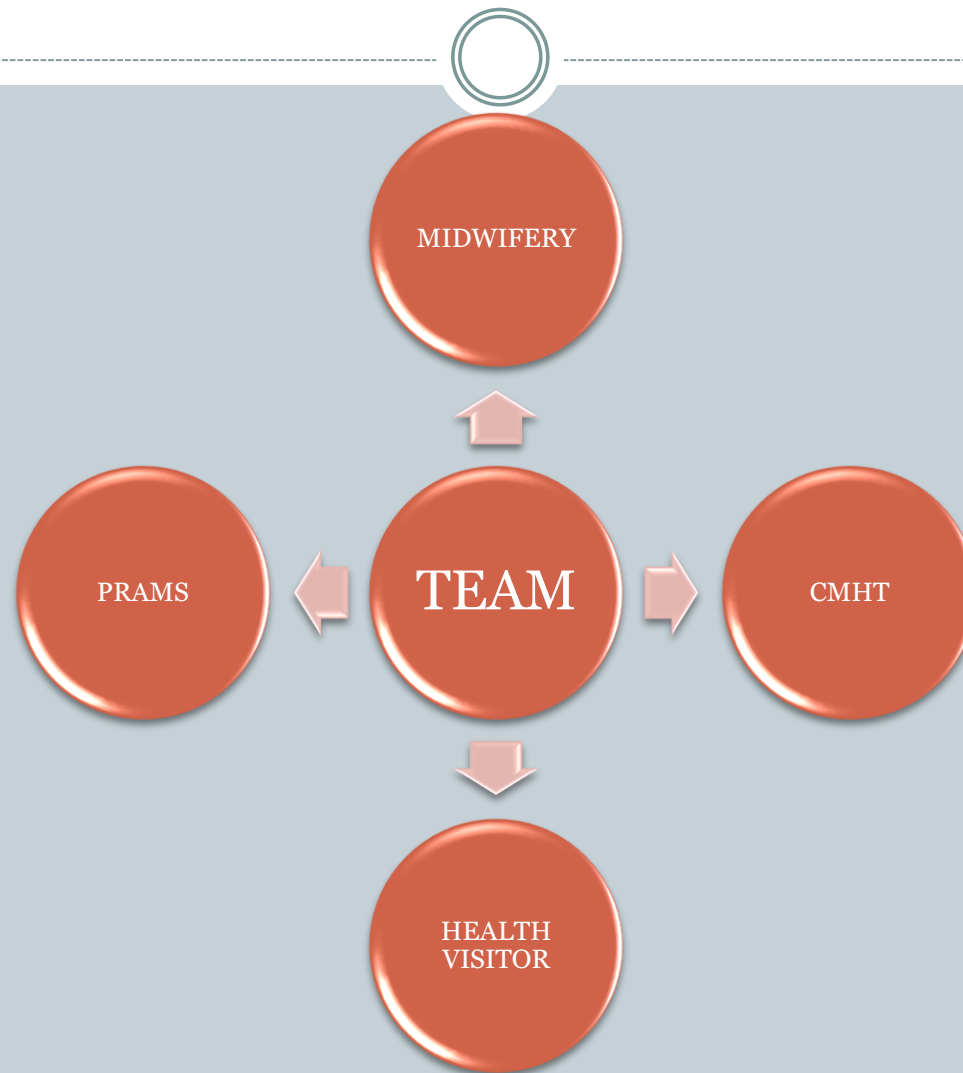
Family

- Next of kin
- Who will be present

Due date

- Place of delivery
- Breastfeeding/not

Who is the care team?



Plan continued



Psychiatric history

- Diagnosis /admissions/relapse indicators
- Presentation/current mental health

Medication

- Past /current
- Advanced prescription

Risks

- Length of stay/discharge /review /by who
- Worst case scenario

Third trimester review



Review
/agree
plan

Record
any
changes

Plan
circulated

Birth Plan



Hand held
notes

Ante-natal
notes

Community
notes

Any other
relevant
party

Post Natal



PRAMS
INFORMED

Reviewed on
ward as per
plan

Discharged
home and
monitored as
agreed

What we feel is important..



Accessing the service

- Make it easy
- Don't put up barriers

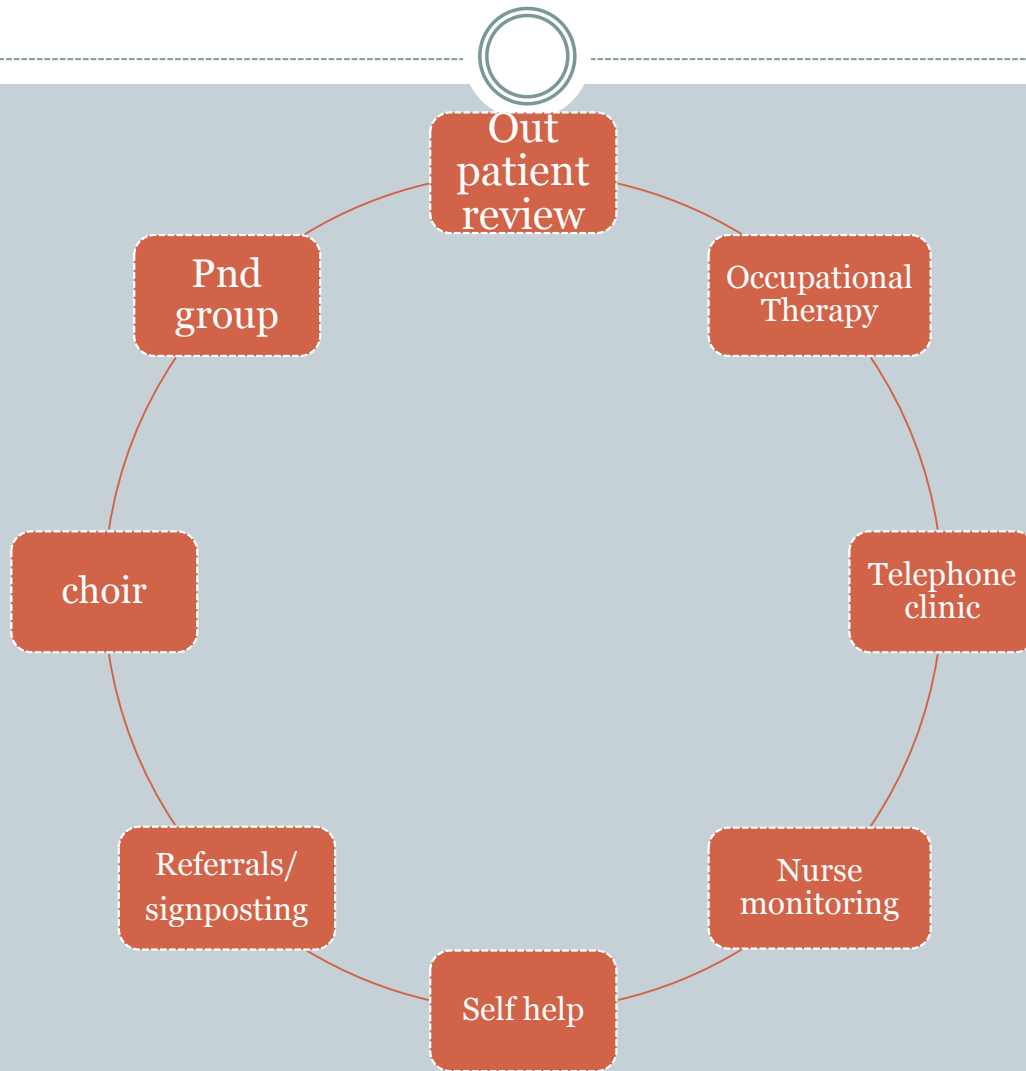
Being flexible

- Looking at each case on its own
- Be creative

Work together

- Best interests of mum and baby
- Developing professional respect

Other things on offer



Just to say.....

- *'When women thrive, all of society benefits, and succeeding generations are given a better start in life'*
- Kofi Annan, Nobel Peace Prize Winner and Former Secretary-General of the United Nations.
- *“The mental health and wellbeing of women in pregnancy is pivotal to ensuring a good clinical, social and other outcomes for both mother and baby and a healthy start to family life”*
- Why Mother's Die Report 2000-2002

Just a few words.....



- <https://youtu.be/L4pyw4MfHkg>