



TVSCN Perinatal Mental Health Network Workforce Training Plan 16/17

The ambition for this activity is to commission and deliver local training throughout Thames Valley to;

- Upskill the specialist* perinatal mental health (PMH) workforce and support the expansion of perinatal mental health (PMH) community and inpatient services.
- Upskill emergency services (i.e. A&E, home treatment, crisis teams) providing out of hours emergency care to women with serious perinatal mental illness.

This plan will also;

- Support ongoing work to standardise competencies in perinatal mental health practice (including the HEE commissioned Competency Framework for Perinatal Mental Health Professionals).
- Promote the development of professional skills, reduce variation in service delivery and enhance the provision of perinatal mental healthcare.
- Improve recruitment and retention of the PMH workforce.

All Training activities have been planned through the Thames Valley SCN Perinatal Mental Health network in conjunction with TV HEE perinatal mental health local lead and will align to the 3 STPs within Thames Valley SCN.

*As defined in national guidance including RCPSYCH CR197



Thames Valley
Strategic Clinical Network

Clinical Network: Thames Valley SCN

Network Lead: Rebecca Furlong

Health Education England Lead: Marion Hogan



Health Education England

Objective	Training and development required	Type of training to meet need	Outcome / benefit / evaluation
<p>To enhance the provision of perinatal mental healthcare for all women in the Thames Valley by delivering training across region</p> <p>Enhanced training for regional specialist PMH workforce</p> <p>Support the expansion of PMH community services by providing opportunities to train mental health (MH) clinicians</p> <p>Promote development of skills in perinatal mental healthcare for MH multidisciplinary clinicians working in generic MH services</p>	<p>Skills / developments (based on HEE's draft competency framework)</p> <ul style="list-style-type: none"> • Developing a 'perinatal frame of mind' to understand the fundamental mental health needs of women and their families during perinatal period • Knowledge of psychological and physical changes during the perinatal period, and how pregnancy can impact on the whole family • Improved confidence, knowledge and skills in assessing and managing perinatal mental illness • Understanding the impact of these illnesses on the woman, her child and family • Tailored communication skills for 	<p>Specialist PMH clinicians</p> <ol style="list-style-type: none"> 1. PMH Multi-Agency Simulation Training <ul style="list-style-type: none"> ○ Provider: Maudsley Simulation (SLaM NHSFT) 2. PMH National Training Course <ul style="list-style-type: none"> ○ Provider: Winchester PMH service (Southern Health NHSFT) <p>Generic MH clinicians</p> <ol style="list-style-type: none"> 1. Simulation training <ul style="list-style-type: none"> ○ For clinicians aspiring to develop PMH lead roles in generic MH services 2. One-day training day with lectures and parallel workshops 	<p>Overall improvement in performance</p> <ul style="list-style-type: none"> • Improved confidence, knowledge and skills in assessing and managing of perinatal mental illness in specialist PMH and generic MH services • Enhanced understanding of roles and perspectives of other agencies involved in perinatal mental healthcare, with improved inter-agency working • Increased understanding of pathways for the management of women with perinatal mental health problems <p>Number of patients who could benefit per year for Thames Valley</p>

<p>Upskill MH clinicians working in services providing out of hours emergency care to women with serious perinatal mental illness</p> <p>Reduce variation in service delivery by delivering training across the region that is based on standardised competencies in perinatal mental health practice</p>	<p>MH clinicians working with women and families during the perinatal period</p> <ul style="list-style-type: none"> Assessing and understanding attachment and parent-infant relationships Understand how cultural factors and stigma against mental illness can affect access to care Risk assessment and management for women with perinatal mental illness Safeguarding practices for vulnerable women and children Skills in multidisciplinary and multiagency working, understanding pathways for women with perinatal mental health problems <p>These competencies will be tailored according the training needs of the participants, in accordance with the competency framework</p> <p>Numbers of staff</p> <ul style="list-style-type: none"> 24 specialist PMH clinicians from across Thames Valley to attend 'train the trainer' (TTT) simulation training course 	<ul style="list-style-type: none"> For all MH clinicians and maternity clinicians with PMH lead roles Delivered by Thames Valley PMH specialists Four equivalent days from January 2017, available for all clinicians across the region to maximise opportunities for attendance for the MH workforce Specific content to be negotiated through Thames Valley regional PMH network Will include updates on medication prescribing for psychiatrists Will include hearing from women with a lived experience of perinatal mental health 	<ul style="list-style-type: none"> 75 women with postpartum psychosis 75 women with chronic severe mental illness 2835-4240 across the range of perinatal distress 875 women with PTSD <p><i>Figures regional estimates, based on Public Health England data</i></p> <p>Evaluation of training</p> <ul style="list-style-type: none"> Numbers of clinicians trained Feedback from training day attendees (bespoke feedback form to be developed) For attendees at simulation training, use of pre-designed self-report questionnaires administered pre- and post-training using Likert scales to assess: (i) confidence in assessing, managing, and treating perinatal mental health problems and team communication; (ii) knowledge of psychiatric disorders and medication in pregnancy, their assessment and treatment; (iii) attitudes towards perinatal mental health problems and team
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	<ul style="list-style-type: none"> • 12 of these specialists to observe Maudsley Simulation delivery, to enhance capability to deliver training locally • 48 generic MH clinicians who are seeking to develop perinatal lead roles within their teams to attend locally delivered simulation training, delivered by specialists who have attended Maudsley TTT course • Offer 240 generic MH clinicians and lead maternity clinicians from across TV to attend PMH training days <p>Who is to be trained</p> <ul style="list-style-type: none"> • MH clinicians: <ul style="list-style-type: none"> ○ Psychiatrists ○ Nurses ○ Psychologists ○ Psychotherapists ○ Occupational therapists ○ Social workers • In the following services <ul style="list-style-type: none"> ○ Specialist PMH services ○ Community mental health teams ○ Liaison psychiatry services ○ IAPT 		<p>roles and responsibilities. Post-course evaluation forms with free text responses administered to assess participants' experience of training, perceived benefits and impact on practice.</p> <ul style="list-style-type: none"> • Involvement of public and patient representatives in development of training program (through Thames Valley SCN) • Competencies met by training program <p>Sustainability</p> <ul style="list-style-type: none"> • Utilisation of TTT course, to enable delivery of specialist simulation training in the region • Access to simulation training to facilitate development of PMH leads across regional mental health services • Module development by regional clinical leads within SCN that can then be used to deliver equitable training across the region over a sustained period of time in anticipation of the competency framework • Regional training program developed and delivered in
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	<ul style="list-style-type: none">○ Crisis / home treatment team <p>Each of these non-PMH services in the region will be expected to nominate a PMH lead</p> <ul style="list-style-type: none">● Maternity clinicians with lead roles in PMH<ul style="list-style-type: none">○ Midwives○ Obstetricians○ Health visitors○ GPs		<p>partnership with established, funded Thames Valley PMH Network</p>
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