

P02-500

PROVISION OF PERINATAL MENTAL HEALTH SERVICES IN A COMMUNITY SETTING

M.K. George<sup>1</sup>, N.R. Parashar<sup>2</sup>, C. Leek<sup>3</sup>

<sup>1</sup>Psychiatry, North Essex Partnership NHS Foundation Trust, Chelmsford, <sup>2</sup>Psychiatry, Dudley & Walsall Partnership NHS Trust, Dudley, <sup>3</sup>Psychiatry, North Essex Partnership NHS Foundation Trust, Harlow, UK

Introduction: Psychiatric illness and suicide in particular have been a leading overall cause of maternal mortality in the United Kingdom. Although the most recent Confidential Enquiry into Maternal and Child Health indicated that this is no longer leading causes, mental health problems before and after childbirth have a significant impact on the health of women, family relationships and children's subsequent development. .

Aims: To identify the current practice for management and prevention of perinatal mental illness within a community mental health setting.

To identify the extent to which policy recommendations from NICE "Antenatal and postnatal mental health" been implemented

Methods: The audit included all women who are pregnant, breastfeeding or who are planning to become pregnant and referred to the CMHT between November 2008 to April 2010

20 Cases identified by asking all team members to recall relevant clients.

Results: 65% of those referred were in the antenatal period and 25% were in the post natal period.40% of those referred had a pre existing mental illness and 60% were new onset during antenatal & postnatal period.

The main diagnosis was depression and anxiety disorders.

55% of those referred to the CMHT were on Psychotropic medications. However following the assessment and follow up by CMHT, only 25% of those referred needed to be on the psychotropics.

Good compliance was achieved in the documentation of past psychiatric history and family history, provision of appropriate psychosocial interventions and specific considerations for the use of antidepressant medication during pregnancy and the postnatal period.