

Next Steps

P is for Plan Pathways to Care.....

Next Steps

So, you've picked up on a issues for this mum and her baby:

- How well have you engaged with her?
- Did some big issues come out in this session?
- Is she likely to come back for her next appointment?
- Are there any immediate care and protection issues for the baby and/or her?
- Should you immediately involve others = sleeping at night!

Early Intervention

- Can produce sustained improvement in children's health, welfare and education
- Requires a range of people, skills, services and agencies (Gilbody 2005)
- Interagency co-ordination and communication is needed

Firstly:

- Work early – it matters!
- Work with others if at all possible:
Interagency co-ordination and
communication is needed

Secondly

A framework for understanding your patient: bio-psycho-socio-cultural

Understanding is useful to make a management plan and communicate with your patient, her family and her supports

Management: the grid

- Mother
- Infant
- Mother-infant dyad
- Family/couple/dad
- Immediate needs, then short-term, then longer term

FEELING ATTACHED

Management Plan - Considerations for Treatment

MOTHER	IMMEDIATE	MID TERM	LONG TERM
<i>Biological</i>			
<i>Psychological</i>			
<i>Socio-cultural</i>			
<i>Infant</i>			
<i>Father</i>			

General considerations

- Since causation is likely to be bio-psycho-socio-cultural, management will be bio and psycho and social and cultural
- Involve patient, infant and family as much as possible in education and decisions making
- Beware dual diagnosis: ie substance abuse present in approx 50% cases and complicates matters a great deal
- Remember compliance in ?50%

Biological: general issues

- Make sure general physical health is as good as possible eg nutrition
- Encourage stopping of substance abuse
- Encourage EXERCISE!

Biological Medications: general issues

- ALWAYS RISK-BENEFIT analysis
- No drugs can be said to be completely safe
- However the effects of illness on mother and infant must be considered when thinking of the problems of medications in either pregnancy and/or breastfeeding

Medication: General Issues 2

- Views change over time as to what is safe and what medications are available – know your WEBSITES!

Current: Australian Therapeutics Oct 07

- Important therefore to keep in touch frequently either through relevant hospital pharmacy or literature or a website

eg motherisk.com (Canadian site – very good)

Psychological

- Grief and loss issues
- Self esteem

P'ing...

- P1: Personal Support Network
- P 2: Professional/Protection Supports
- P3: Practical/Paid support
- P4: Psychotherapy
- P5: Pills – CONTRACEPTION
- P6: Phitness, personal care
- P7: Permission
- P8: Prayer
- P9: PANDA

Promoting mother-infant relationships

- General considerations: at every level of the onion ring
- Using the 'Circle of Security'
- Other infant mental health interventions
 - Interactional guidance + using Video/photos
 - Watch, wait and wonder
 - Psychodynamic 'Ghosts in the nursery'
- Some websites: <http://raisingchildren.net.au>
www.zerotothree.org
www.circleofsecurity.org

Children in the family

- COPMI: Children of Parents with mental illness
- Think about the baby's needs in your case planning and interventions