



ACADEMIC SERVICES

MODULE SPECIFICATION

Part 1: Basic Data					
Module Title	Perinatal Mental Health for Health and Social Care Practitioners				
Module Code	UZURXN-20-M	Level	M	Version	1
UWE Credit Rating	20	ECTS Credit Rating	10	WBL module?	NO
Owning Faculty	Health and Applied Science	Field	Maternal and Child Health		
Department	Nursing and Midwifery	Module Type	Project		
Contributes towards	MSc Advanced Practice MSc Specialist Practice MSc Professional Development				
Pre-requisites	None	Co- requisites	None		
Excluded Combinations	None	Module Entry requirements	None		
First CAP Approval Date	2 June 2015	Valid from	September 2015		
Revision CAP Approval Date		Revised with effect from			

Review Date	
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Part 2: Learning and Teaching	
Learning Outcomes	<p>On successful completion of this module learners will be able to:</p> <ul style="list-style-type: none"> • Critically analyse and synthesise the evidence base on the physical, psychological and emotional changes which occur in the perinatal period and the impact of these on women’s mental wellbeing (Component A) • Critically evaluate the relationship between perinatal mental health and social, cultural, economic and co-morbidity factors (Component A) • Critically appraise and evaluate approaches to screening, assessment, management and treatment strategies for women (Component A) • Critically evaluate interprofessional working, risk management, safeguarding, ethical, legal and regulatory requirements (Component A) • Critically reflect on current service provision and make recommendations for quality enhancement and service development (Component A)

Syllabus Outline	<p>The module will be relevant for those who wish to advance their skills and knowledge in perinatal mental health. The module will be particularly appropriate for Midwives, Health Visitors, Neonatal Nurses, Mental Health Nurses & other Health and Social Care Professionals, who work with women and their families in pregnancy and up to one year after birth.</p> <p>The module will develop practitioner's critical knowledge and understanding of: perinatal mental health; implications of mental illness for women, infants and families; care pathways, policy and guidelines for practice; approaches to assessment; appropriate management and treatments. The module will also help to develop a critical reflection on own and others practice, through the use of case studies.</p> <p>For leading in enhancing quality care provision the module also provides opportunities for learners to critically evaluate current guidelines, national and local service provision and identify areas for innovation in practice and local service development, which could be taken forward as a future work-based project.</p> <p>The aim of the module will be to</p> <p>Advance knowledge and a critical understanding in perinatal mental health and women's experiences of mental illness</p> <ul style="list-style-type: none"> • Physical, emotional, psychological and social changes during pregnancy, childbirth and postnatal period • The relationship between perinatal mental health and social, cultural, economic and co-morbidity factors. • Mental health issues applied to perinatal period: including mood disorders and psychosis • Service users experiences of mental illness <p>Advance knowledge and understanding of assessment, screening, referral and treatment of women with moderate and server perinatal mental illness</p> <ul style="list-style-type: none"> • Management strategies, Clinical Care Pathways and National and Local clinical guidelines for screening • Treatment interventions for moderate and severe perinatal mental illness <p>Advance skills for practice when working with women and their families</p> <ul style="list-style-type: none"> • Communication skills and partnership and relationship based models to care • Care planning • Interagency and interprofessional working • Critical reflection on own and others practice in promoting mental wellbeing for women, infants and families <p>Enhance understanding of the wider context of practice in relation to perinatal mental health</p> <ul style="list-style-type: none"> • Legal, ethical, statutory issues relating to perinatal health and professional practice • Risk management & Clinical Governance • Safeguarding • The policy context and mental health as a public health issue • Social and cultural issues: Stigma and mental health. Ethnic and cultural considerations relating to metal illness • Perinatal Mental Health services
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Contact Hours	<p>Total 48</p> <p>Contact time includes lectures, seminars, simulation and workshops.</p>
Teaching and Learning Methods	<p>Scheduled learning</p> <p>A variety of teaching and learning methods will be used</p> <ul style="list-style-type: none"> • Lectures, seminars, case studies, simulation, role play, learner's presentations. • Group discussions and action learning sets to enable learners to engage in critical reflective discussions, based upon their practice experiences. • E-learning and virtual learning, including online discussion forums and e-portfolio. <p>Teaching will be by subject specialists such as specialist midwives and health visitors, psychologists and specialist mental health lecturers. Service users organisations and visiting guest speakers will be utilised to share their experiences, to inform students on specific areas and about specific organisations/services.</p> <p>Independent learning</p> <p>Independent study will include essential reading for preparation for each taught session, presentation preparation, case study and assessment preparation. Learners will be encouraged to keep a reflective portfolio of learning development and work on this will also be counted within these hours.</p>
Reading Strategy	<p>Access and Skills</p> <p>All learners are encouraged to make use of the extensive resources provided by the Library at UWE.</p> <p>Formal opportunities for learners to enhance their library and information skills are provided through the contact time and additional support is available through the study support section of the Library Services web pages, including interactive tutorials on finding books and journals, evaluating information and referencing. Sign-up workshops are also offered by the Library.</p> <p>Essential Reading</p> <p>Core required reading will be indicated in the module handbook.</p> <p>Further Reading</p> <p>Learners are expected to identify all other reading relevant to their learning. Further reading which is advisable for this module will be detailed in the module handbook.</p> <p>Blackboard</p> <p>This module is supported by Blackboard where students will be able to find all necessary module information. Detailed reading lists will be made available through the Module Handbook accessible via Blackboard. Direct links to information sources will also be provided from within Blackboard.</p>
Indicative Reading List	<p>Boots Family Trust (2013) <i>Perinatal Mental Health Experiences of Women and Health Professionals</i>, London, Boots Family Trust</p> <p>Centre for Maternal and Child Enquiries (2011) <i>Saving Mothers' Lives: Reviewing</i></p>

maternal deaths to make motherhood safer - 2006-2008, London. CMACE.

Freshwater, D. (2005) *Counselling skills for nurses, midwives and health visitors*. Maidenhead, Open University Press

Hanley V. (2009) *Perinatal Mental Health: A Guide for Health Professionals and Users: A Guide for Professionals and Users*. Chichester. Willey-Blackwell

Howard, L., M., Molyneaux, E., Dennis, C., Rochat, T., Stein, A., Milgrom, J. (2014) *Non-psychotic mental disorders in the perinatal period*. The Lancet, Volume 384, Issue 9956, 15–21 November 2014, Pages 1775-1788

Jones, I., Chandra, P.S., Dazzan, P., Howard, L. M. (2014) *Bipolar disorder, affective psychosis, and schizophrenia in pregnancy and the post-partum period*. The Lancet, Volume 384, Issue 9956, 15–21 November 2014, Pages 1789-1799

Martin C.R. (2012) *Perinatal Mental Health: A clinical guide* Keswick Cumbria. M&K Update Ltd.

National Institute for Health and Care Excellence, (2014), *Antenatal and postnatal mental health: Clinical management and service guidance*. London, NICE.

National Institute for Health and Care Excellence, (2009), *Schizophrenia: core interventions in the treatment and management of schizophrenia in primary and secondary care*. NICE, London.

National Institute for Health and Care Excellence, (2006), *The management of bipolar disorder in adults, children and adolescents, in primary and secondary care*. London, NICE.

National Institute for Health and Care Excellence, (2005), *Post-traumatic stress disorder*. London, NICE.

National Institute for Health and Care Excellence, (2005), *Obsessive-compulsive disorder: Core interventions in the treatment of obsessive-compulsive disorder and body dysmorphic disorder*. London, NICE.

NSPCC (2013) *Prevention in mind: Spotlight on perinatal mental health report*. London, NSPCC.

Price, S. (2007), *Mental Health in Pregnancy and Childbirth*, Edinburgh, Churchill Livingstone.

Raphael-Leff, J. (2001), *Psychological Processes of Childbearing*, London, Chapman Hall.

Stein, A., Pearson, R. M., Goodman, S. H., Rapa, E., Rahman, A., McCallum, M., Howard, L.M., Pariante, C. M. (2014) *Effects of perinatal mental disorders on the fetus and child*. The Lancet, Volume 384, Issue 9956, 15–21 November 2014, Pages 1800-1819

Tew, J. (2005), *Social Perspectives in Mental Health*, London, Kingsley.

Journals

British Journal of Health Psychology

Community mental health journal

Infant mental health journal

International journal of mental health nursing

	International Journal of Mental Health Promotion Issues in mental health nursing Midwifery Sociology of health & illness
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Part 3: Assessment	
Assessment Strategy	<p>Formative Assessment Students will have an opportunity to test their leaning and understanding within group discussions, learner presentations, reflections on practice and feedback from peers and tutors.</p> <p>Summative Assessment</p> <p>4000 word written assignment which provides a critical analysis and evaluation on an aspect of current practice relating to perinatal mental health and a proposal for service development for women and their families (Component A)</p> <p>This component will enable learners to demonstrate advanced critical thinking, analysis, synthesis and evaluation of the evidence base for perinatal mental health and current approaches to assessment, management, treatment and service delivery for women and their families.</p> <p>The proposal for service development will enable the learners to: demonstrate a critical discussion on current guidelines, practice and service provision; innovation and leadership in enhancing quality care and local service development; a project which learners could take forward as a future work-based project.</p>

Identify final assessment component and element		
% weighting between components A and B (Standard modules only)	A:	B:
First Sit		
Component A Description of each element	Element weighting (as % of component)	
4000 word written assignment	100%	

Resit (further attendance at taught classes is not required)		
Component A Description of each element	Element weighting (as % of component)	
4000 word written assignment	100%	
If a student is permitted a retake of the module under the University Regulations and Procedures, the assessment will be that indicated by the Module Description at the time that retake commences.		

