

The webinar will start soon. While you're waiting . . .

Did you know MHPN supports networks where practitioners meet either face-to-face or online to discuss issues of shared interest?

Networks that focus on perinatal and/or women's mental health meet in the following locations:

| QLD | SA | NSW | Tas | NT | WA | Vic |
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AUSTRALIA-WIDE ONLINE NETWORKS
Online women's mental health network
Online prenatal diagnosis network

Visit www.mhpn.org.au/News/2022/May/PND-Networks or use the QR code to:

- join & be invited to future meetings
- start one if there isn't one in your area
- learn more.



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MHPN WEBINAR

Thursday, 12 May 2022

An interdisciplinary approach to perinatal anxiety and depression



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Tonight's panel



Nia Ellis
Mum with Lived
Experience



Dr Nicole Hall
General Practitioner



Rosemarie Vary
Enhanced Maternal Child
Health Nurse



Dr Nicole Highet
Psychologist



Facilitator:
Prof. Stephen Trumble
General Practitioner



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The webinar platform

To interact with the webinar platform and to access resources, select the following options:



Information: To access presentation information, links for live chat, resources and webcast support click on this icon located in the lower right corner of your screen.



Ask a question: To ask the speakers a question, click on the speech bubble icon in the lower right corner of your screen.



Chat: To open the audience chat box, click on this icon located in the top right hand side corner of your screen.



Change slide and video layout: To change the layout, e.g. make the video larger and the slides smaller, click on this icon in the top right corner of the slide window.



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Survey: To access the survey before the webinar ends click on this icon, which is in the lower right corner of your screen.



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Learning outcomes

Through an exploration of perinatal anxiety and depression the webinar will provide participants with the opportunity to:

- Discuss biological, social and environmental factors that increase the risk of developing perinatal anxiety and depression, including associated stigma.
- Discuss screening, identification, assessment and diagnosis of perinatal anxiety and depression.
- Evaluate the recommended therapeutic approaches that have proven successful in the treatment of perinatal anxiety and depression.
- Outline the importance of collaboration and appropriate referrals when providing care to women experiencing and living with perinatal anxiety and depression.



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Mum with Lived Experience's perspective

Why can't I be like other mums?

Being a mother is a one size fits all. If you don't fit into that category, you are failing.

"Out of my depth trying to keep a baby and myself alive. Crying all the time and felt hopeless as a mother. Everyone else made it look so easy ... I was so embarrassed."

Questions that could have helped me

- What is your daily routine?
- Who do you chat to during the day?
- When did you sleep for longer than two hours?
- Show me some pictures of your baby and your family.



Nia Ellis



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Mum with Lived Experience's perspective

I am not good enough.

I had various excuses to justify why I felt like this.

I would tell myself ... if I had a good night's sleep, I'd be fine.

- I just needed time to adjust.
- My baby is healthy, don't complain.

Crying constantly, hated leaving the house and having a baby was the worst thing that had ever happened to me.



Nia Ellis



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Mum with Lived Experience's perspective

Why did I lie about how I was feeling?

- Put simply, embarrassment and shame.
- I wasn't coping and asking for help when I was at my most vulnerable was the hardest thing to do.



Nia Ellis



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Mum with Lived Experience's perspective

What made me seek help?

Questions that could have been asked

- When was the last time you felt happy?
- What makes you happy?
- Tell me about your family? Who lives with you?
- What is your daily routine?



Nia Ellis



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General Practitioner's perspective

Let's think about Jade

Friend

Sister

Daughter

Partner

Mother



Dr Nicole Hall



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General Practitioner's perspective

Acknowledgement of feelings

- LISTEN!!
- People are often looking for someone to listen and empathise, not necessarily expecting a solution to everything.
- Sharing my personal experience of my difficulties of being a new Mum - conflict between expectation and reality.
- Social media creating false expectations- people only posting 'good' aspects of parenting.
- Reality of prevalence of post natal anxiety and depression.



Dr Nicole Hall



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General Practitioner's perspective

Assessment

- Suicidal thoughts? Psychotic symptoms?
- Edinburgh Postnatal depression scale, assessing maternal-infant interaction - serial measurements.
- Previous anxiety/depression – important not to stop medications in pregnancy as risk of relapse/worsening symptoms is high.



Dr Nicole Hall



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General Practitioner's perspective

Management tips

- Exploration of who Jade really is - what is she passionate about, what does she enjoy
- 30 mins 2x weekly of activity you enjoy (protected time)
- Writing down 1 good thing every day that happens
- Weekly visits
- Still her own person! Not just a Mum!
- Partner do 1 night of overnight feeds per week
- 1 new thing to try for e.g. sleeping/settling
- Remind them they are doing a brilliant job!
- Medication – safe to use



Dr Nicole Hall



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General Practitioner's perspective

Referrals

- Weekly or fortnightly visits with GP
- Transition to perinatal psychologist - private/public
- Online resources - COPE/PANDA
- My door is always open



Dr Nicole Hall



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Enhanced Maternal Child Health Nurse's perspective

Identify Jades challenges - What is seen

- History of mental health including anxiety and poor body image.
- Vulnerability in forming professional trusting relationships.
- Fear and doubt.
- Communication with partner.
- Post birth - sleeping challenges.
- Failed expectations.



Rosemarie Vary



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Enhanced Maternal Child Health Nurse's perspective

What is hidden

"Problems cannot be solved with the same mindset that created them." (Albert Einstein.)

- Understand the Iceberg model of care (Tweddle child and family health service, Sleep and Settling Model of Care Workbook, 2021).
- The solution to a problem is only evident if you truly understand the problem.



Jade's behaviors maybe as a result of deep underlying cognitive structures



Rosemarie Vary



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Enhanced Maternal Child Health Nurse's perspective

Interviewing tips - Gaining an understanding

- Sit down together.
- Ask questions often and early.
- The way you ask the questions may influence the answers - closed or opened ended questions.
- Listen without interrupting much.
- Avoid nonverbal cues that show disapproval or disinterest.
- Give Jade permission to have unpleasant feelings.



Rosemarie Vary



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Enhanced Maternal Child Health Nurse's perspective

Gaining a deeper understanding

- “When Oscar was born the challenges kept coming. He wasn’t a good sleeper.’
- Be empathetic and truthful “I can see this is difficult for you and I’m very proud to be working on this with you”.
- Avoid comments that puts you in their shoes, as offering you own story is likely to make the other person feel that they are not being heard or may reflect your needs more than theirs.
- Use assessment forms to aid with communication: eg Edinburg Post-natal depression score. Sleep pathways forms are available at Tweddle EPC. Brigrance screening tool.
- Ensure you can offer support before completing assessments.



Rosemarie Vary



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Enhanced Maternal Child Health Nurse's perspective

Take home message: Implement an Infant mental health perspective

- “My greatest reward is educating parents to look at their environment through their child’s lens”.
- Take every opportunity in supporting the parent to begin the journey of emotional intelligence with their child.
- Instill calmness. Mothers will be reassured by the calm, caring, gentle and confident demeanour of the nurse.
- **Finally, remember you have been given the privilege to support a change to better health.**



Rosemarie Vary



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Psychologist's perspective

The screenshot displays the GOPE (Centre of Perinatal Excellence) website. The header includes the GOPE logo, a language selector, and navigation links for Home, About, Media centre, and Getting help. The main content area features a large image of a woman holding a baby, with the title 'The Truth' and the hashtag #thetruth. Below this, text explains that GOPE is devoted to empowering hopeful, expectant and new parents with information at each stage of their journey to parenthood. It also mentions that the #thetruth campaign series has been created to raise awareness of the hidden struggles faced by thousands of people on their path to parenthood – yet often not spoken about. A section titled 'View #thetruth Video Series' shows five video thumbnails: Infertility, Loss of a baby, Pregnancy, Birth, and Early parenthood. The mhpn logo is visible in the bottom right corner of the slide.



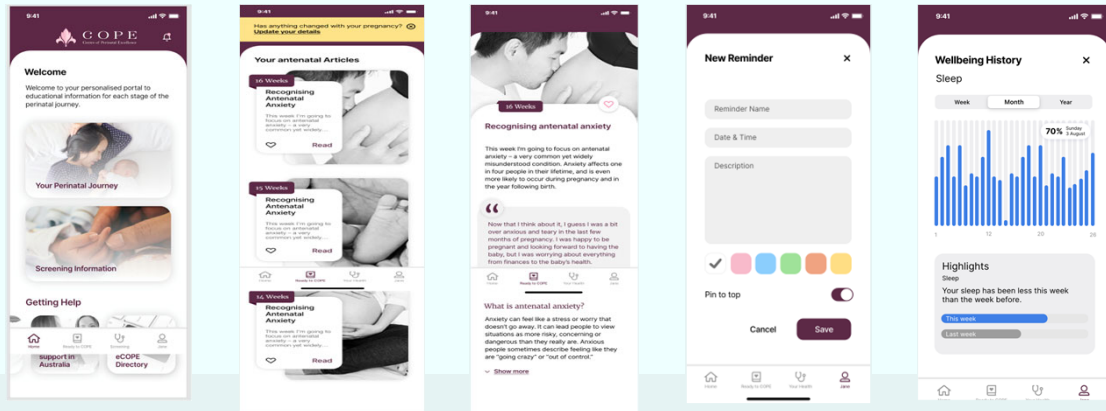
Dr Nicole Highet



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Psychologist's perspective

Ready to Cope - Digital App



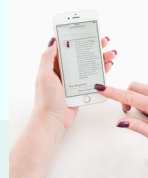
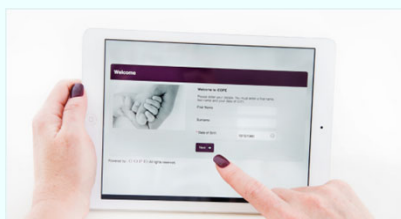
Dr Nicole Highet



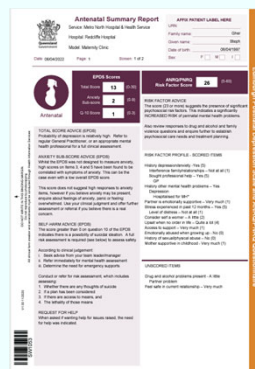
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Psychologist's perspective

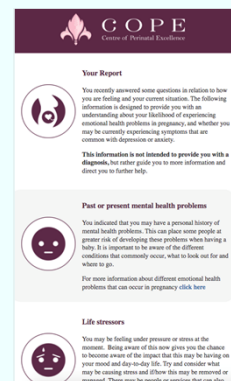
i-COPE Screening



Screening



Clinical Report



Patient Report

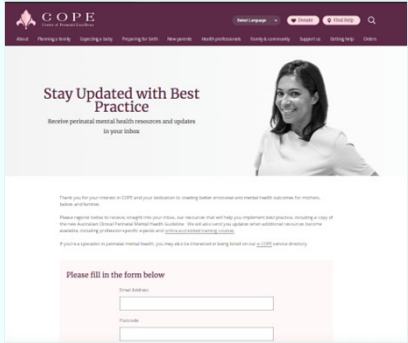


Dr Nicole Highet

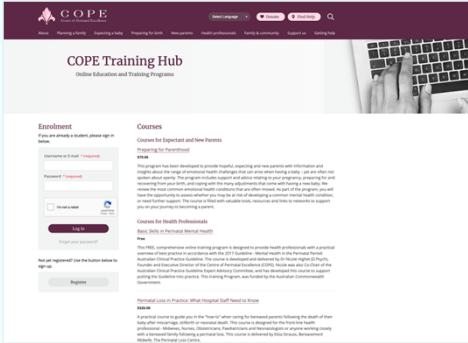


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Psychologist's perspective




cope.org.au/hpsignup



training.cope.org.au

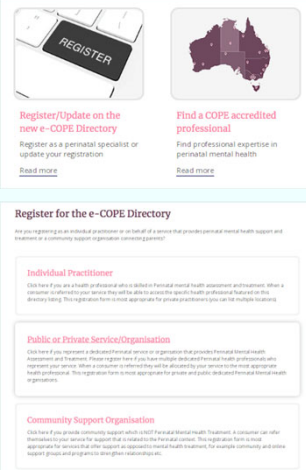


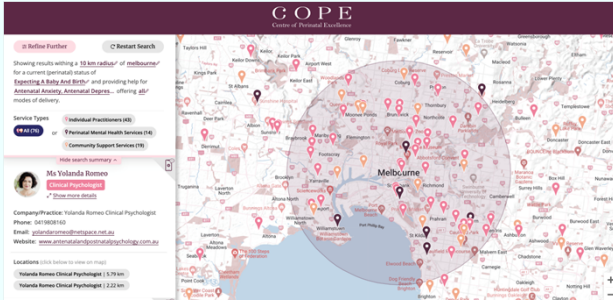
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Psychologist's perspective







Dr Nicole Highet




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MHPN
WEBINAR


Ask a question

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Q&A Session




Nia Ellis
Mum with Lived Experience




Dr Nicole Hall
General Practitioner




Rosemarie Vary
Enhanced Maternal Child Health Nurse



Dr Nicole Highet
Psychologist



Facilitator:
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General Practitioner



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Thank you for your participation

- Please ensure you complete the *exit survey* before you log out; either click the "Pie Chart" icon in the lower right corner of your screen (beside the speech bubble) or wait for a message to pop up on your screen after this webinar ends.
- A Statement of Attendance for this webinar will be issued within four weeks.
- Each participant will be sent a link to the online resources associated with this webinar within two weeks.



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MHPN Online programs

Podcasts:

- Episodes released fortnightly on MHPN Presents.
- *Agree to Disagree? A Conversation on 'Common Features of Psychotherapy'* was released yesterday. Listen on Spotify, Apple Podcasts, or MHPN's website.

Upcoming webinars:

- Assessing functional capacity to work for psychological injuries – Thursday 19th May 2020

Sign up through our portal on the MHPN website to ensure notification of upcoming webinars, podcasts and network activity.



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Thank you for your contribution and participation.

Good evening.



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