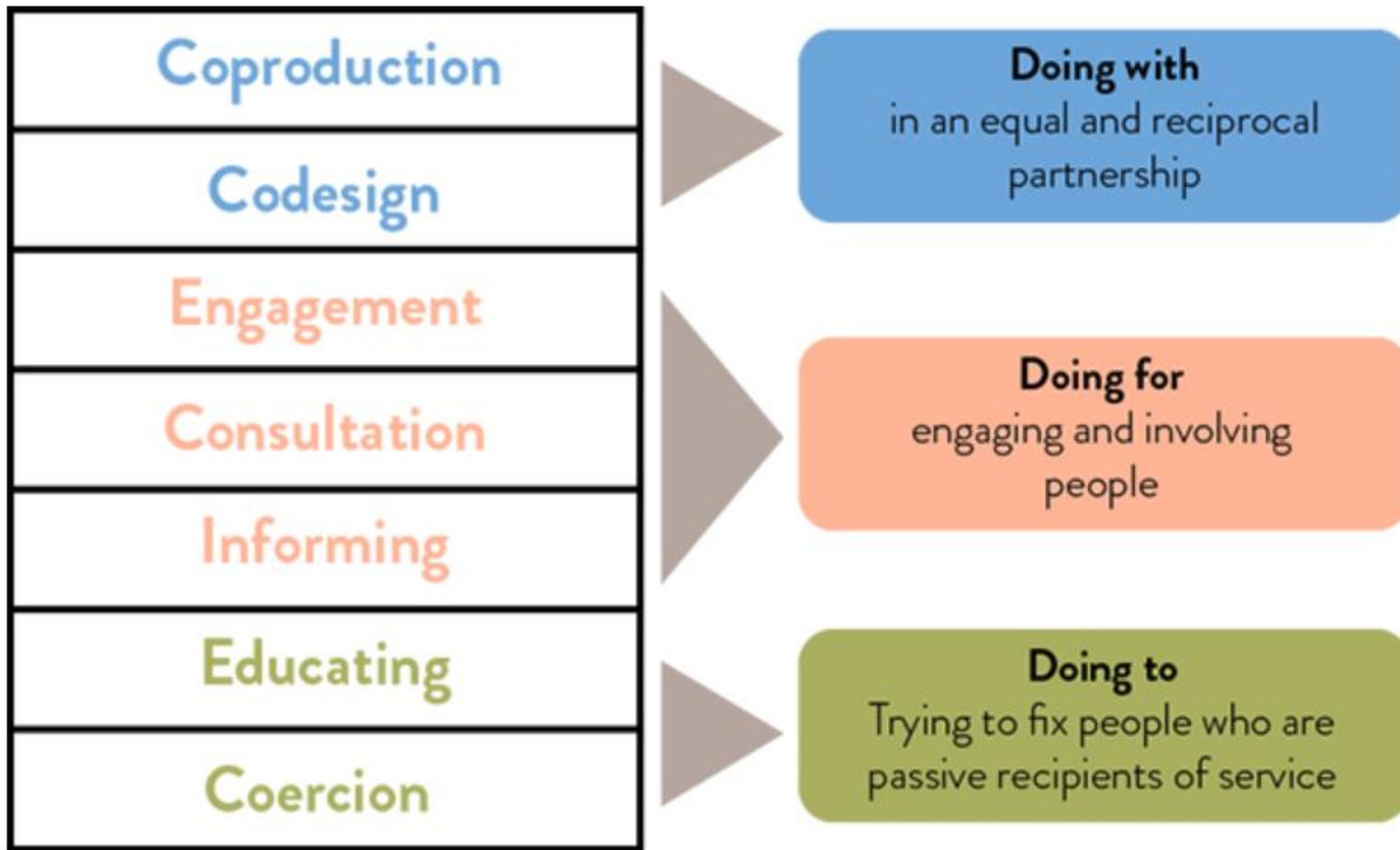


Patient Participation and Engagement – Putting it into practice

Terri Quigley, Participation & Engagement Coordinator,
Cheshire & Mersey Specialist Perinatal Service
November 2021.



New Economics Foundation, Participation Works, 1998

Engagement

What level of engagement is right for us?

Partnership

Leading projects, empowering service users to have equal input/influence - service user led support groups, sitting on interview panels, delivering training



Co-production

Working together towards common objectives - shaping projects, writing job descriptions



Consult

Contributing to things within fixed boundaries - service user views on things already created



Inform

Giving feedback with fixed boundaries - surveys etc



NOTE: If you are a partner/other please note than when answering questions, 'me', 'my' or 'you' refers to the mum/patient.

Q1 Please rate how your mental health has been

	Very Well	Well	Unwell	Very Unwell	Extremely unwell
When I first came into contact with the service I was...	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When I was discharged from the service I was...	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Q2 Please rate your view of the service based on your own

	Strongly Agree
Staff did not communicate with others involved in my care	<input type="radio"/>
Staff gave me the right amount of support and care	<input type="radio"/>
I did not get help quickly enough after referral	<input type="radio"/>
Staff listened to me and understood my problems	<input type="radio"/>

POEM

Our most recent POEM had some really positive feedback from 15 people – well done for all your hard work!

Mental Health states

State	Referral	Discharge
Extremely unwell	4	0
Very unwell	8	0
Unwell	1	1
Well	1	9
Very well	1	5

"Staff helped me to understand my illness/difficulties"

Response	Percentage
Strongly agree	73%
Agree	20%
Disagree	7%

"Staff gave me the right amount of support and care"

Response	Percentage
Strongly agree	86%
Agree	14%

"Staff helped me be more confident with caring for my baby"

Response	Percentage
Strongly agree	60%
Agree	40%

Consult

Being Pregnant... Preparing to give birth

Dr Anna Lovatt & Dr Victoria Selby, Clinical Psychologists,
Cheshire and Merseyside Specialist Perinatal Service

In collaboration with Dr Ruth O'Shaughnessy, Consultant Clinical Psychologist,
Dr Elizabeth Chamberlain, Clinical Psychologist and Terri Quigley, Participation
and Engagement Coordinator, Cheshire and Merseyside Specialist Perinatal Service.
#cmperinatal

A joint initiative between: Cheshire and Wirral Partnership, Mersey Care and
North West Boroughs Healthcare NHS Foundation Trusts. Produced June 2020.

Bonding with your baby... Becoming a parent

Dr Anna Lovatt (Clinical Psychologist) and
Terri Quigley (Participation and Engagement Coordinator)
Cheshire and Merseyside Specialist Perinatal Service

In collaboration with Dr Ruth O'Shaughnessy (Consultant Clinical Psychologist),
Lisa Martin (Perinatal Support Worker), Dr Elizabeth Chamberlain (Clinical Psychologist)
and Peer Support Workers.
#cmperinatal

A joint initiative between: Cheshire and Wirral Partnership, Mersey Care and
North West Boroughs Healthcare NHS Foundation Trusts. Produced July 2020.

Being With Your Baby... Becoming a Mum

Dr Anna Lovatt, Clinical Psychologist,
Cheshire and Merseyside Specialist
Perinatal Service

In collaboration with Dr Ruth O'Shaughnessy, Consultant Clinical Psychologist,
Dr Elizabeth Chamberlain, Clinical Psychologist and Terri Quigley, Participation
and Engagement Coordinator, Cheshire and Merseyside Specialist Perinatal Service.
#cmperinatal

Specialist Perinatal Service – Bonding, Relationships and the PBQ

Frequently Asked Questions

Does the perinatal team help with bonding and relationships?

Our job in the perinatal team is to support mum's mental health and also to support family relationships and bonding with baby. What matters to us is that you are getting the support that you and your family need from us as this is linked to better outcomes for you and for your baby.

I feel a bit worried talking about the thoughts and feelings I have towards my baby

We know that lots of parents don't feel able to talk about how they really might be feeling because they can feel bad about how they are feeling, or are worried that others will think they are a bad parent. You might find yourself worrying about whether you're a good parent. Every parent feels doubt, anxiety, and other difficult feelings towards their baby – this is normal.

I feel a bit 'mixed up' about my bond with my baby

For some parents bonding can feel like a magical process or like a 'flash of lightening'. For some parents, they can feel quite untouched by any enthusiasm at first and even an 'is this all?' sort of feeling. Sometimes an emotional bond only develops a long time after the baby is born. These are all normal differences in bonding patterns.



What is the Parental Bonding Questionnaire (PBQ)?

The perinatal team use different kinds of questionnaires. Some help us to understand more about how you are feeling, and others help us to understand more about your relationship with baby – like the PBQ.

You can choose to:

- ✓ Fill it in with your perinatal practitioner
- ✓ Fill it in by yourself and send it back
- ✓ Not to fill it in

Some people prefer to fill it in by themselves, some people like to have someone with them so they can ask questions or chat about it afterwards.

What if I get upset?

Some people can feel upset because the PBQ can bring some difficult feelings into awareness – but this is what we are here for. Lots of mums using our service have found it helpful and have said things like:

- o I like this tool – it touches on aspects of PND that many mums are too scared to talk about



- o It helps you to be honest without having to say it out loud
- o I like this tool but mums need to be reassured that there are no 'right or wrong' answers
- o The questionnaire covers sensitive topics - if you want genuine answers the questionnaire needs to be explained in a sensitive way

How can the perinatal service support me bonding with my baby?

There are lots of ways that we can help. Ask your practitioner about:

- o 'Being with your Baby' (aimed at mums) and 'Bonding with your Baby' (aimed at fathers and partners) – our specially designed resources to support parent-infant relationships
- o Cue Cards – cue card working helps parents to learn more about baby cues, how this links with your own mind, and tuning in to both you and your baby!
- o Baby massage – we deliver baby massage sessions in a group and individually – depending on what is needed. Infant massage can help baby to relax, become more regulated, and supports bonding.
- o Video interaction Guidance (VIG) – video interaction focusses on the strengths between you and your baby. A VIG practitioner can take a short video clip of you playing with your baby, this will be edited, and then you have a 'shared review' – a space where you can watch and talk about the best moments between you and your baby. It's a great way to see a developing bond – especially if you are worried about bonding!



"There's no such thing as a perfect parent. Being 'good enough' means just that – to be a human being with good days and bad days, to make mistakes, to have regrets. When this happens – you can learn and so can your baby. This is your baby's introduction to coping with life's frustrations."

Did you know?

One in five women experience mental health problems during pregnancy or in the first year after birth.

Cheshire and Mersey Specialist Perinatal Service provides important mental health assessment and support for women experiencing moderate to severe mental health issues during this time.

Our specialist teams also provide consultation and advice to fellow professionals providing perinatal care.

Support and advice

Our friendly teams include psychiatrists, psychologists, mental health nurses and occupational therapists.

These experienced, multidisciplinary teams help women and families by providing:

- Preconception advice
- Specialist Mental Health
- Review by specialist psychiatrist
- Therapy sessions
- Case management
- Liaison and joint work with services and agencies
- Advice for referrers
- Specialist training in perinatal mental health

Your local teams

Cheshire and Wirral Partnership
NHS Foundation Trust
Cherrybank Resource Centre, Ellesmere Park
Tel: 0151 488 8434



Support, advice & interventions

Our friendly and helpful teams provide a range of therapeutic interventions for the mother, the baby, and the family delivered by a wide range of professions including:

- Medication advice
- Birth care planning
- Postnatal review
- Care co-ordination
- Evidence based talking therapies
- Evidence-based mother and baby, couple and family interventions
- Occupational therapy
- Peer support
- Pre conception counselling (Women with concerns about how their mental health or treatment may affect a future planned pregnancy)



Know your rights

It is important to know your rights regarding:

- Consent to treatment
- Accessing advocacy services
- Interpreting services
- How to raise concerns, complaints and give compliments.

For more information: <https://bit.ly/3t8b3KH>



A joint initiative between Cheshire and Wirral Partnership and Mersey Care

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Partnership



MATERNAL MENTAL HEALTH WEEK 2021

A Partner's Perspective

I don't buy in to stereotypes, the old mantra that "sometimes us Dads are useless!" Well, it gets on my nerves.

But that's how I felt each time my wife experienced birth trauma. Three times. One time was hard enough, the second time was unexpected, chaotic, unknown; the third was harrowing, not only because of what happened but also the wider impact this had on our family. My wife has had three emergency c-sections, the last two posing a huge risk to life for both her and our baby for different reasons.

None of the guilty. So can None of this my wife felt. Our babies are better, but I

Whether these personal circles can all agree to especially follow with a baby in N. As a father, and

Throughout each noticed signs of extreme strength to promote self-love for wife? Yes. Have I can

helped her to recover to acknowledge and? Yes. Would that have

Absolutely not. What would have helped understanding of the recovery of the mother, b

hospital team. More education the antenatal pathway to Having someone on site for

to point us in the right direction spoken to as a couple was to have benefited both of us; was having to repeat every

maybe three or four times a day asked questions she had no



As maternal mental health week is in full swing I want partners to know that it's ok to need support too and definitely ok to ask for it; it is there for you as well. Feeling helpless, watching someone you love struggle is hard, especially whilst you are trying to support them for yourself too. Although it's not always easy to know when to step in, it's important to be there for your partner.

How Did I Know?

MATERNAL MENTAL HEALTH WEEK 2021
Emma Holmes is a member of our local experience panel. As part of our Maternal Mental Health Week campaign, we asked her to reflect on her own journey and how she sought support.

I have three beautiful, healthy, happy children and I have had three emergency C-sections to bring them into the world - each one very different. My first son was born via emergency C-section after a failed induction and over 24 hours of labour. My daughter was born in 2015, a planned VBAC, labour went smooth and quick but at 30m her heartbeat became a concern and I was taken to theatre. At this point, I suffered two catastrophic, severe ruptures, I was put under general anaesthetic and my husband was told that there was a very serious risk to life for his baby and his wife. My third son, another daughter, was delivered prematurely. After arriving at the hospital following some bleeding at 33 weeks, I was expecting to be checked out, told to go home and rest. Unfortunately, I was quickly told I was going to have to deliver my baby by a huge blood clot, we were incredibly lucky it is safe to say that whilst growing my babies was a breeze (age of take the odd car, morning sickness and those glorious hormones going down) it wasn't a whole different ball game.

For Maternal Mental Health week, I was asked: What do you want other mums to know about how you needed support? And my immediate response was that I didn't. I had no idea. My heart that and what I wish had been for me and my family. I had no idea that I was struggling, I had no idea that I needed what I needed to get better. But it is absolutely what I needed to get better. There will be no judgement at all for you seeking support for yourself and your babies. You deserve the chance and support you need to do the work.

In 2015 my understanding of maternal mental health was limited. I was aware of post natal depression but not much more beyond this. To me, a mental health response was that I didn't. I had no idea. My heart that and what I wish had been for me and my family. I had no idea that I was struggling, I had no idea that I needed what I needed to get better. But it is absolutely what I needed to get better. There will be no judgement at all for you seeking support for yourself and your babies. You deserve the chance and support you need to do the work.

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"Recovery to me isn't being happy all the time, it's experiencing the good, the bad and dealing with each day as a new day and just being okay is actually okay. I have to work on my mental health every single day"

"Things really do get better! it might be raining now but storms don't last forever" – Lucy, Peer Support Worker



10 years ago I was pregnant with my first born, this is when mental health took a tight grip on me and took control of my life.

Do you see someone struggling with mental health? I was like a duck on water - what you see is calm, but underneath I'm frantically paddling my way through life, secluding myself away from everyone and hiding behind my baby, loosing my own identity as I was trying to tackle my new one as a mum. In loosing myself, the world around me became a scarier place. With a lot of reluctance and letting my family help me, I agreed to go and ask for help. It is a long road and one of which I know I will never be able to walk alone, but I have learnt, I am me, a loving mum, a kind friend and a loving daughter and sister.

With my second born I so deeply feared post natal depression would make a frightful appearance again, but with the amazing support of the peri-natal service, I know I had nothing to fear.

And now here I am with my 2 beautiful children and amazing husband. I'm a mum who has lived with fears of letting people in, holding back with anticipation of being labelled if you knew the real me.

Do you know what it feels like to be scared of your own mind, fearing the lack of control you have over it.... if you don't understand mental health, don't judge it or the person because you can be the reason for the consequences of that persons actions.



I challenge you to question your own fears and your uncertainties of the unknown. Think before you judge. Break the mental health stigma.



PIC • COLLAGE

Question time?



Questions?