The Role of Clinical Psychologists in Maternity and Neonatology

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Maternity and Neonatology

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Clinical Case Example

Deborah’s Journey:

- Unexpected diagnosis of fetal abnormality
- Referral from local maternity hospital to nearest tertiary level hospital
- Preterm delivery at tertiary level hospital & admission of baby to neonatal intensive care unit
- Neonatal death (managing: day-to-day life/ extended family/ return to work/ post-mortem results & referral to genetics/ contemplating another pregnancy...)
- Antenatal anxiety in subsequent pregnancy
- Specialist bereavement support in relation to baby’s death & attachment to new fetus/baby
Service Remit

To meet the specific psychological needs of parents whose pregnancy and/or birth is abnormal through skilled interventions and support of parents.

Resolution of these specific emotional and psychological issues aims to promote optimal infant social, emotional, and cognitive development and family functioning.
Clinical Psychology Role

- Clinical assessment & intervention
- Consultation & Supervision
- Research & Audit
- Teaching
- Staff support
Referrals

Including but not limited to psychological distress related to:

- antenatal diagnosis of fetal abnormality
- medical termination of pregnancy
- recurrent loss
- traumatic birth
- maternal request for caesarean delivery
- stillbirth/neonatal death
- premature birth/
  congenital abnormalities
Service Model

- Acute based
- Early intervention & prevention
- Stepped care – LINKS!

![Pyramid Diagram]

Tier 4 (PMHT)

Tier 3 (CMHT; PMHT)

Tier 2 (Paediatric Clinical Psychology)

Tier 1 (HV; GPs; 3rd sector...)
Service Model

• Maternity AND Neonatology
Service Statistics

• Staffing: 3.3 w.t.e.

• Combined Maternity & Neonatology – New Referrals

<table>
<thead>
<tr>
<th>Year</th>
<th>PRMH</th>
<th>QEUH</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>April 2014 – March 2015</td>
<td>233</td>
<td>291</td>
<td>524</td>
</tr>
</tbody>
</table>

• Combined Maternity & Neonatology - Overall Activity

<table>
<thead>
<tr>
<th></th>
<th>Total appointments offered</th>
<th>Total appointments attended</th>
<th>Choice/partnership offered</th>
<th>Returns offered</th>
<th>DNA</th>
<th>Cancellations</th>
</tr>
</thead>
<tbody>
<tr>
<td>PRMH &amp; QEUH</td>
<td>2710</td>
<td>1922</td>
<td>617</td>
<td>1392</td>
<td>485</td>
<td>303</td>
</tr>
</tbody>
</table>
Service “challenges”

- Where does service “sit”
- Statistics
- I.T. systems
- “New” service
“Thank you very much……. The chance to talk and break down in safe circumstances was invaluable in enabling us to move forward in coping with our baby.”

(Clinical Psychology Neonatology Service Audit)