PANDAS, in conjunction with CPHVA, surveyed practicing & student Midwives & Health Visitors, to find out more about how they feel about supporting people through prenatal mental illness. Here's what we've learned.

92%
Of Midwives & Health Visitors said that they think education about Pre and Postnatal mental illnesses should be given to parents in antenatal classes as standard. That way, these illnesses could be diagnosed and treated more quickly.

We asked whether their trust offered universal antenatal visits by health visitors for mums-to-be

20% Said they do not offer universal antenatal visits

43% Said they offered targeted appointments

81% Would like longer appointments, to be able discuss perinatal mental illness in depth

27% said they would like more knowledge of the client's mental health history

(We asked: Do your clients get the most appropriate help they need with ease of access and in a reasonable time scale?)
Do HCPs feel Confident?

16% Of Midwives and Health Visitors said they are not confident talking to their clients about prenatal mental illnesses.

Say they don't talk to their clients about prenatal mental illnesses as standard 14%.

This breaks down to the following reasons:

18% Say they don't know enough about prenatal mental illnesses.

16% Say it's not part of the standard pathway of care at their trust.

27% Explain that the appointments with clients are too short to fit it in.

39% Said that they don't feel they have the appropriate skills & knowledge to deal with a client who presents with a prenatal mental illness (from diagnosis, to referral or treatment, and follow up appointments).

Some of these explained that their area doesn't have any services other than GPs, or that procedures hadn't been put in place yet because the specialist team is new.
Do HCPs feel Training is Sufficient?

72%

Of Midwives and Health Visitors said current training on perinatal mental illness was not sufficient.

1-3hrs

Is the reported length of training on perinatal mental illness for 32% of midwives

Afterwards, yearly training is the same for 35% of those surveyed, with 29% saying this becomes non-mandatory

17% say they were only offered this training every 2-3 years

39%

Said they have very little knowledge & training about PRENATAL OCD

35%

Said they would like more training on perinatal mental health

45%

Were not offered any additional training at all