The Bethlem Hospital MBU
Acute Psychiatric Unit with
independent Parenting Assessment Service

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Channi Kumar Mother & Baby Unit
Channi Kumar Mother & Baby Unit

14 beds: 12 Acute; 2 Parenting Assessment
HRH in the MBU nursery
MBU Acute Admissions (2016)

- 20% antenatal
- 80% postnatal

Mean length of admission: 73 days (range: 4 to 270 days).
Informal or on MHA Section.
Mental health-related deaths

Almost a quarter of women who died between six weeks and one year after pregnancy died from mental-health related causes

1 in 7 women died by Suicide
MBU Acute Admissions (2016)

- Admitted
- Not admitted
- Pending

Categories:
- PD/ Other
- OCD/ PTSD / Anxiety
- Schizoaffective
- Schizophrenia
- Psychotic episode
- Bipolar disorder
- Depression &/- anxiety

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%
MBU Acute Discharge Outcomes (2016)

<table>
<thead>
<tr>
<th>Scenario</th>
<th>Outcome</th>
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</thead>
<tbody>
<tr>
<td>Together - own home</td>
<td>71%</td>
</tr>
<tr>
<td>Together - elsewhere*</td>
<td>9%</td>
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<tr>
<td>Together - MBU Parenting Assessment</td>
<td>9%</td>
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<tr>
<td>Separate - mother to another psych ward</td>
<td>8%</td>
</tr>
<tr>
<td>Separate - mother home / baby elsewhere</td>
<td>3%</td>
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* Parenting assessment elsewhere or relative’s home
Parenting Assessments at the MBU

1. Referral
2. Network Meeting
3. Parenting Assessment
4. Report & recommendations
Parenting Assessments at the MBU

- Mother + baby (rarely + father)
- Residential for 6 weeks (9 with father)
- Optimum level of mental health
- Multi-dimensional assessment
- Referred pre-birth or post delivery
Multi-disciplinary Assessments

- Psychiatric and medical review
- Psychological and psychometric investigation
- Psychological and social functioning
- Occupational therapy assessment
- Mother-infant relationship and interaction
- Developmental assessment of the baby
- Family and wider context.
Aspects of Parenting Assessments

- Practical parenting
- Attachment between mother and infant
- Emotional stimulation
- Ability to adapt to baby’s changing needs
- Ability to protect and safeguard child
- Insight into mental illness
- Ability to live independently
- Level of support needed in the community
- Coping mechanisms
- Ability to work with professionals
Clinical Diagnoses - Referrals

- Affective psychosis
- Schizophrenia
- Personality disorder
- Depression
- Other
- No mental illness

% distribution among referrals.
Babies

- Mean age at admission: 14 weeks (range: 1 - 76)
- Younger when placement planned before birth (inc. those with pre-birth concern only).

Planned:
9.36 weeks

Not planned:
13.92 weeks
Casenote Study

- Antenatal concerns in 89% cases
- Lack of antenatal planning in some cases
- 43% separated from baby at admission
- 76% mothers discharged with babies
- LA decisions guided by MBU through consultation
Diagnosis and discharge outcome

- Schiz
- Aff psych
- P.D
- Depression
- Other
- No M.I.

With mother
Not with mother
What predicted discharge outcome?

- Family & Environment concerns
- Parenting Capacity concerns
- Non-white maternal ethnicity
- No partner
- Separation prior to admission

Logistic regression:

Parenting Capacity Index (Wald 4.88 (1) p=0.027)
PA audit conclusions

- Lack of ante-natal planning → separation of mother & baby prior to admission → separation at discharge
- Mothers separated at discharge unlikely to resume care later.
- Need for more integrated planning between mental health and children’s services.
- Only Parenting Capacity and Family & Environmental concerns predicted situation at follow-up.
- Lack of specialist PA resources leading to unnecessary separations