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यह दस्तावेज़ अनुरोध किए जाने पर अन्य भाषाओं और प्रारूपों में उपलब्ध है।

ਇਹ ਦਸਤਾਵੇਜ਼ ਬੇਨਤੀ ਕੀਤੇ ਜਾਣ ਤੇ ਹੋਰ ਭਾਸ਼ਾਵਾਂ ਅਤੇ ਰੂਪਾਂ ਵਿੱਚ ਉਪਲਬਧ ਹੈ।

در صورت در خواست این سند به زبانها و شکلهای در اختیار شما قرار می گیرد.

یہ دستاویز دیگر زبانوں اور مطلوبہ شکلوں (فارمیٹ) میں بھی دستیاب ہے

هذه الوثيقة متاحة بلغات اخرى وباشكال غير الكتابة المقروءة وذلك عند الطلب

Perinatal Psychiatric Service
A45 Mother and Baby Unit
A Floor
South Block
Queen's Medical Centre
Nottingham
NG7 2UH
Tel: 0115 875 4627 or 0115 970 9339

www.nottinghamshirehealthcare.nhs.uk

NH037iii

August 2012

Nottinghamshire Healthcare NHS
NHS Trust
Positive about integrated healthcare

Perinatal Psychiatric Service City and South Nottingham

Adult Mental Health Services

positive about local services

THE PERINATAL PSYCHIATRIC SERVICE provides a specialist service to women whose pregnancy or post-natal period is complicated by serious mental health problems. We provide both community and in-patient care, and a maternity liaison service.

The team consists of:

- Consultant Psychiatrists
- Junior Doctors
- Perinatal Community Psychiatric Nurses
- Clinical Psychologist
- Specialised In-Patient Nursing Staff
- Nursery Nurses (In-patient)
- Liaison Health Visitor and Midwives
- Admin and Clerical Staff

The community team is divided between two bases, The Forest Site, Mansfield, for the North of Nottinghamshire and Queen's Medical Centre for City and South; the in-patient Mother and Baby Unit is also on the QMC site.

How can we help?

The purpose of the Perinatal Psychiatric Service is to assess and treat women who experience serious perinatal mental illness/or have a previous serious mental illness that may recur in the perinatal period/or are at risk of such illnesses.

Your referral to the team may have been made by your GP, Midwife, Health Visitor, Obstetrician or other health or social care professional.

We work closely with others involved in your care, such as Midwifes, Health Visitors and GPs. This helps everyone

If you would like to make a formal complaint, please address your complaint to:

Service Liaison Department
Duncan Macmillan House
Porchester Road
Nottingham
NG3 6AA

Notes:

understand your difficulties and therefore help your recovery.

The service is available 9.00 a.m. - 5.00 p.m. Monday – Friday. There is usually a member of the administration team to take your call during these times, but occasionally there may be an answer phone.

If you need urgent help contact your GP or NHS Direct on 0845 46 47.

Your Assessment Appointment

Following your referral to the team an assessment appointment will be offered with a clinical team member. This may be a Psychiatric Nurse or Doctor. If the assessment is not considered to be urgent, you will have choices about where and when your appointment will take place. Medical staff are likely to offer clinic appointments unless there is need of an emergency assessment of a serious condition that requires a home visit. Community nursing staff offer a mixture of clinic and home appointments. Currently, clinics for the City and South Nottingham are held at the Psychiatric Out Patients' Department, QMC and the Maternity Unit, City Hospital.

During your assessment we will need to ask you some detailed questions about your problems. Your assessor will then discuss with you whether we are the best service to help you and if so, a brief plan of care will be discussed with you.

If we feel a different service would be better for your needs, we will either make contact with them ourselves or advise your referrer to do this.

Further Care and Treatment

Whoever assesses you will agree a plan of care specific to your needs. This may include seeing another team member and there may be a short waiting time for this. Your care plan will include frequency of appointments and where you will be seen. There may be occasional times when your appointment has to be rearranged and we will endeavour to contact you by telephone to do this. Please let your worker know if you would prefer not to be contacted by telephone. If you cannot keep an arranged appointment we would be grateful if you could let us know by telephone; you can leave an answer machine message at any time. Under both circumstances we will try to rearrange your appointment as soon as possible, unfortunately there may be times when this is longer than we would like.

A combination of medication and "talking therapies" are the most usual ways of helping you recover. Your care will be reviewed regularly with you. Your GP and others involved in your care will be updated on your recovery, both verbally and by letter. If you would like to receive a copy of any correspondence regarding your care, this will be discussed with you.

Inpatient unit

Most women with perinatal mental illness are cared for at home. However, when admission is necessary we believe it is important that mothers should be admitted to a separate and specialised unit with their babies. Experience tells us that this is the safest and quickest way to recovery.

Our in-patient unit at Queen's Medical Centre, is a six bedded ward for women who may need 24 hour care, during late pregnancy or the early post natal period.

If we consider you need in-patient care this will be discussed with you and further information will be provided.

Personal information (confidentiality)

The NHS has strict rules about keeping patient information confidential. Details of the Trust's policy on patient confidentiality are explained in a separate leaflet called 'Information Held About You'. Please ask for a copy if you would like one.

We welcome your views

We welcome any comments you may have about the service we provide as these help us to ensure we meet our clients' needs. Please speak to your Named Nurse or contact the Perinatal Psychiatric Services at the address on the back of this leaflet.

Patient Advice and Liaison Service / Making a Complaint

If you have any concerns about any aspect of your care you can raise this with your Care Co-ordinator or the Team Manager.

If you do not feel your concern has been resolved and you wish to take this matter further you can contact the Patient Advice and Liaison Service (PALS). PALS works with the staff to ensure you and your relatives and carers have information and a way of resolving issues and concerns you may have.

You can contact PALS by telephoning: 0800 015 3367
Or email: pals@nottshc.nhs.uk

If you would like to make a formal complaint, please address your complaint to: