# Service Specification: Maternal Mental Health and pregnancy within Barking and Dagenham.

## Background

This is a proposal to utilise existing community pharmacy services and their knowledge base for a targeted intervention.

## Benefits of using community pharmacists

* Community pharmacists have wider functions and influence that provide leverage when local populations access their services/collect medication e.g. they support people to be informed about their medication
* Pharmacists as trusted healthcare professionals and have an opportunity to dispel myths and improve health literacy about mental health and pregnancy medications.
* Familiarity and relationship building - local population is already connected to their pharmacists and therefore more likely to trust the information.

## Aims and Objectives

* To support people with mental health concerns to make informed choices about their medication and pregnancy

Develop a training offer for community pharmacists

Raise awareness and confidence amongst community pharmacists of the issues around pregnancy and mental ill-health medications

* To support women of child bearing age on medication for mental health

## Scope of the programme

The community pharmacists in B&D to have one to one conversations with targeted population groups, i.e. Women of child bearing age (over 18) on the following

medication/medication groups indicated for mental illness. Participating pharmacies will have consultation rooms which are accessible, have prior training, and can provide privacy. Patients will be offered the option to leave the pharmacy and take time to reflect on the discussion and to return subsequently if they wish to have a consultation with pharmacist.

Key requirements to for pharmacies to participate in the programme

* Service has to be provided by a qualified pharmacist
* The pharmacy must have a private consultation room
* The pharmacy must have access to IT and use pharmoutcomes for data entry
* Participating pharmacists must complete bespoke training via <https://www.e-lfh.org.uk>
* **Consultation time**: Around 20 minutes

## Eligibility criteria

* People eligible for a consultation under this service, are:
* People of child bearing age (over 18) on the following

medication/medication groups indicated for mental illness The following medicines will be appropriate for this service:

* Antidepressants
* Antipsychotics
* Benzodiazepines
* Z Drugs
* Mood stabilisers - Sodium Valproate/Valproic acid/ Lamotrigine
* Lithium
* Pharmacies must ensure that they are able to signpost to another location participating in the pilot, in the event that, they themselves, are unable to provide the service

Mandatory Training and Requirements

* CPPE Safeguarding level 2
* Completion of e-learning modules on Perinatal Mental Health will be held on <https://bhrcepndigitaltraininghub.co.uk/#/login>
* The modules that need to be completed are:

Introduction to Perinatal Mental Health 1   
Introduction to Perinatal Mental Health 2   
Perinatal Mental Health in the Antenatal Period

* In order for Pharmacists to complete this training they first must register on <https://bhrcepndigitaltraininghub.co.uk/#/login>

1. Once registered click on “Regulated Professional Roles”
2. Click on E-learning
3. Select Perinatal
4. Work through all three modules

Period of operation

September, 2022 to March, 2023

Key Service Outcomes

* Pharmacists have access to relevant training
* Pharmacists realise an increase in awareness and confidence in discussing maternity and mental health medication
* Women with mental health concerns are able to make informed choices about their medications
* Women with mental health concerns are able to feel more confident about making decisions that are right for them regarding their pregnancy

## Remuneration

Pharmacies will be reimbursed;

£25 per full, 20 minute consultation

£100 training fee for the completion of the training modules.

Minimum data required

* Patient’s date of birth, sex, ethnicity, postcode
* Current Medication status
* Outcome of discussion: Referral to the GP; patient informed and no further action required
* What mental health conditions do they currently require medication for?

Data entry and invoices

Data will be entered on pharmoutcomes where a template will be made available for community pharmacies. Invoices will also be generated via pharmoutcomes