

Introduction

The NES Perinatal and Infant Mental health Programme has successfully delivered:-

- High quality essential Perinatal and Infant Mental health learning, accessible online for staff in mental health in NHS primary and secondary care, 3rd sector and higher education institutions.
- A comprehensive induction programme for new and existing staff in specialist teams.
- Individual disciplines have accessed training to increase specialist knowledge and skills.
- Increased uptake of Infant Mental Health offers in universal and specialist services, to support new Infant Mental Health services coming on stream.
- Increased capacity for the delivery of psychological therapy to women in the perinatal period.

Essential Perinatal and Infant Mental Health e-learning modules



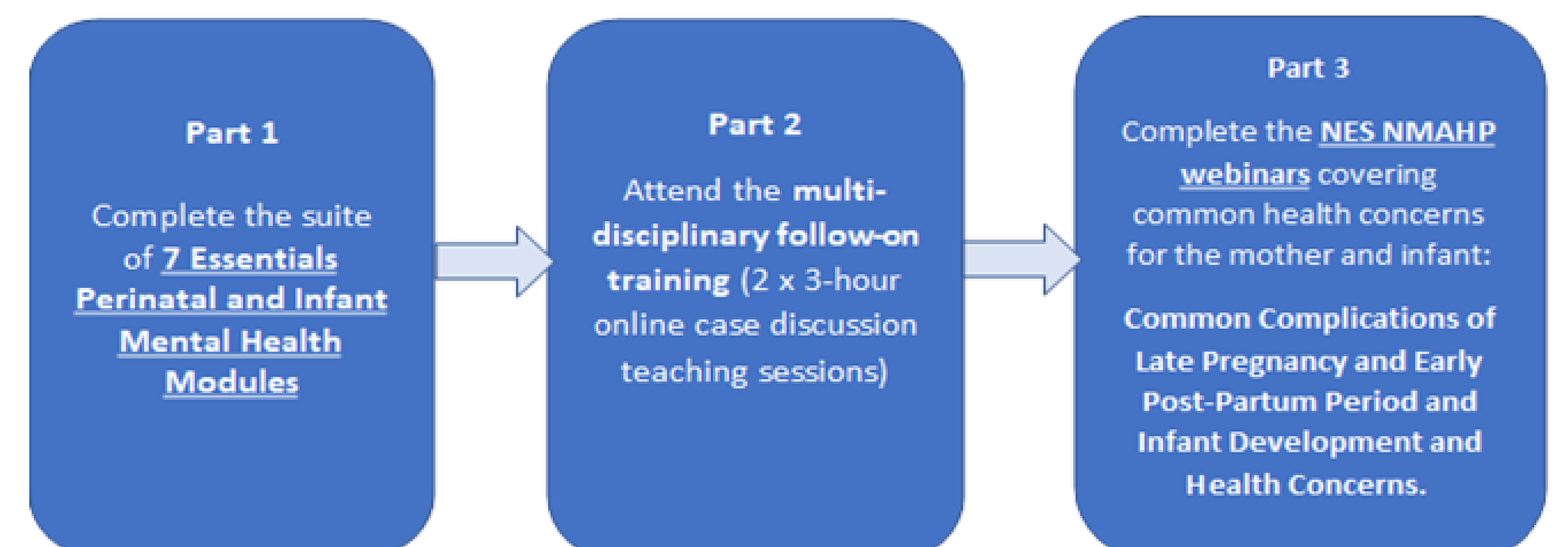
Learners are invited to **rate the modules out of 5**, the average score across all learners and modules is **4.6/ 5**

Name of module	N = completed modules
1. Introduction	3840
2. Keeping Baby in Mind	2439
3. Stigma	2534
4. Risk	1999
5. Assessment	2685
6. Interventions	1699
7. Pharmacological Interventions	1475
Total from all 7	16,671

Sample of qualitative feedback on the modules:

Module	Feedback
Introduction	Good insight into perinatal issues and how to refer and support. Excellent videos to watch, easy to understand.
Keeping Baby in Mind	Very informative module and helpful when thinking about how to support not only mothers but fathers too.
Stigma	Thought provoking statistics and discussion from women from diverse ethnic backgrounds highlighting the ongoing issues with systemic racism in healthcare
Risk	Really helpful to learn more about specific risks and when to refer to specialist perinatal services. As ever, found the videos really helpful.
Assessment	Very good information to update my skills. Interesting.
Interventions	Great resources within this module for sharing with mums and dads. This module helped to recognise the importance of interventions and how they can work together as a family unit to help mothers that are struggling with their mental health.
Pharmacological Interventions	Very interesting course, feel more informed in regards to prenatal and post natal information in regards to medication, will continue to refer back to this.

Turas Specialist Learning Programme



246 have completed MNPI & Perinatal Follow-on Training (14 health boards)

More than a twofold increase in confidence ratings in relation to the assessment, intervention, and management of risk both in relation to infants and partners was reported. Confidence levels in relation to mothers also increased.

95% of participants who completed the post-evaluation questionnaire said they would recommend this training to colleagues working in perinatal services (rated 4 or above on Likert Scale).

Psychological Therapies Workforce Development

		Training Programmes				
		2019-20	2020-21	2021-22	2022-23	2023-24
Doctorate in Clinical Psychology	In training	-	5	10	15	20
	Graduated to WF	-	-	-	-	5
MSc in Psychological Therapy in Primary Care	In training	10	10	10	10	10
	Graduated to WF	-	10	20	30	40
Child and Adolescent Psychotherapy training	In training	-	-	1	1	1
	Graduated to WF	-	-	-	-	-
Cognitive Behavioural Therapy	In training	-	5	5	5	5
	Graduated to WF	-	-	5	10	15

For more information please visit the NES website at <https://www.nes.scot.nhs.uk/> or our learning platform TURAS at <https://learn.nes.nhs.scot/>