Chief Executive
London Mental Health Trust

Dear

Pan London Mother and Baby Unit (MBU) Admission Procedure (24 hours per day)

I write to bring the Pan London Mother and Baby Unit (MBU) Admission Procedure to your attention. A copy is enclosed for your information.

I would be grateful if you would ensure that the document is circulated to all departments in your Trust that may be concerned with the admission of service users to inpatient settings, including Bed Managers, Home Treatment Teams, Psychiatric Liaison Teams, On-Call Psychiatrists and Female Acute Wards.

The attached protocol was developed by the London Perinatal Mental Health Network. It is the product of a collaboration between commissioners, and providers, including clinical representation from the three NHS psychiatric Mother and Baby Units that serve London. The protocol is designed to make it easier for referrers to understand the service, and to improve equality of access for those patients who need the specialist care that is provided by the units. The sections highlighted in yellow should be adapted to your local Services.

Funding for Mother and Baby Units is held centrally by Specialist Commissioning enabling direct admission to the Units 24 hours a day, 7 days a week. Assessing clinicians can therefore ring the Units directly to arrange admission.

Further details about the Units can be found via the following links:
- Coombe Wood  http://www.cnwl.nhs.uk/coombe-wood/
- Homerton  http://www.eastlondon.nhs.uk/Services/Other-Services/Mother-and-Baby-Unit/Mother-and-Baby-Unit.aspx
- Bethlem  http://www.national.slam.nhs.uk/services/adult-services/perinatal/

I hope that you find the protocol useful. Should you have any queries arising from this correspondence, please do not hesitate to contact me.

Yours sincerely

Kevin Dowling Interim

Senior Commissioning Manager Specialised Mental Health (London Region)
Pan London Mother and Baby Unit (MBU) Admission Procedure (24 hours per day/day)
(for women over 30 weeks pregnant up to 1 year postnatal)

Service User in HTT requires admission

MHA Assessment

Service User in psychiatric inpatient ward needs admission

Service User in community needs admission

Planned admission as part of Service User’s Perinatal Care Plan

Service user on Maternity Ward needs admission

Service user in Psychiatric Liaison needs admission

OFFICE HOURS

Local Perinatal Service coordinates admission
Tel: **********
If Trust has no Perinatal Service Local HTT/equivalent coordinates admission

OUT OF HOURS

Local HTT/equivalent coordinates Admission:
Tel: **********

Nearest MBU informed of potential admission & bed reserved
NE LONDON – HOMERTON
Tel 0208 510 8420
NW LONDON Coombe Wood
Tel 020 8955 4495/6
SOUTH LONDON – BETHLEM
Tel 0203 228 4265

MBU referral from completed by HTT/Ward/Perinatal Service and sent by secure email to MBU

OFFICE HOURS – Assessed by Perinatal / Adult Psychiatrist (depending on local arrangements)
Out of Hours – Assessed by On-Call Psychiatrist & HTT.
Assessment discussed with local On-Call Consultant

Psychiatric Assessment; RIO Progress Notes; Risk Assessment; relevant Reports & correspondence sent by secure email or fax to MBU

Assessment discussed with MBU staff by Clinician who completed assessment

CLINICAL DECISION BY MBU
NOT TO ADMIT
Service User admitted to local Psychiatric bed by referrer

MBU ACCEPT ADMISSION. M BU staff confirm time of admission. Referring service arranges transportation for mother & baby

Service user & relatives given information about MBU by HTT/Ward/Perinatal Service

Assessment discussed with MBU staff by Clinician who completed assessment

CLINICAL DECISION BY MBU

Service User admitted to local Psychiatric bed by referrer

NO BED AVAILABLE AT NEAREST MBU
Contact other London MBU:
BETHLEM Tel 0203 228 4265
COOMBE WOOD Tel 020 8955 4495/6
HOMERTON Tel 0208 510 8420

Mother & Baby Admitted to MBU

MBU informs GP, Health Visitor, Midwife, Social Services & Others involved in care of admission

Local Perinatal Service & Care Co-ordinator attend MBU Ward rounds & CPAs . NHS England (London) Case Managers to be invited to CPAs as required

If admission will exceed 12 weeks MBU to notify Case Manager at 8 weeks to request funding extension. Or if delayed discharge MBU to notify Case Manager.

Pre-discharge CPA – Discharge date agreed if delays inform Case Manager

Discharge CPA

Service User Discharged from MBU

Mother & Baby Admitted to MBU

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Discharge CPA

Service User Discharged from MBU
MBU Eligibility Criteria

Mother and Baby Units (MBUs) provide assessment and care for mothers with serious and or complex perinatal mental health disorders that cannot be effectively or safely managed in the community.

MBUs can manage acutely ill mothers and admit directly to the Unit in an emergency. However, in a mental health emergency the mother must have been assessed by a Senior Clinician and accepted by a Senior Clinician from the Unit. There should be a Clinician at the MBU available on the telephone 24 hours/7 days a week to discuss referrals.

MBUs will accept referrals for pregnant women (from 32 weeks of pregnancy) and mothers with infants under the age of 12 months who fall into the following criteria:

- Women suffering from an active severe and enduring mental illness such as schizophrenia, schizoaffective disorder, bipolar affective disorder and recurrent depression experiencing a relapse during pregnancy or after delivery
- Postpartum psychosis
- Severe postnatal depression
- Identified high risk of relapse of postpartum psychosis or severe postnatal depression
- Women experiencing other psychiatric conditions with disabling symptoms in pregnancy or post-partum like severe Anxiety Disorders or Obsessive Compulsive Disorders
- Bonding or attachment difficulties secondary to maternal mental illness.
- Age 18 years or over (referrals for aged 16 years and over will be considered on a case by case basis)
- Prophylactic admission for women with an established diagnosis of severe and enduring mental illness such as schizophrenia, schizoaffective disorder, bipolar affective disorder and recurrent depression who are in remission but at a high risk of relapsing after giving birth (admission can take place during last trimester of pregnancy or postnatally)

Women will not be admitted to a MBU under the following circumstances:

- For the sole purpose of a parenting assessment unless they are also suffering from, or there is a suspected/potential, serious or complex mental illness.
- Women with severe personality disorder, learning disability or substance misuse unless they are also suffering from, or there is suspected, serious mental illness.
- If there is evidence that the mother will not be capable of independent functioning in caring for her infant in the community without reasonable available support.
- If there is evidence of serious violence/aggressive behaviour that might pose a risk of harm or injury to her own or other babies on the In-Patient Mother and Baby Unit.

Emergency admissions (in most cases recurrences of psychoses/severe depressive illness or postpartum psychosis) should wherever possible be admitted directly to a MBU and not placed first in an adult admission ward.