

Freedom of Information Request 20 200

Our Reference: FOI 20 200 / AA / LB / LP
Name:
Date: 23rd November 2020
Address:

Dear

Further to your Freedom of Information Request, please find the Trust's response below:

Women from ethnic minority groups are at greater risk of developing mental problems during the perinatal period. Previous literature (i.e., Watson et al., 2019) has outlined that it is essential to ensure that services are designed to meet the unique needs of women from diverse ethnic backgrounds, given the long-term negative impacts it can have on the child(ren) and family wellbeing. Under the Freedom of Information Act (2001), we would like to request the following information:

- 1) Types of services offered for women in the perinatal period;
Humber Teaching NHS Foundation Trust ("the Trust") provides a Specialist Perinatal mental health service, offering urgent and routine assessment, psychological and pharmacological intervention, Mother and Baby Unit Liaison and referral. The service covers the Hull and East Riding, North and North Lincolnshire areas. The service includes nursery nurses and Occupational Therapists and offers Obstetric Liaison and Birth Planning.
- 2) Number and job title of qualified mental health professionals within each service who offer treatment focusing on the diverse ethnicities;
The Trust does not offer treatment based on ethnic groups. The Trust offers evidence informed treatments as recommended by NICE guidelines.
- 3) Number of perinatal specialists within the Trust;
There are 14 Perinatal Specialists within the Trust.
- 4) Lowest age limit for referral to service.
The Trust does not have an age limit for referral. For women under the age of 18, the service would work jointly with CAMHS.
- 5) We would also like to gather specific referral data for any individuals that had been referred for perinatal care (over the last five years) within the trust as follows:

NB: the data provided for question 5 is correct as at 02 November 2020



-Number of referrals from the BAME community;

Referral by Ethnicity	2016	2017	2018	2019	2020
White (all nationalities)	236	205	219	254	204
BAME	5	12	13	9	5
Any other Ethnic Group	*	*	*	*	*
Not Known or Not Stated	18	5	11	60	78

* Kindly note, in order to adhere to best practice in maintaining confidentiality, the Trust does not publish numbers lower than 5 as this could lead to the identity being revealed. Exemption – Section 40(2) of the Freedom of Information Act is applied. To disclose the information requested would be in breach of the Data Protection Act (2018).

-Age of referrals;

Age Range	2016	2017	2018	2019	2020
15 - 25	101	88	79	124	112
26 - 35	136	105	128	169	138
35 +	25	32	39	32	40

-Gender of referrals;

Female

-Type of treatment and/or talking therapies offered;

The Psychological interventions offered by the Trust are Cognitive Behavioural Therapy (CBT), Eye Movement Desensitisation and Reprocessing (EMDR) and Internet Based Perinatal Dialectical Behaviour Therapy (iDBT).

-The estimated time spent on a waiting list prior to initial contact;

Average Wait for First Contact (days)

	2016	2017	2018	2019	2020
Total	19.15	19.89	20.63	24.23	18.35

-How many attended first appointment;

Number of First Contacts

	2016	2017	2018	2019	2020
Total	190	187	177	175	143

-How many never attended;

Number of Discharges Where no Activity Took Place*

	2016	2017	2018	2019	2020
Total	57	21	36	110	89

* Kindly note, this includes referrals signposted to other services or providers.



-How many completed treatment;

Number of Discharges

	2016	2017	2018	2019	2020
Total	240	233	234	316	261

-With those who completed treatment, how many presented with risk pertaining to their gaming behaviours;

None recorded.

-How many dropped out of treatment part way through;

The Trust is unable to respond to this question as its systems do not record the information in the level of detail requested.

-How many were still in treatment.

There are 132 patients currently on the caseload of the Perinatal service.

Kind regards,

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<https://www.humber.nhs.uk/about-our-trust/freedom-of-information-enquiry-form.htm>



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