

NURS 7086 PERINATAL PSYCHOSOCIAL ISSUES

Credit Points 10

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Description In this subject, students will gain knowledge of the psychosocial risk and protective factors that influence outcomes for women and their babies. Students will explore issues related to perinatal mental health. This will include antenatal and postnatal depression and anxiety, substance misuse, domestic and family violence and the midwife's role in supporting women and their families in perinatal grief and loss situations. Through interactive discussions and role play students will strengthen their skills in psychosocial assessment and working in partnership with women and families to explore concerns, facilitate behaviour change in individual and group-based learning contexts and identify effective early intervention strategies and referral pathways.

School Nursing & Midwifery

Discipline Midwifery

Student Contribution Band

Check your fees via the Fees (https://www.westernsydney.edu.au/currentstudents/current_students/fees/) page.

Level Postgraduate Coursework Level 7 subject

Pre-requisite(s) NURS 7083

Co-requisite(s) NURS 7087 AND NURS 7085

Restrictions

Students must be enrolled in 4805 Graduate Diploma in Midwifery and be a registered nurse employed in a participating NSW Health Local Health District or private maternity facility in the position of a midwifery student.

Learning Outcomes

After successful completion of this subject, students will be able to:

1. Assess socioecological health care models for determining risk and protective factors that influence outcomes for a woman, her children and family.
2. Apply the principles of trauma informed care in particularly for women impacted by complex trauma.
3. Critically analyse the impact of psychosocial factors including mental health issues, violence against women and substance use on the health and wellbeing of women, infants and families
4. Reflect on the role of the midwife in managing grief and loss situations for the woman, and her family
5. Assess, plan and implement collaborative evidence-based midwifery care for women and their neonates with complex psychosocial needs within a multidisciplinary team.
6. Evaluate early intervention and referral pathways for women experiencing complex psychosocial issues including individual and group-based learning and support
7. Critically analyse adult learning principles and communication skills required by midwives to work in partnership with women,

promote health improvement and facilitate behaviour change in complex situations

Subject Content

1. Socio-ecological model
2. Psychological and social risk factors that influence outcomes for the woman, newborn and family
3. Family support and other protective factors that influence outcomes for the woman, newborn and family
4. Perinatal mental health (depression and anxiety)
 - Signs and symptoms of Perinatal mood disorders
 - Using the EPDS
 - Treatment & Management
 - Strategies to support families
 - Women with lived experiences stories – consumer participation
5. Grief and loss
 - Supporting women and their families and creating memories
 - Supporting midwives who support women experiencing a termination of pregnancy
 - Stillbirth/neonatal death, SIDS
 - Maternal grief/ family grief
6. Trauma
 - Acute, chronic, complex, intergenerational, vicarious
 - Trauma informed care
 - Birth interventions and birth trauma
7. Domestic violence and substance misuse
 - Defining DV and its associated factors
 - Substance misuse (alcohol and other drugs)
 - Early intervention strategies and programs
 - Impact on parenting and childhood outcomes
 - Child protection and mandatory reporting
8. Psychosocial risk assessment and depression screening
9. Cultural considerations including experiences of Aboriginal and Torres Strait Islander women and families and women and families from migrant and refugee backgrounds
10. Midwives role in supporting women with complex psychosocial needs
 - Models of care and referral pathways
 - Working in partnership with women and families in the perinatal period including:
 - Skills needed to explore to gain a clear understanding of a woman's concerns or situation; recognising skills and qualities needed in a midwife to work in partnership
 - Communication skills needed to promote health improvement and facilitate behaviour change in individual and group-based learning contexts
 - Adult learning principles
 - Skills in group facilitation
 - Working in partnership with other professionals to support women and families with complex psychosocial needs
11. The midwife
 - Clinical supervision and reflective practice
 - Resilience and self-care