

Establishing a Perinatal Mental Health service in Qatar

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Content

- Development of the Perinatal Mental Health Services in Sidra
- Data for the 1st two years of the service, including referrals, demographic of clinic population, common diagnosis, type of treatments
- Service Development
- Challenges and future opportunity

Background

- Population of 2.6 million,
- 88% of residents are expatriates from 87 countries.
- Has the highest per capita income in the world
- Widespread stigma, minimal targeted health promotion,
- Fragmented health care system.
- National Vision aspires to develop an integrated system of care, accessible to all.



Structure of the Healthcare System in Qatar

- Primary Health Care Centers (PHCC)
- Hamad Medical Cooperation (secondary care hospitals, psychiatry hospital, urgent care centers)
- Private Hospitals
- Private GPs
- Sidra Medicine: designed to be a tertiary health care service for women and children in Qatar,
- Sidra developed Qatar's first Specialist perinatal mental health service.

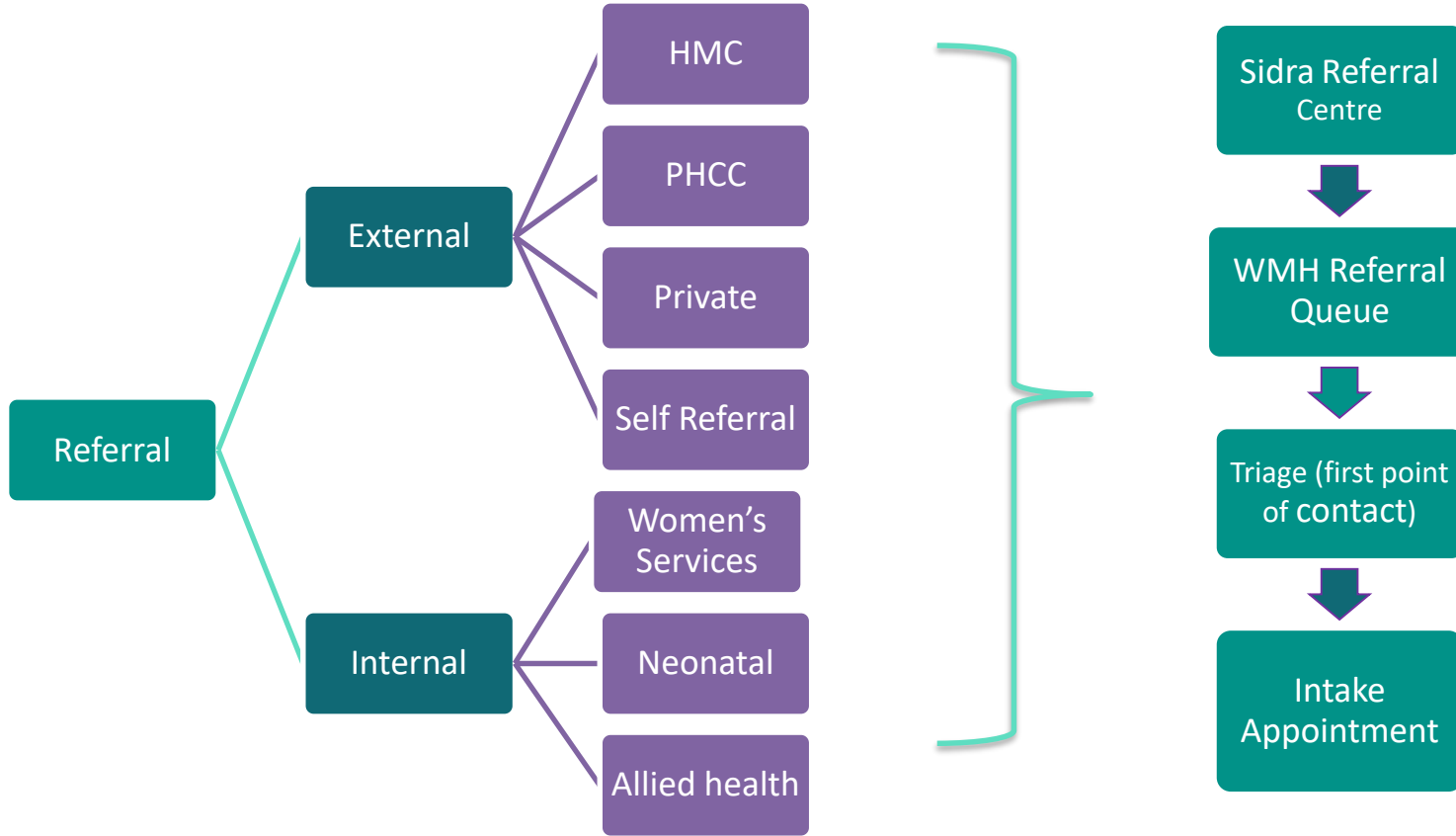


Developments of the Service

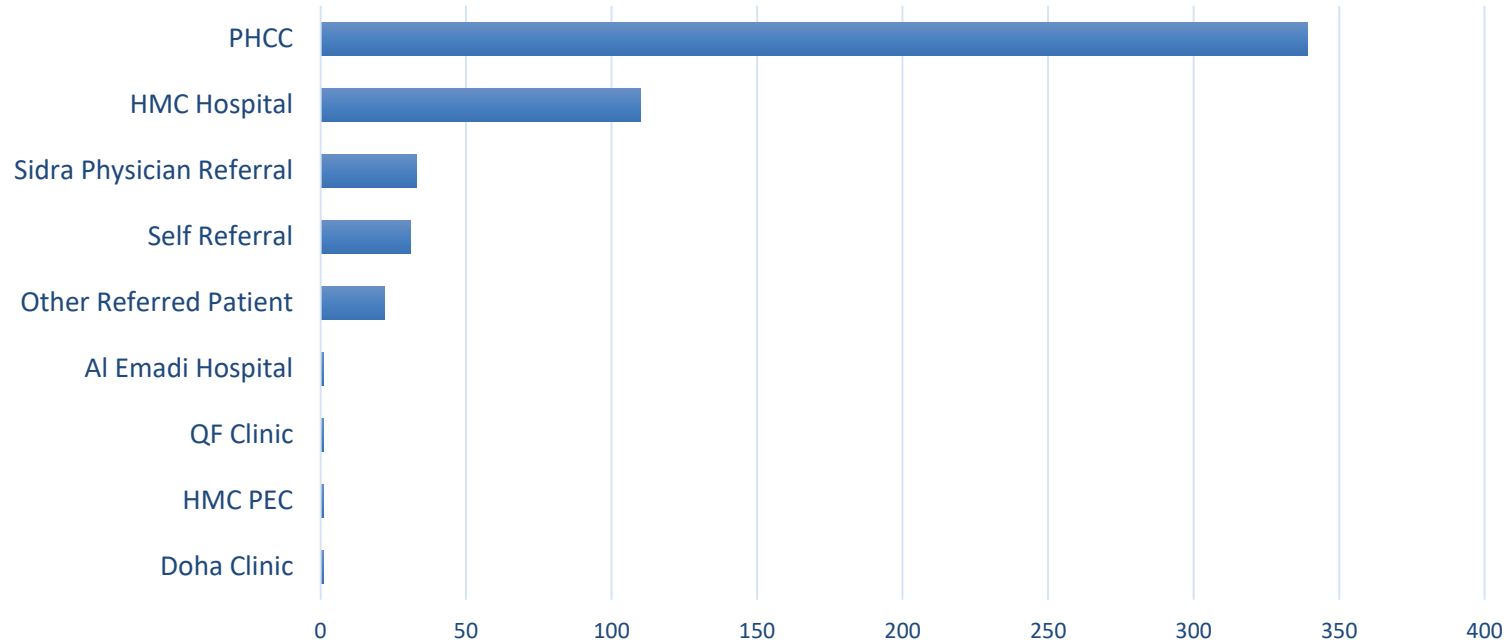
- Sidra Medicine's multidisciplinary PMH service opened in March 2017 in the obstetric outpatient department.
- Service development initially focused on the PMH needs of women attending Sidra but has developed to include an outpatient service that receives referrals throughout Qatar, and a Consultation Liaison Service to the obstetric and neonatal units.
- Education, training, undergraduate and post graduate teaching, research
- Community outreach programs
- Ministry Of Public Health – leadership of Perinatal Mental Health Work stream (National Mental Health Strategy)



Referral pathway and source of referrals

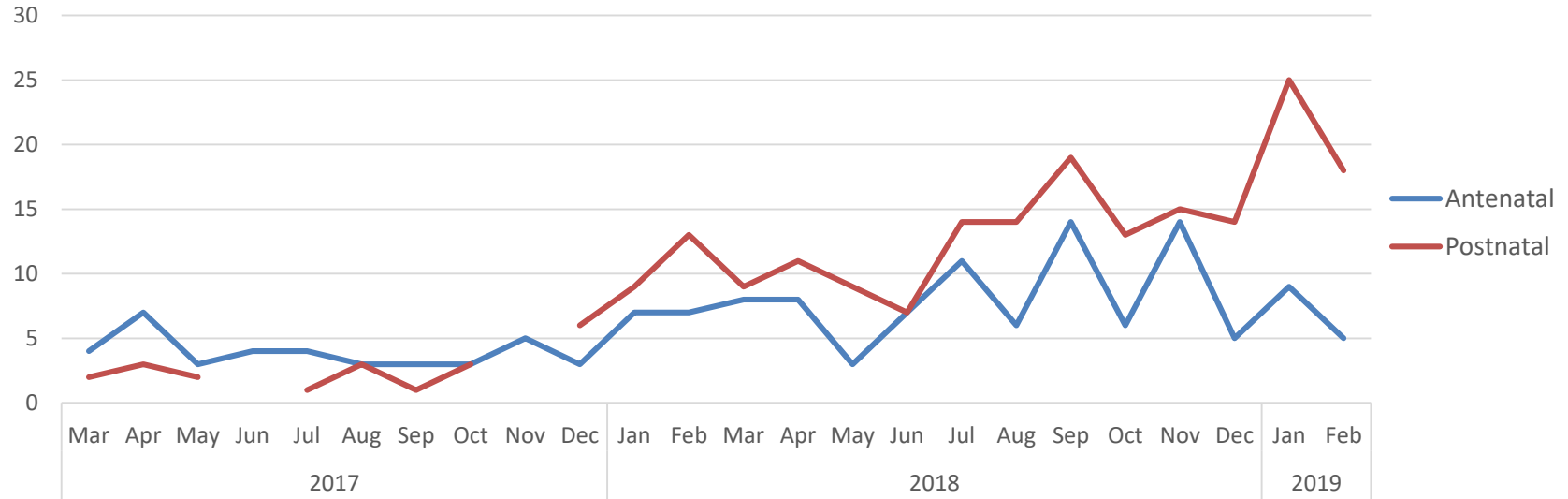


Referral Sources

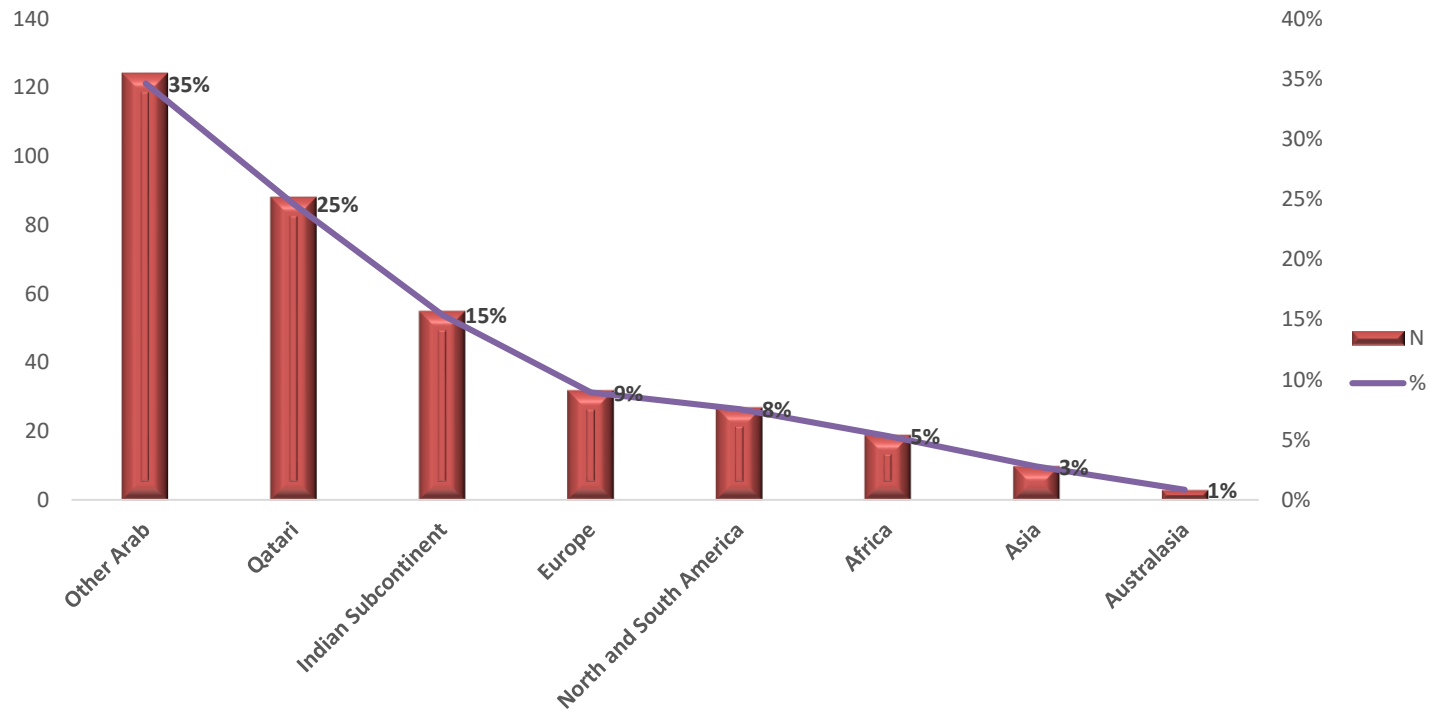


Assessments per month Mar 2017 - Feb 2019

Comparison of Antenatal and Postnatal

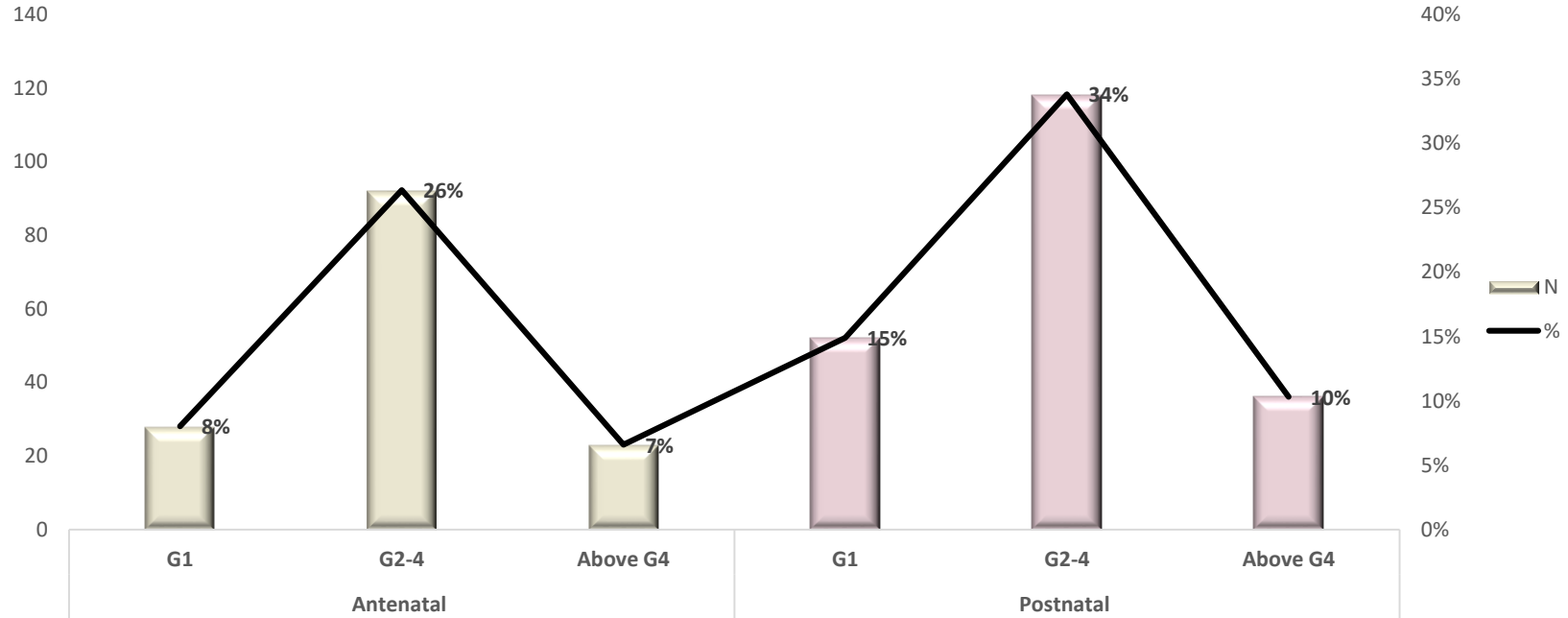


Nationality

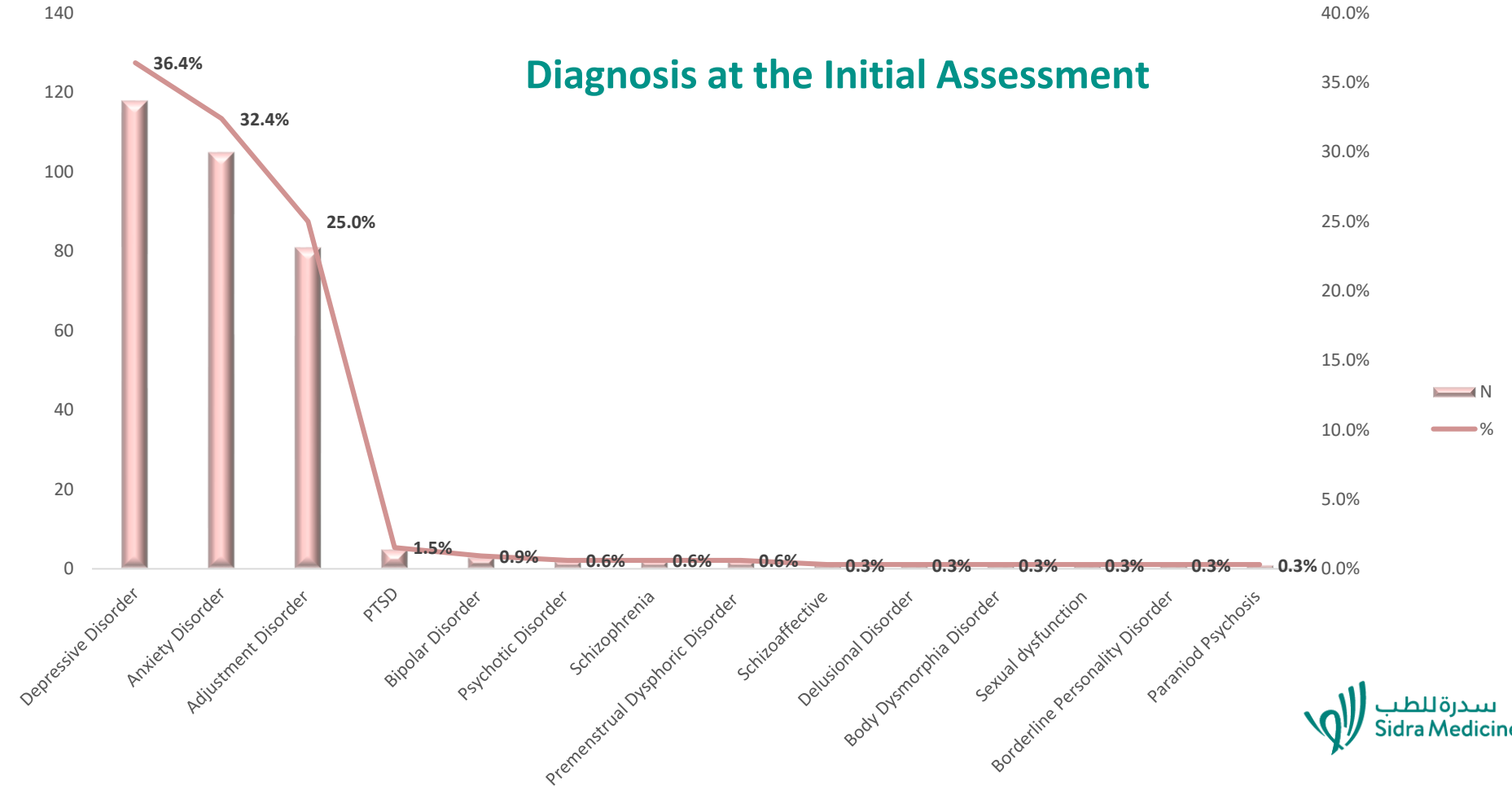


Gravity

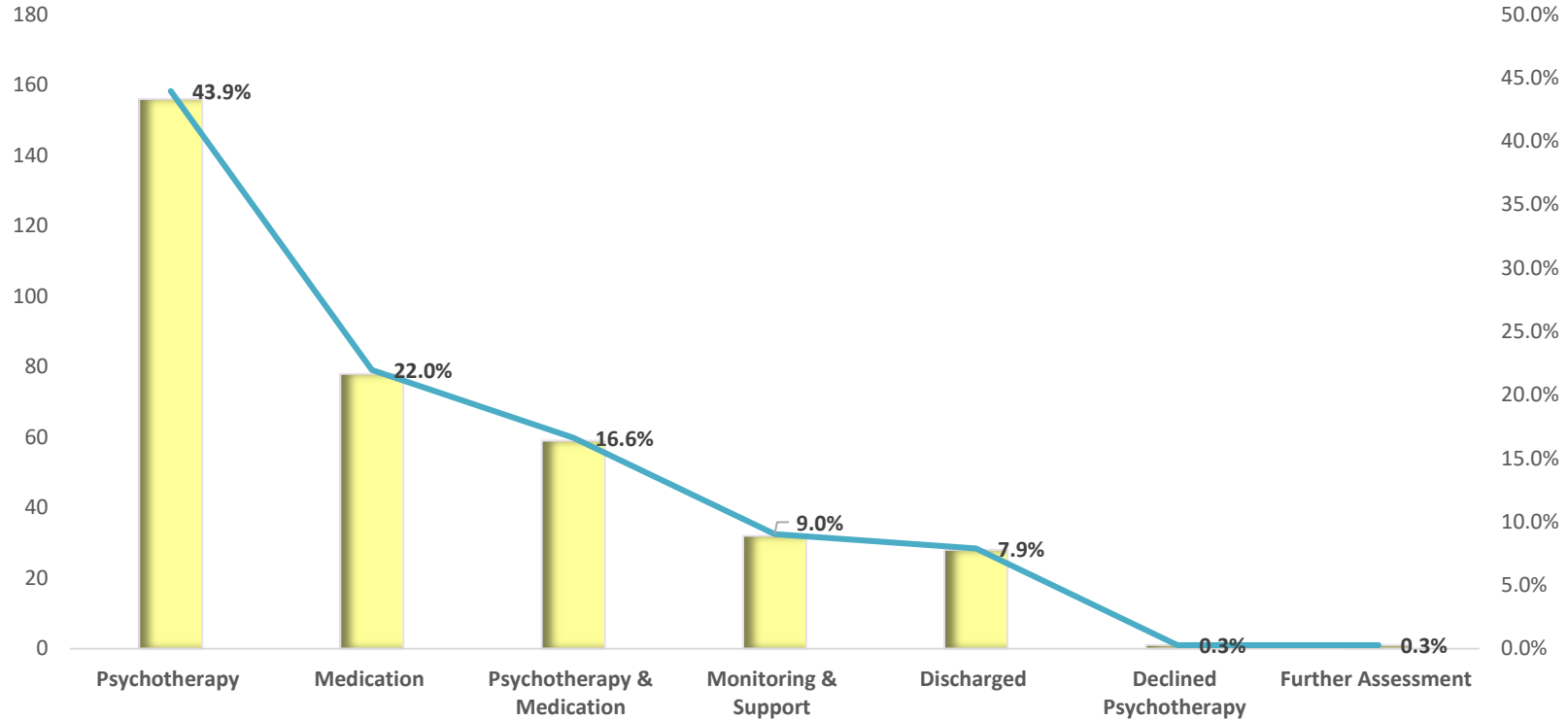
Comparison between Antenatal and Postnatal periods



Diagnosis at the Initial Assessment



Recommended Treatment Plan during Initial Assessment



Challenges

- Stigma & Cultural attitude towards mental Health
- Taboo subject in society
- Language barrier
- Difficulty in understanding local cultural
- Lack of trust with medical providers
- Difficulty with service engagement
- Mental health act – a working progress
- Confidentiality
- Lack of community support and services
- Patient need a lot encouragement and psychoeducation
- Only social contact outside their house – very isolated society

Future Opportunities & Service Development

- Perinatal Mental health Screening pathways : Using PHQ 2 & GAD2 as screening question
- Mental Health strategy – perinatal mental health working stream
- Development of national guidelines
- Research: Validation of screening tools (EPDS, PASS) for local Arabic speaking women.
- Community Services
- Inpatient beds (possibly a mother and baby or day unit)