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| Health Visitor Programme - Weekly News |

Issue 29

9th May 2013

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**Information – Spreading the Word More Widely – Sharing Practice**

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| **Effectively Assessing Post Natal Mental Health in a Culturally Diverse Area: Piloting a three/four month contact utilizing the PHQ 9 questionnaire.**  **Background.**   * + Peterborough diverse population   + 2006 estimated 16,000 Eastern European living in the city 1:10 of the population.   + Increased growth with 22,000 new homes, 18,000 jobs and over 40,000 increase in population by 2020.   + Acknowledged as having the highest growth rate in under 25 yrs population in the East of England.   **Pilot site**   * Culturally diverse area * 90% population do not speak English or have English as a second language * Difficulties in assessing mental health using a standardized tool.   **Aims**   * To assess mental health of post natal women in a culturally diverse area * To pilot a 3-4 month contact which will become part of the universal health visiting service * Improve access for non-English speakers to universal services * Reduce the number of families receiving universal plus services due to a language barrier   **Achievements**   * Interdisciplinary networking (IAPT) * Translated PHQ9 resources (phqscreeners.com) * 100% families offered and 98% seen * Contact at home by appt or in private setting in clinic * Positive feedback from families   **Benefits**   * Universal data available for hard to reach families. * Unified approach using PHQ9. * Increased team cohesion and morale. * Improved health promotion and prevention. * Enhanced relationships with families.   **Challenges**   * Time management and commitment * PHQ effective in assessing depressive symptoms it lacks anxiety related screening. * Planning ahead. Recording of language spoken and or reads at new birth visit would save time as this data not always recorded * Staff involved not ‘experts’ in post natal depression or PHQ   **Learning, Sharing and Sustainability**   * PHQ effective tool in supporting the assessment of Post natal mental health with women who speak and read a range of languages. * For roll out to be effective analysis of workforce capacity to be carried out. * PHQ 2 to be translated into top 15 languages spoken and made available on external website.   **For further information please contact:**  **Terrie Maddison or Gina Whitehead**  **01733 343716**  **E: Rowena.Harvey@cpft.nhs.uk**  **T: 01733 466 655** |

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**Information – July Building Community Capacity Conference**

We are currently planning our next regional event which will be an opportunity to share the Building Community Capacity projects which our newly qualified health visitors have been undertaking. Details below, more news to follow.

**Tuesday 9th July – Duxford, Imperial Museum, Cambridge**

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**Information – Promotional Guide Training**

For your information I can now confirm the following venues for the upcoming Train The Trainer round of Promotional Guide Training:

**Friday 7th June: Newmarket Racecourse**

**Friday 5th July: Newmarket Racecourse**

**Thursday 6th June: Novotel Stevenage**

**Thursday 4th July: Novotel Stevenage**

Attendee list below.



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**Become an iHV**

**Perinatal Mental Health Champion**

**The Department of Health has commissioned the Institute to create up to 400 perinatal mental health champions. They will work with iHV-developed evidence based tools to train colleagues in the detection and management of perinatal depression, and act as a local expert resource for their colleagues, supported by the iHV. This free training, which provides 14 hours CPD, will be delivered around England from May to August, 2013.

If you are a specialist practice educator, an experienced health visitor or have a specialist interest in this field and are prepared to embrace the Champion’s role on behalf of your colleagues, consider joining us. We are seeking up to 2 health visitors from any organisation. We are also seeking some host organisations.

*Oxford 23-24 May*

*Portsmouth 3-4 June*

*Preston 12-13 June*

*Guildford 20-21 June*

*West Midlands 24-28 June, dates TBC*

*Leeds 4-5 July*

*Warrington 10 July – 2 August, dates TBC*

*Bristol 10 July – 2 August, dates TBC*

*East Midlands 10 July – 2 August, dates TBC*

*London 22-23 July*

Please register an interest for any of the venues at [pnd@ihv.org.uk](mailto:pnd@ihv.org.uk)

**Lead Trainer: Dr Jane Hanley, Health Visitor and President of the International Marcé Society**



**Reminder – Follow us on Twitter East of Eng HV prog@HealthVisitors**

We are now upto 36 followers which is excellent, let’s try and make it to 40 by the end of next week

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**Reminder – Spreading the Word More Widely – Sharing Practice**

The sharing practice article contents that we have received so far have been excellent, and will all be available on our website from next week. Please could you ensure that you set up reminders for your next Communities of Practice article to ensure that your articles are sent in on time. Details of the next 5 scheduled articles listed below:-

9th May - ECCH

16th May - Norfolk

23rd May - Suffolk

30th May - W Essex

6th June – SW Essex

Articles of **up to** 200 words in Word format highlighting an innovation or area of good practice (including contact details) are to be sent to Lucy Hall, [HealthVisitorPA@eoe.nhs.uk](mailto:HealthVisitorPA@eoe.nhs.uk) by the Wednesday

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**Contacts**

Julia Whiting, Health Visiting Programme Lead

M: 07535 638236

T: 01223 597512

E: [Julia.whiting@eoe.nhs.uk](mailto:Julia.whiting@eoe.nhs.uk)

Lucy Hall, Health Visiting Programme Support

T: 01223 596858

E: [healthvisitorpa@eoe.nhs.uk](mailto:healthvisitorpa@eoe.nhs.uk)