

Training Cycle

1. Issues associated with using medication for perinatal anxiety and depression. Research and practice. Answering women's concerns.
2. Developing a community safety net. Working effectively with GPs and other health professionals in your community to better support women with perinatal anxiety and depression.
3. Managing women with perinatal anxiety and depression; a GP's perspective.
4. The impact of a history of abuse/substance abuse/domestic violence on a woman's capacity to parent. Issues to be kept in mind when dealing with vulnerable women, including cultural differences.
5. Mother-Infant attachment. Theory and practice. What to look for and how to measure it.
6. Looking after the kids while looking after mum. The effects of perinatal anxiety and depression on the family. What can be done to improve outcomes for older children?
7. Long term impact of maternal depression and anxiety on the family.
8. Effects of trauma on families, parenting capacity and child development. Exploring the effects of war, abuse and being a refugee.
9. Transition to parenthood; what can help adjustment?
10. Fathers and their role in identifying and supporting their partners in the perinatal period. Caring for their own mental health. Cultural differences in fathering.
11. Risk assessment and management of women in clinical practice.
12. Looking after your own well being.
13. Assessment of perinatal mood disorders in routine care.
14. EPDS when and how to use it, its acceptability, translations and using interpreters.
15. What women want from their primary health care professionals.
16. Building on existing counselling skills to improve support to women with PND.
17. Dealing with women who do not want to be referred onto another health professional.
18. Promoting infant mental health where mums are very unwell or isolated. Facilitating supported play sessions.
19. What makes some women more challenging to work with? Exploring cultural & personality factors as well as knowledge, expectations & health beliefs.
20. Migrant & refugee issues relevant to providing perinatal care. Cultural issues relevant to practice.

Maternal and Child Health Nurses Professional Development Sessions



THE INFANT CLINIC *is a service arm of*
THE PARENT-INFANT RESEARCH INSTITUTE
Which is auspiced and based at Austin Health

In February 2007 the Victorian Department of Human Services funded Austin Health to undertake consultation and to develop and deliver a training cycle for Maternal and Child Health Nurses that addresses their training needs in supporting women with postnatal depression and their families.

After consultation we released the topics that will be available in 2008-9. These half-day education sessions are being made available through collaboration with your local Primary Mental Health Team, The Victorian Trans Cultural Psychiatry Unit and the Parent-Infant Research Institute at Austin Health.

Wherever possible this free training will be provided at a venue close to your workplace however there may be some sessions that require some travelling to access. We aim to provide at least one session to everyone each year.

We encourage you to consider the topics with your team. To help us to allocate our training resources most effectively please reply via email promptly.

We look forward to meeting you all over the coming year.

Yours sincerely

Jennie Ericksen

Training Officer

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All you need to do is...

Determine the topics you and your colleagues are most interested in

Decide on possible dates

Find a venue

Email me with your requests

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Tel: (03) 9496 4496

I will then contact you to discuss availability

Last year...

Over 350 health professionals attended a training session through this initiative.

In 2009 we hope to reach even more.