



# The Eastbourne Clinic Mother & Baby Unit

(Independent Hospital)







## Contents

- 2. The Eastbourne Clinic
- 3. Mother & Baby Unit
- 6. Aims & Objectives
- 7. Care Pathways
- 14. Perinatal Day Care
- 15. Referral Procedure

## The Eastbourne Clinic

The Eastbourne Clinic is a leading UK Independent provider of specialist mental health services. Situated at the foot of the South Downs in a quiet residential area of Eastbourne, the Clinic is conveniently placed for public transport (Eastbourne train station is approximately fifteen minutes walk away), in easy reach of local amenities and a few minutes walk from the picturesque seafront.

Set in a converted 19th Century Vicarage still with many period features, the Eastbourne Clinic offers a charming, friendly and warm environment conducive to recovery.

The Mother and Baby unit is a well-established specialist service within The Eastbourne Clinic offering inpatient treatment to mothers in crisis and their babies.



## Mother & Baby Unit

The Mother and Baby unit can accommodate up to ten mothers and their babies for inpatient treatment, where the mother is suffering from post natal illness including post natal depression, puerperal psychosis or a recurrence of pre-existing mental health problems.

There are two separate units. The step-down unit is a self-contained annexe comprising of; a fully equipped nursery including changing units, play areas and comfortable sofas for feeding babies, milk kitchen with facilities for laundering babies clothes, bathroom for bathing babies, relatives room and a sleep room with cots, Moses baskets and rocking cribs.

There are four bedrooms within the step-down unit to accommodate mothers near to their babies once their mental state has stabilised and no risk has been assessed to their baby.

The main admission unit which has been recently renovated is utilised to admit mothers and carry out at least a seventy-two hour assessment of their mental state by the multi-disciplinary team and consultant psychiatrist. The main admission unit includes a fully equipped kitchen, nursery, changing area and sleep room.

The Clinic has developed an excellent reputation for high quality care and first class treatment with a dedicated team experienced in perinatal mental health. A nursery nurse and midwife are always on hand for advice and support, and a liaison health visitor appointed by the local area NHS Trust visits regularly. All staff are experienced in caring for mothers with mental health problems and their babies.

Other members of the multi disciplinary team include; a nurse therapist (to organise and facilitate perinatal therapy groups such as anxiety management, self esteem building and relapse prevention), a psychotherapist with a special interest in perinatal issues (who also facilitates a mother and baby group) and two consultant psychiatrists.



The Clinic grounds are picturesque and tranquil and are often appreciated in the summer season by mothers and their babies!

We promote a holistic approach utilising alternative therapies within the weekly programme including; Tai Chi, Shiatsu Massage and meditation which compliment the traditional therapies.

In addition to this the team actively promotes recreational activities such as attending mother and baby groups, swimming at local pools, walks along the seafront, drop-in baby clinics and trips to parks and other baby friendly venues in order to achieve a healthy balance and transition from inpatient care to home.

## Aims & Objectives of the Mother & Baby Unit

- To provide an inpatient facility to enable mothers to be admitted with their baby and receive appropriate specialist treatment.
- To maintain the safety of both the mother and baby whilst enabling the bonding process to take place between them and other significant family members, where needs are required.
- To offer support and include key family members into the treatment programme. This will apply both within the clinic, at home during leave periods, and will also be handed over to the relevant community support services in the mothers' home area.
- To implement the care programme approach to ensure a smooth transition from inpatient to discharge.



## Care Pathways for Mothers & Babies

Mothers and babies are admitted to an inpatient setting when the mother has been too unwell to be supported at home by family members and community multi disciplinary teams.

Care pathways are essential as they provide guidelines for the team to follow in caring for mothers and babies from the point of admission to discharge.

The following phases are designed to be adapted to each mother and baby's individual needs following regular periods of assessment:

### *Phase 1*

On admission, mothers are admitted to a downstairs bedroom (their baby will be admitted to the main nursery) where their mental state is assessed for a minimum of seventy-two hours. This period of assessment will also include observing their interactions with their baby, under close supervision (level four, within arms reach) by a nurse and undertaking a thorough risk assessment.

The mother will be allocated a primary nurse who will co-ordinate their care and arrange regular one-to-one sessions with them and introduce them to the treatment programme, including perinatal therapy groups. The mother, on admission, will be seen by a consultant psychiatrist.

If a care-coordinator has not been identified on admission, a referral will be sent soon after admission.

## *Phase 2*

Once the mothers' mental state has been assessed and stabilised using a range of therapeutic interventions, their primary nurse will devise a care plan and nursery staff will plan a daily routine encouraging the mother to become more involved in all aspects of baby care. Staff will endeavour, during these early stages, to act as role models for the mothers, teaching them to carry out basic baby care tasks that they may have had difficulty adopting when they were unwell.

If no risk has been identified by nursing staff, of mother to their baby, observation levels will be reduced in order to build the mothers' confidence in caring for their babies.



An initial CPA (Care Programme Approach) meeting with community services will be arranged at this stage.

### *Phase 3*

Periods of unsupervised time with their baby may be initiated within the mother and baby unit and the clinic grounds to promote independence and increase confidence. The mother will be encouraged to have their baby in their room for short periods during the day and may start to have them overnight, depending on their progress.

Mothers will still be encouraged to attend therapy groups' however the balance will shift towards increased periods of baby care. A CPA meeting will be held at this stage to give any community staff the opportunity to visit the mother and see how they are progressing.

### *Phase 4*

By this stage, mothers will be having longer periods with their baby and will be encouraged to spend time out of the unit (with or without staff) to help them reintegrate into community life and help prepare them for home leave and discharge. The mother will still participate in the weekly programme in between home leaves and their primary nurse will arrange regular one to one sessions to allow them to discuss any concerns they may be having at this point.

Following the CPA, leave periods will commence providing suitable support from family and community teams is available. Periods of home leave vary but generally increase in a graduated manner depending on the mothers' progress.

Where distance is a problem, partners may be guested overnight, but will need to be agreed in advance.

### *Phase 5*

The mother will be expected, at this stage, to be spending at least sixty percent of their time caring for their baby, the majority of this time should be unsupervised. Mothers' will begin to have their baby overnight in their room (initially alternate nights) in order to prepare them for discharge.



A second CPA will be held to allow services (including family) to liaise and begin to implement community care for the mother and baby whilst on leave to ensure continuity.

### *Phase 6*

During this phase, if the mother is doing well and no major concerns have been raised regarding their baby care following home leaves and increased unsupervised periods within the unit, then a longer period of leave can be planned prior to discharge.

If serious concerns are still evident, the primary nurse will alert relevant healthcare professionals in the community, if this has not already been done earlier on in the admission.

The main objective is to assist the mother in reaching Phase 6 prior to discharge, wherever possible.

## Perinatal Day Care Service

The Eastbourne Clinic has developed a Perinatal Day Care Service for Eastbourne and surrounding areas. This service accommodates mothers who are experiencing early symptoms of post-natal depression and anxiety.

The main objectives of the service are to:

- Offer mothers' a free nursing assessment on first contact.
- Initially offer mothers' one-to-one support from an experienced nurse on how to manage their symptoms.
- Provide support groups for mothers to feel comfortable in discussing their mental health issues and related baby care issues.
- Provide structured perinatal groups including; anxiety management and introduction to CBT (Cognitive Behavioural Therapy).

Information has been distributed to relevant local venues and community health care professionals. Mothers are able to self refer to this service or be referred by their midwife, health visitor or GP.

N.B. This service is currently not available on the NHS.



## Referral to the Mother & Baby Unit

The clinic takes referrals from the NHS, GP's and individuals. Mothers and babies may be admitted privately, by self-funding, private health insurance cover or through the NHS pending funding agreement.

For more information on referring to our mother and baby unit please contact Lesley Dimond, Clinic Manager on **01323 430831** or send us an email at **admin@eastbourneclinic.com**.

If you would like to visit our unit, please contact us on the above phone number or write to us at:

### **The Eastbourne Clinic**

21 Grange Road  
Eastbourne  
East Sussex  
BN21 4HE.



21 Grange Road  
Eastbourne  
East Sussex BN21 4HE  
Tel: 01323 430831  
Fax: 01323 430832

[www.eastbourneclinic.com](http://www.eastbourneclinic.com)  
email: [admin@eastbourneclinic.com](mailto:admin@eastbourneclinic.com)