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Psychiatric training in perinatal mental health across European countries

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Introduction The aim of postgraduate psychiatric training is to prepare psychiatrists to practice independently. The quality of care provided will depend on the training they received. Pregnancy and childbirth (usually called the perinatal period) are a high-risk period for many women with psychiatric problems. An illness episode at that time can have a devastating effect on women and the whole family, including the child's development.

Objectives To understand how perinatal mental health training is organized within Europe and how it fits in the training curricula.

Methods The European Federation of Psychiatric Trainees conducts an annual survey of all member country organizations. We have asked respondents if they received training in perinatal psychiatry, whether that was optional or mandatory and what was its duration. Where training in perinatal psychiatry was not available we asked if they felt it should be.

Results Data will be presented from the 35 countries that responded in the 2016 survey. Six countries reported that training in perinatal mental health is available. But it is mandatory in only one, with the others offering a mix of theoretical and practical optional training. Of the 29 countries that do not offer perinatal psychiatry training, the majority reported it should be offered and mandatory.

Conclusion There is a gap in the expectations of psychiatrists treating women in pregnancy and after birth, and a widespread lack of training for them to be able to do so effectively.

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W041

Psychiatric trainees' experience of their training in perinatal mental health

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Introduction Approaching and offering treatment to a patient in perinatal period might be complicated. Often, it is regarded as one of the most difficult aspects in psychiatry. Given the increasing trends in the number of female patients of childbearing age consulting to psychiatric services, it has become an issue that specialists of today and tomorrow need to be well aware of.

Objectives To better understand the impact of perinatal mental health training on psychiatric trainees from different countries in Europe who receive such training.

Methods The European Federation of Psychiatric Trainees conducts annual surveys, directing questions to national trainee representatives, to assess the situation of psychiatric training. EFPT representatives of the countries where perinatal mental health training was reported to be included in psychiatry and/or child and adolescent psychiatry training programmes, namely Germany, France, Malta, Finland and Ireland, were contacted. Qualitative interviews focusing on the confidence (or in confidence) trainees feel when a patient who is planning pregnancy, pregnant or breastfeeding consults to them and the impact of training in perinatal mental health on their attitudes as clinicians were explored.

Results Although theoretical training in perinatal mental health is considered as an important aspect of psychiatry training in general, practical training or rotations are not found as essential. However, being able to benefit to more than one generation was perceived as a source of motivation.

Conclusions Perinatal mental health is appreciated as a critical part of theoretical education by trainees and in countries where a clinical rotation is available, it enhances making more use of resources and consultation possibilities.

Disclosure of interest The authors have not supplied their declaration of competing interest.

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W042

Developing a curriculum and standards for psychiatric training in perinatal mental health

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This presentation will inform the audience about the workforce issues in England in relation to Perinatal Psychiatry. The talk will illustrate the methods being utilised within the Royal College of Psychiatrists to develop the skills and competencies of clinicians. Intensive training courses, curriculum development and an innovative bursary scheme for consultant psychiatrists will be described.

Disclosure of interest The author has not supplied his declaration of competing interest.

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Workshop: Risk factors for psychosis in migrants in Europe: Results from the EUGEI study

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Does social disadvantage explain the higher risk of psychosis in immigrants? results from the eugei study in london

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