



Module Descriptor

Title	Perinatal Mental Health		
Session	2025/26	Status	Published
Code	MIDW08017	SCQF Level	8
Credit Points	20	ECTS (European Credit Transfer Scheme)	10
School	Health and Life Sciences		
Module Co-ordinator	Susanne Morrison		
Summary of Module			
<p>Module Aim: To enhance knowledge and skills that will enable the student to promote positive mental health for women, newborn infants, partners and families and recognise and respond promptly to signs of compromise or deterioration.</p> <p>Module Content: This module will enable the student to assess, plan and provide care that promotes the psychological, sociological, emotional, cultural and spiritual wellbeing of women, newborn infants, partners and their families, whilst recognising the need for interdisciplinary and multiagency team working. Utilising evidence-based best practice approaches, the module will incorporate a critical review of the current service provision, Government and professional reports, national guidance and contemporary treatment and management strategies around perinatal mental health issues. Teaching input into the module is delivered by interdisciplinary / multiagency teams, including; the midwifery team, mental health team, perinatal mental health team, psychologist, domestic abuse advocacy / development workers, bereavement specialist midwife, infertility specialist, woman’s support project worker and service users. The module will include the following theory:</p> <p>Maternal perinatal health and wellbeing</p> <p>Anxiety, stress and emotion in pregnancy</p> <p>Mental health overview</p> <p>Depression and psychosis</p> <p>Bereavement</p> <p>Post-traumatic stress disorder</p> <p>Maternal suicide</p> <p>Gender based violence</p> <p>Modern day slavery</p> <p>Adverse childhood experiences</p> <p>Infant mental health</p> <p>Breastfeeding</p> <p>Infertility</p> <p>Promotion of positive parent and newborn mental health and wellbeing</p>			

Promotion of the mother-newborn infant relationship by identifying opportunities for attachment, contact, interaction, and relationship building

The holistic promotion, support and maintenance of breastfeeding will be reviewed and assessed in relation to an overall, comprehensive and detailed knowledge and understanding of UNICEF UK Baby Friendly Initiative University Standards (UNICEF, 2019):Theme 1:Understanding breastfeeding; Theme 3:Support close and loving relationships; Theme 4:Manage the challenges; Theme 5:Promote positive communication.

This module will support students to develop characteristics which can contribute to the UWS graduate attributes, which are Universal (critical thinking, emotionally intelligent and collaborative); Work-Ready (knowledgeable, effective communicator, motivated); Successful (resilient) (I am UWS ,2018).

Module content maps to: BSc Midwifery Programme Educational Framework (adapted from Framework for Quality Maternal and Newborn Care (Renfrew et al., 2014) to levels: • Educational Content - Professional and Personal Development; Health and Wellbeing; Midwifery Knowledge & Practice; Complex Care; Additional Needs • Teaching and Learning Strategies • Student Values • Programme Philosophy • Students NMC (2019) Proficiencies: 1.3, 1.6, 1.8, 1.9, 1.10, 1.11, 1.12, 1.13, 1.16, 1.20, 1.21, 1.23, 1.26, 2.1, 2.3, 2.6, 2.8, 2.9 3.1, 3.5, 3.6, 3.7, 3.9, 3.15, 3.16.1, 3.16.2, 3.17.1, 3.17.2, 3.17.3, 3.18, 3.21, 3.24, 3.36 4.1, 4.2, 4.3, 4.6, 4.7, 4.8, 4.9, 4.10, 4.11, 5.8, 5.14, 5.15.

Module Delivery Method	On-Campus ¹ <input type="checkbox"/>	Hybrid ² <input checked="" type="checkbox"/>	Online ³ <input type="checkbox"/>	Work -Based Learning ⁴ <input type="checkbox"/>
Campuses for Module Delivery	<input type="checkbox"/> Ayr <input type="checkbox"/> Dumfries	<input checked="" type="checkbox"/> Lanarkshire <input type="checkbox"/> London <input type="checkbox"/> Paisley	<input type="checkbox"/> Online / Distance Learning <input type="checkbox"/> Other (specify)	
Terms for Module Delivery	Term 1 <input type="checkbox"/>	Term 2 <input type="checkbox"/>	Term 3 <input type="checkbox"/>	
Long-thin Delivery over more than one Term	Term 1 – Term 2 <input type="checkbox"/>	Term 2 – Term 3 <input checked="" type="checkbox"/>	Term 3 – Term 1 <input type="checkbox"/>	

Learning Outcomes

L1	Examine strategies that enable the promotion of positive mental health and discuss how to recognise and respond to signs of compromise or deterioration.
-----------	--

¹ Where contact hours are synchronous/ live and take place fully on campus. Campus-based learning is focused on providing an interactive learning experience supported by a range of digitally-enabled asynchronous learning opportunities including learning materials, resources, and opportunities provided via the virtual learning environment. On-campus contact hours will be clearly articulated to students.

² The module includes a combination of synchronous/ live on-campus and online learning events. These will be supported by a range of digitally-enabled asynchronous learning opportunities including learning materials, resources, and opportunities provided via the virtual learning environment. On-campus and online contact hours will be clearly articulated to students.

³ Where all learning is solely delivered by web-based or internet-based technologies and the participants can engage in all learning activities through these means. All required contact hours will be clearly articulated to students.

⁴ Learning activities where the main location for the learning experience is in the workplace. All required contact hours, whether online or on campus, will be clearly articulated to students

L2	Discuss the prevalence, predisposing factors, aetiology and related pathophysiology of poor mental health on woman throughout the continuum of care, recognising the diversity of individual circumstances.
L3	Analyse the psychological, sociological, emotional, cultural and spiritual impact of poor mental health on the woman, partner and her family, including exploration of the concepts of infant mental health.
L4	Utilising evidence-based best practice approaches discuss the available treatment methods and critically evaluate the management strategies collaborating with, consulting and referring to, the interdisciplinary and multiagency teams as appropriate. This should include a critical discussion of maternity service provision.
L5	

Employability Skills and Personal Development Planning (PDP) Skills	
SCQF Headings	During completion of this module, there will be an opportunity to achieve core skills in:
Knowledge and Understanding (K and U)	<p>SCQF 8</p> <p>Demonstrating detailed knowledge of core theories, concepts and principles of mental health issues related to the childbirth continuum. Has an awareness and a firm grasp of the main current perinatal mental health and infant mental health issues through utilising the current evidence base.</p>
Practice: Applied Knowledge and Understanding	<p>SCQF 8</p> <p>Adopting a range of strategies and application of knowledge of mental health issues to provide optimal care of women, newborn infants and their families and to promote positive mental health and wellbeing.</p> <p>Practicing with a critical understanding of UNICEF Breastfeeding Initiative Learning Outcomes to enable mothers to develop a close and loving relationship with their babies and successfully breastfeed their babies.</p>
Generic Cognitive skills	<p>SCQF 8</p> <p>Critically analysing and evaluating evidence-based practice pertaining to the psychological, sociological, emotional, cultural and spiritual concepts in relation to perinatal mental health.</p>
Communication, ICT and Numeracy Skills	<p>SCQF 8</p> <p>Utilising effective communication skills when working with the interdisciplinary / multiagency team.</p> <p>Utilising I.T. facilities, library, databases, Moodle and a range of electronic platforms to locate, evaluate and incorporate evidence into practice.</p>
Autonomy, Accountability and Working with Others	<p>SCQF 8</p> <p>Working collaboratively with others to deliver appropriate care to women, newborn infants, partners and their families.</p> <p>Utilising appropriately the systems of referral of women to other members of the interdisciplinary / multiagency team within own level of competence.</p>

Prerequisites	Module Code	Module Title
----------------------	--------------------	---------------------

	Other	
Co-requisites	Module Code	Module Title

Learning and Teaching	
<p>In line with current learning and teaching principles, a 20-credit module includes 200 learning hours, normally including a minimum of 36 contact hours and maximum of 48 contact hours.</p> <p>A range of teaching and learning strategies will be utilised in this module to enable the identification of mental health issues that students can investigate through enquiry. Shared teaching and input will be provided by psychologists and subject specialist where relevant. Modified lectures and seminars will also be used. Guest speakers and service users will be utilised to share their experiences to inform students on topic specific areas.</p> <p>Reasonable adjustments can be made for students who have been assessed as requiring specific adjustments as per UWS guidance. The module will be delivered in a 5 weeks theory block and is long thin delivery over two Terms.</p>	
Learning Activities	Student Learning Hours
During completion of this module, the learning activities undertaken to achieve the module learning outcomes are stated below:	(Note: Learning hours include both contact hours and hours spent on other learning activities)
Lecture / Core Content Delivery	24
Tutorial / Synchronous Support Activity	12
Asynchronous Class Activity	40
Independent Study	124
n/a	
n/a	
TOTAL	200

Indicative Resources
<p>The following materials form essential underpinning for the module content and ultimately for the learning outcomes:</p> <p>Core:</p> <p>McDonald, S. and Johnson, G. (2024) Mayes' Midwifery. 16th edn. Edinburgh: Bailliere Tindall (Accessed: 9 September 2024).</p> <p>or</p> <p>Marshall, J. and Raynor, M. (eds.) (2020) Myles textbook for midwives. 17th edn. Edinburgh: Elsevier (Accessed: 9 September 2024).</p> <p>Pollard, M. (2017) Evidence-based Care for Breastfeeding Mothers. A resource for midwives and allied health professionals. 2nd edn. London: Routledge.</p> <p>UNICEF (2019) UNICEF UK baby friendly initiative university standards. Available at: https://www.unicef.org.uk/babyfriendly/wp-content/uploads/sites/2/2019/07/Guide-to-the-Unicef-UK-Baby-Friendly-Initiative-University-Standards.pdf (Accessed: 9 September 2024).</p> <p>Recommended:</p>

Esegbona-Adeigbe, S. (2023) Transcultural Midwifery Practice. Elsevier. Available: <https://www.clinicalkey.com/student/nursing/content/toc/3-s2.0-C20200039484> (Accessed: 9 September 2024).

Deery, R., Denny, G. and Letherby, G. (eds) (2015) Sociology for Midwives. Cambridge: Polity Press.

MBRRACE-UK Perinatal Mortality Surveillance Report, UK Perinatal Deaths for Births / MBRRACE-UK Saving Lives, Improving Mothers' Care - Lessons learned to inform maternity care from the UK and Ireland Confidential Enquiries into Maternal Deaths and Morbidity. Available: <https://www.npeu.ox.ac.uk/mbrance-uk/reports> (Accessed: 9 September 2024).

Perinatal and Infant Mental Health Services Update - <https://www.gov.scot/publications/perinatal-infant-mental-health-services-update/pages/1/> (Accessed: 9 September 2024).

Perinatal Mental Health Network (PMHN) (2020) Wellbeing for Wee Ones. Mapping of parent-infant intervention and support services in Scotland. Available: <https://www.nn.nhs.scot/pmhn/wp-content/uploads/sites/11/2021/02/Final-Wellbeing-for-Wee-Ones-Summary-report.pdf> (Accessed: 9 September 2024).

NHS Education Scotland (NES) (2020) Perinatal Mental Health Curricular Framework: A framework for maternal and infant mental health. Available: <https://www.gov.scot/binaries/content/documents/govscot/publications/strategy-plan/2020/07/perinatal-infant-mental-health-programme-board-2020-2021-delivery-plan2/documents/perinatal-infant-mental-health-programme-board-2020-2021-delivery-plan/perinatal-infant-mental-health-programme-board-2020-2021-delivery-plan/govscot%3Adocument/perinatal-infant-mental-health-programme-board-2020-2021-delivery-plan.pdf> (Accessed: 9 September 2024).

World Health Organization (WHO) (2022) guide for integration of perinatal mental health in maternal and child health services. Available: <https://www.who.int/publications/i/item/9789240057142> (Accessed: 9 September 2024).

National Bereavement Care Pathways (2024) National bereavement care pathways for pregnancy and baby loss. Available: <https://www.nbcpscotland.org.uk/> (Accessed: 9 September 2024).

National Institute for Health and Care Excellence (2020) Antenatal and postnatal mental health: clinical management and service guidance. Available at: <https://www.nice.org.uk/guidance/cg192> (Accessed: 9 September 2024).

Maternity and Women's Health Care, Thirteenth Edition (2024) Available at: <https://www.clinicalkey.com/student/nursing/content/toc/3-s2.0-C20200015641> (Accessed: 9 September 2024).

RCM strengthening perinatal mental health report (2023). Available at: <https://www.rcm.org.uk/media/7345/rcm-perinatal-mental-health-report-2023.pdf> (Accessed: 9 September 2024).

(N.B. Although reading lists should include current publications, students are advised (particularly for material marked with an asterisk*) to wait until the start of session for confirmation of the most up-to-date material)

Attendance and Engagement Requirements

In line with the [Student Attendance and Engagement Procedure](#), Students are academically engaged if they are regularly attending and participating in timetabled on-campus and online teaching sessions, asynchronous online learning activities, course-related learning resources, and complete assessments and submit these on time.

For the purposes of this module, academic engagement equates to the following:

Within this module, students are expected to attend for at least 75% of the synchronous core

teaching activities to be assessed. Please refer to UWS Regulatory Framework Attendance Requirements.

Equality and Diversity

The University's Equality, Diversity and Human Rights Procedure can be accessed at the following link: [UWS Equality, Diversity and Human Rights Code](#).

Module content reflects societal diversity and a rights-based approach to midwifery practice.

To promote accessibility, anticipatory adjustments have been made to teaching and learning strategies and assessment. Further reasonable adjustments can be made for students who have been assessed as requiring specific adjustments.

(N.B. Every effort will be made by the University to accommodate any equality and diversity issues brought to the attention of the School)

Supplemental Information

Divisional Programme Board	Mental Health Nursing Midwifery Health
Overall Assessment Results	<input type="checkbox"/> Pass / Fail <input checked="" type="checkbox"/> Graded
Module Eligible for Compensation	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No If this module is eligible for compensation, there may be cases where compensation is not permitted due to programme accreditation requirements. Please check the associated programme specification for details.
School Assessment Board	MHMH L7-8
Moderator	Connor Murray
External Examiner	L Lawther
Accreditation Details	NMC
Module Appears in CPD catalogue	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
Changes / Version Number	2

Assessment (also refer to Assessment Outcomes Grids below)

Assessment 1

Oral presentation (100%) on a perinatal mental health topic. The student may choose either a Poster, PowerPoint, Prezi or a Video Blog for their presentation.

Assessment 2

Assessment 3

(N.B. (i) Assessment Outcomes Grids for the module (one for each component) can be found below which clearly demonstrate how the learning outcomes of the module will be assessed.

(ii) An indicative schedule listing approximate times within the academic calendar when assessment is likely to feature will be provided within the Student Module Handbook.)

Component 1							
Assessment Type	LO1	LO2	LO3	LO4	LO5	Weighting of Assessment Element (%)	Timetabled Contact Hours
Presentation	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	100	0.33

Component 2							
Assessment Type	LO1	LO2	LO3	LO4	LO5	Weighting of Assessment Element (%)	Timetabled Contact Hours
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		

Component 3							
Assessment Type	LO1	LO2	LO3	LO4	LO5	Weighting of Assessment Element (%)	Timetabled Contact Hours
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Combined total for all components						100%	0.33 hours

Change Control

What	When	Who
Reference list updated	September 2024	Susanne Morrison