



OUTSTANDING CONTRIBUTION TO MIDWIFERY SERVICES AWARD: PERINATAL MENTAL HEALTH

ENTRY CRITERIA

Eligible: Any RCM member

Individual or team category: You can submit an entry for either an individual or for a team

Entry or nominated: Entrants can either self nominate or submit a nomination for a colleague

Category description:

While all midwives have a role in supporting women's mental health through pregnancy, this award recognises specialist midwives, student midwives, MSW's or specialist teams who are championing, leading, and advocating to ensure women and their families receive the best care possible.

The nominated individuals or teams will have specialist knowledge of maternal mental health, will actively support the wider maternity team and will be active collaborator with the local multi-disciplinary perinatal mental health services.

The nominated individual(s) should be able to demonstrate working with local communities and or community organisations to raise awareness of perinatal mental health.

The judges are looking for:

- Raising awareness of the issues around maternal mental health and the impact that maternity care and support can have on outcomes for women and their family
- Demonstrate success in identifying and referring and signposting women for care and support and understands the context of local services provision
- Securing appropriate care and services for individual women and their families
- Approaches to tackling stigma, identifying risk and building trust with women
- implementation of pathways that strengthen emotional wellbeing

Submission rules:

In order to ensure a smooth and efficient entry process we ask that you follow some simple rules:

- Your entry form **must be anonymous**. If the judges can identify your entry, it may be disqualified.
- The word count for entries is **750 words** (This includes all sections of the entry form). References are not included in this word count. If your entry does exceed this word limit, you run the risk of being disqualified.
- You must complete the official entry form. Other documents cannot be accepted.
- As part of the entry, you can supply supporting documentation. It must be supplied as one, separate document and limit it to 3 single sided A4 pages. Any additional material may not be reviewed.
- All shortlisted entrants are expected to attend an individual judging day in Central London to present their project to a panel of judges.

Please note: all entries must be submitted online via the RCM Awards website: www.rcmawards.com

***PLEASE DO NOT INCLUDE ANY NAMES OR NHS TRUST/BOARD OR UNIVERSITY NAMES ON THIS FORM. THIS ENTRY MUST BE ANONYMOUS**

EXPLAIN YOUR APPROACH TO PERINATAL MENTAL HEALTH CARE INCLUDING DETAILS ON APPROACHES TO TACKLING STIGMA, IDENTIFYING RISK AND BUILDING TRUST WITH WOMEN

DESCRIBE HOW YOU RAISE AWARENESS OF THE ISSUES AROUND MATERNAL MENTAL HEALTH AND THE IMPACT THAT MATERNITY CARE AND SUPPORT CAN HAVE ON OUTCOMES FOR WOMEN AND THEIR FAMILY

DESCRIBE YOUR SUCCESS IN IDENTIFYING, REFERRING AND SIGNPOSTING WOMEN FOR CARE AND SUPPORT

DETAIL THE COMMITMENT TO WORKING WITH PARENTS, PROFESSIONALS AND OTHER AGENCIES TO SUPPORT WOMEN

OUTLINE HOW YOU SUPPORT STAFF IN THE PROVISION OF CARE TO PARENTS AND THEIR FAMILIES

DESCRIBE THE IMPLEMENTATION OF PATHWAYS TO STRENGTHEN EMOTIONAL WELLBEING

EXPLAIN HOW THE IMPACT OF THE APPROACHES UNDERTAKEN/DESCRIBED HAVE BEEN EVALUATED

EXPLAIN HOW THIS INITIATIVE MIGHT BENEFIT AND BE DISSEMINATED TO THE WIDER MIDWIFERY COMMUNITY