

## **GLOW Perinatal Emotional Health & Wellbeing Clinic – a unique concept on the frontier of perinatal and infant mental health.**

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### Background:

Australian is a world leader in perinatal and infant mental health (pimh). The majority of pimh services and published research are in the public sector. However, 1/3 of women deliver in the private sector<sup>1</sup> and than ¼ of women report the use of complimentary and alternative medicines during pregnancy<sup>2</sup>. Whilst, notable services in the private sector have contributed to the literature<sup>3</sup>, the addition of novel private sector pimh models to the literature is warranted.

**GLOW** Perinatal Emotional Health & Wellbeing Clinic is a new service that addresses the emotional health needs of mothers, fathers, infants and families.

**GLOW** is unique by:

- Redefining “perinatal period” to from preconception to kindergarten age
- Addressing the health spectrum from wellness to significant psychological illness
- Attending to emotional, physical and social wellbeing and
- All the services available in the one purpose built space removing the need for families to attend multiple practitioners in multiple different locations.<sup>4</sup>

**GLOW**'s multidisciplinary team consists of 14 part-time practitioners and 3 staff members including: perinatal psychiatrists, perinatal and child psychologists, couple's therapists, paediatricians, midwives, early parenting consultants, lactation consultant, dietitian, women's health physiotherapist, massage therapist and yoga teachers.

**GLOW**'s model of care combines standard pimh care - individual, dyadic and group therapy and medication management with novel care options eg:

- 4<sup>th</sup> Trimester midwifery led group skilling parents to bring their baby home,
- midwife and early parenting consultant in home care.
- infant and neurodevelopmental paediatric care
- complementary and mind-body modalities such as nutrition, infant and perinatal remedial massage, mindfulness and perinatal and parent and infant yoga classes.

### Methods:

A database was established of the **GLOW** Cohort including: demographic data, perinatal status, reason for attending/referral and clinical diagnosis where appropriate and treatment/service. The database includes pre and post outcome measures and client and stakeholder satisfaction surveys to enable review and modifications to the model.

## Results:

The presentation outlines **GLOW**'s unique service model and descriptive data of the **GLOW** Cohort.

perinatal, mental health, wellness

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<sup>1</sup> Reilly N., Yin C., Monterosso L., Bradshaw S., Neale K., Harrison B., Austin M-P. (2015) Identifying psychosocial risk among mothers in an Australian private maternity setting: A pilot study Aust NZ J Obst & Gynae 55 (5), 453 – 458

<sup>2</sup> Deligiannidis K. M., Freeman M. P. (2014). Complimentary and Alternative Medicine Therapies for Perinatal Depression Best Pract Res Clin Obstet Gynaecol 28(1), 85-95

<sup>3</sup> Fisher, J. R. W., Feekery, C. J., & Rowe-Murray, H. J. (2002). Nature, severity and correlates of psychological distress in women admitted to a private mother–baby unit. Journal of Paediatrics and Child Health, 38, 140 – 145.

<sup>4</sup> <http://www.glowclinic.com.au/>