



**Maudsley Health**

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# Services in Two Worlds: United Arab Emirates & England

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Medical Director

Maudsley Health Hospital – Abu Dhabi

# Background

- Consultant Perinatal Psychiatrist – Trained in Birmingham, England - 1994-2024
- Associate National Clinical Director for Perinatal Mental Health NHSE 2016-24
- Abu Dhabi and Maudsley Health 2024-date

# The English Perspective



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- NHS – nationally funded, for everyone
- Integrated systems – clinically, academically – teaching, research, NICE and evidence-based treatment
- Clinician led services – had resulted in patchy provision
- Patients at the centre – EbE – MMHA, APP
- Political power
- PMHS central component of FYFV and NHS LTP
- A real opportunity to develop services nationally

# Where we started.....

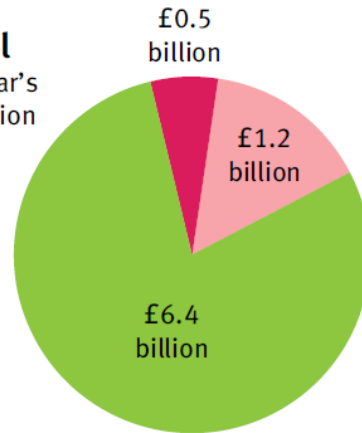


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**Known costs of perinatal mental health problems per year's births in the UK, total: £8.1 billion**

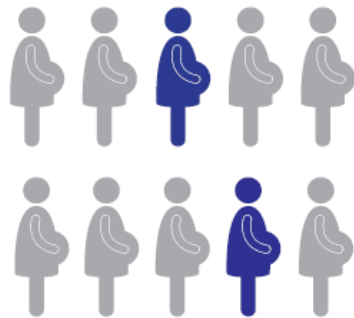
- health and social care
- other public sector
- wider society



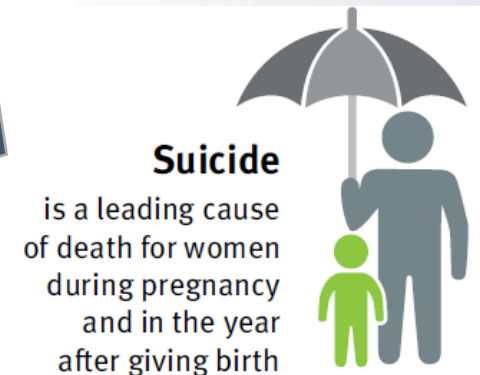
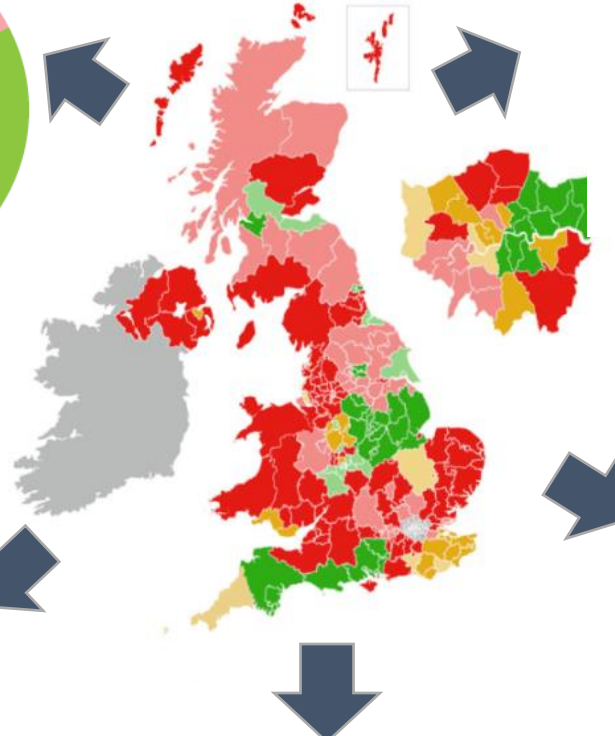
Of these costs

**28%** relate to the mother

**72%** relate to the child



**Up to 20%** of women develop a mental health problem during pregnancy or within a year of giving birth



**Suicide** is a leading cause of death for women during pregnancy and in the year after giving birth

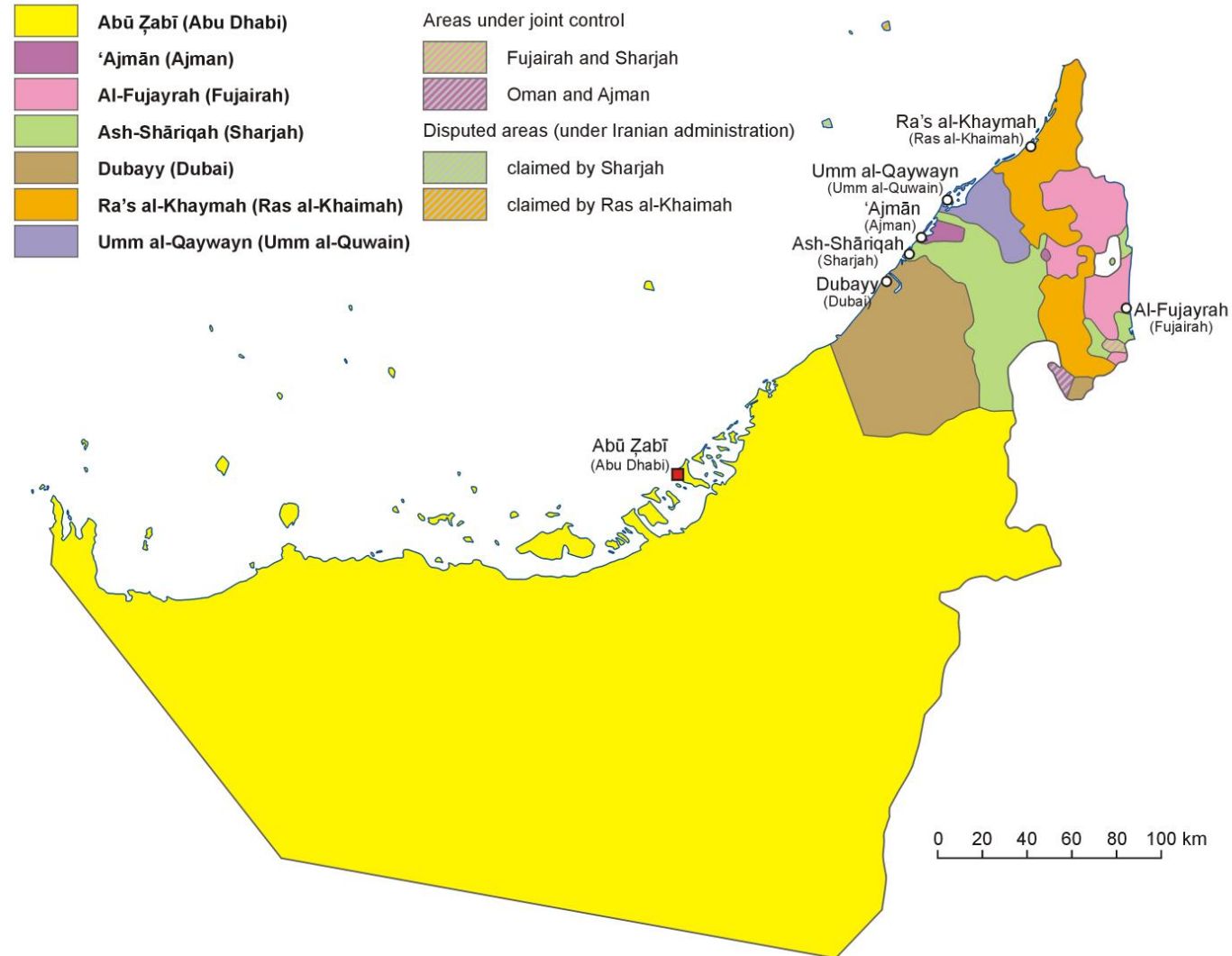
**Variation and inequality:** fewer than **15%** of localities provided specialist services for women with complex or severe conditions at the full level recommended in NICE guidance, and more than **40%** provided **no service at all**.



# Key components to delivery

- Centrally funded levers
  - Clinical Networks
  - HEE – competency framework, commissioning training
  - NICE – establishing the evidence base and value
  - Confidential Enquiry in Maternal Deaths
  - NIHR invested in perinatal mental health research
- Other key national support
  - MMHA – uniting many groups, LSE report and the economic and EBE case
  - RCPsych – CCQI, NCCMH & College Reports
  - RCGP
  - RCOG

# •The United Arab Emirates





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# United Arab Emirates

- Population of c11M
- 85-90% are expats
- Very new country – 1971
- Rapid development and growth
- Private – insurance-based healthcare system
- Multiple service providers
- Real commitment to improve services and to be world leading
- Emirati Medical Association

# Maternity data across the UAE



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Numbers per year in 2020	Abu Dhabi, Al Ain, Al Dhafa	Dubai and Northern Emirates	United Arab Emirates Total
Number of births	37 200	60 400	<b>97 600</b>
To local Emiratis	16 200	15 400	<b>32 600</b>
To Ex-Pats	20 900	45 000	<b>65 900</b>
Postpartum Psychosis	37-74	60 - 120	<b>97 - 194</b>
Depression	3720 - 5580	6040 - 9060	<b>9760 – 14 640</b>
PTSD	1860	3020	<b>4880</b>

# Progress so far...

- Created a specialist team
- Developed links with Maternity Services
- Developed links with peer support organisations
- The regions first specialist Maternal Mental Health Conference with EbE contributions
- Established a Perinatal Chapter of ESCAM
- Multi-disciplinary specialist training
- National survey about perinatal mental health research project

# The near future...

- Opening the region's first inpatient MBU in AD this year
- Links with universities and medical schools
- Establishing a research and training programme
  
- All as part of the Maudsley Health Hospital – specialist 138 bedded hospital for mental health
- A private hospital supported by the DoH
- A national centre for high quality, evidence-based care, research and training

**THANK  
YOU!**



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