

MATERNAL MENTAL HEALTH: CARE PATHWAY (1) Universal Care (draft)

Antenatal Pathway

Midwife assessment maternal mental health:

- (questions at A/N booking appointment)
- Have you had depression before or currently?
- Have you had anxiety/panic problems before or currently?
- Have you had issues with self harm before or currently?
- Have you had severe mental health problems after a pregnancy such as puerperal psychosis?
- Have you had a diagnosis of Bipolar Disorder (manic depression) or schizophrenia?
- Have you had a problem with eating disorders, behavioural problems or OCD?
- Is there anything in your life at present which might make the pregnancy difficult? i.e. sexual abuse, domestic abuse, drug/alcohol issues.
- Is there a family history (including father/partner) of severe mental illness?

No

Yes

- Midwifery Management
- Usual midwifery care
 - ongoing assessment of mental health issues and referral as necessary

- Refer to Midwifery Mental Health Guideline
- Liaise with GP + Obstetrician, MHMW, HV
 - Follow Pathway 2 (Progressive/targeted Care)

Flexible A/N contact:

- Discuss realities of parenthood
- At each A/N contact ask two (Whooley) Questions to identify possible depression

- (A) During the past month have you been bothered by feeling down, depressed or hopeless?
 (B) During the past month have you been bothered by having little interest or pleasure in things?

If YES is this something you feel you need or want help with? Consider use of PHQ-9/GAD-7

No

Yes

- Continue flexible A/N contact
- Encourage uptake of local multi-agency support groups

- Liaise with GP
- Follow pathway (2) Progressive/targeted Care

KEY:

- PNI—Post Natal illness
- M/W- Midwife
- MHMW—Mental Health Midwife
- HV— Health Visitor
- MH - Mental Health
- HCP— Health Child Programme
- FS—First Step
- PHQ-9—Patient Health Questionnaire (MH assessment tool)
- GAD-7 —General Anxiety Disorder (MH assessment tool)

A/N— Antenatal

P/N- Postnatal

PRE-CONCEPTION

- Identification of vulnerable women/families with increased likelihood of perinatal mental health issues and proactive assessment of risk factors
- Consider Psychotropic Medication: impact fetus/infant

WHOOLEY QUESTIONS

- (A) During the past month have you been bothered by feeling down, depressed or hopeless?
 (B) During the past month have you been bothered by having little interest or pleasure in things?

If YES is this something you feel you need or want help with?
 Consider PHQ-9/GAD-7

Postnatal Pathway

Routine midwifery care

- Explore mothers emotional response to birth experience and motherhood
- Ask 2 (Whooley) questions to identify possible depression
- MW and HV to liaise
- HV Primary Visit at home (11-15days)**

If positive response follow PATHWAY 2.

Negative response

- Assessment of maternal mental health (in primary care)
- Ask 2 (Whooley) questions to identify possible depression. If positive use PHQ-9/GAD-7
 - Consider all Mental Health Disorders

- If PNI likely - liaise with GP
- And follow PATHWAY 2
- Progressive/targeted care

Continue routine HV care as per HCP

- Assessment of maternal mental health (by Health Visitor in private with time for immediate feedback)
- Ask 2 (Whooley) questions to identify possible depression. If positive use PHQ-9/GAD-7
 - Consider all Mental Health Disorders

- If PNI likely - liaise with GP and follow PATHWAY (2)
- Progressive/targeted care

Child Health Review— by 1 year to include assessment of Mothers emotional wellbeing

Offer support and multi-agency interventions via Common Assessment Framework
SAFEGUARDING CONCERNS: Liaise/Refer Access + Safeguarding Team

By 12 week

Birth

Birth

10-15 days

4-6 weeks

3-4 months

By 1 year