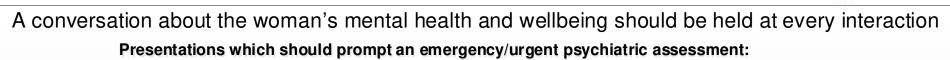


ER SAFEGUARDING & ONGOING COMMUNICATION WITH OTHER PROFESSIONALS

CONSID

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North West Coast Strategic Clinical Networks





Recent significant change in mental state or emergence of new symptoms

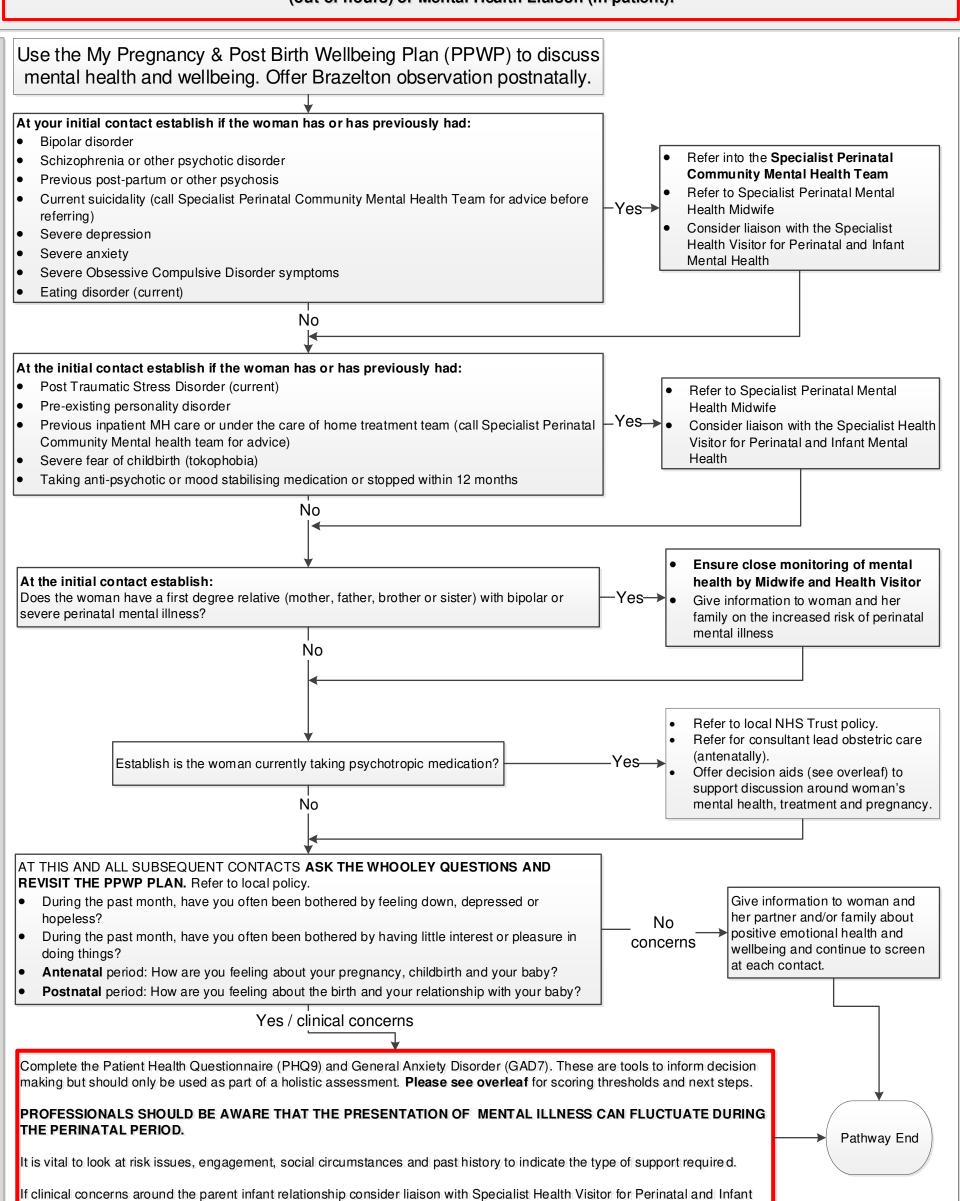


New thoughts or acts of violent self-harm



New and persistent expressions of incompetency as a mother or estrangement from the infant

Referral to Specialist Perinatal Community Mental Health Team (office hours), Crisis Resolution & Home Treatment Team (out of hours) or Mental Health Liaison (in-patient).



to increased vulnerability to mental illness,

Due

Mental Health.

additional

woman may

Antenatal and Postnatal Mental Health Pathway

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GAD7 and PHQ9 scoring thresholds and next steps

Mild

Mild Symptoms

- Give additional self-help information e.g. RCGP Perinatal Mental Health Toolkit (see below)
- Consider increasing contacts to offer support (ensure liaison with named midwife and/or health visitor)
- Consider self-referral to GP
- GAD 5-9 PHQ9 5-9
- Before commencing or making any changes to mental health medication offer decision aid (see RCGP Perinatal Mental Health Toolkit – see below)
- Postnatally: consider offering New-born Behavioural Observations (NBO) / Neonatal Behavioural Assessment Scale (NBAS)

Moderate

GAD 10-14

PHQ9 10-14

Moderate Symptoms

- Refer to GP facilitate appointment and communication with GP
- Signpost/Facilitate referral to Psychological Therapies and/or refer to Mental Health services for comprehensive mental health assessment, highlighting perinatal status
- Give additional self-help information e.g. RCGP Perinatal Mental Health Toolkit (see below)
- Consider increasing contacts to offer support (ensure liaison with named midwife and/or health visitor
- Consider referral to Parent-Infant Mental Health services (if available)
- Before commencing or making any changes to mental health medication offer decision aid (see RCGP Perinatal Mental Health Toolkit/ Choices and Medication resource – see below)
- Enquire about engagement with services at next routine contact
- Postnatally: consider offering New-born Behavioural Observations (NBO) / Neonatal Behavioural Assessment Scale (NBAS)

Moderate to Severe

Moderate/Severe Illness

- Refer to Mental Health services for comprehensive mental health assessment, highlighting perinatal status
- Refer to GP facilitate appointment and communication with GP
- Give additional self-help information e.g. RCGP Perinatal Mental Health Toolkit (see below)
- Consider increasing contacts to offer support (ensure liaison with named midwife and/or health visitor
- Consider referral to Parent-Infant Mental Health services (if available)

PHQ9 15-19

- Before commencing or making any changes to mental health medication offer decision aid (see RCGP Perinatal Mental Health Toolkit/ Choices and Medication resource – see below)
- Enquire about engagement with services at next routine contact
- Postnatally: consider offering New-born Behavioural Observations (NBO) / Neonatal Behavioural Assessment Scale (NBAS)

Severe

GAD 15+

PHQ9 20-27

Severe Illness

- Refer to Specialist Perinatal Mental Health Services, Specialist Perinatal Mental Health Midwife and Consultant Obstetrician
- If Out of Hours refer to Crisis Resolution and Home Treatment Team or Mental Health Liaison inpatient/outpatient
- Liaise with Specialist Health Visitor Perinatal & Infant Mental Health (if available)
- Consider referral to Parent-Infant Mental Health services (if available)
- Liaise with GP, maternity, health visiting and other services involved in care
- Give additional self-help information e.g. RCGP Perinatal Mental Health Toolkit (see below)
- Consider increasing contacts to offer support (ensure liaison with named midwife and/or health visitor)
- Before commencing or making any changes to mental health medication, offer decision aid (see RCGP Perinatal Mental Health Toolkit or Choices and Medication resource – see below)
- Enquire about engagement with services at each contact
- Postnatally: consider offering New-born Behavioural Observations (NBO) / Neonatal Behavioural Assessment Scale (NBAS)

References, resources and further information

This pathway has been written to support:

and the findings of MBRRACE: www.npeu.ox.ac.uk/mbrrace-uk

Further information on the use of GAD in pregnancy: <u>bmiopen.bmi.com/content/8/9/e023766</u>

RCGP Perinatal Mental Health Toolkit – self help information, decision aids and other information: www.rcap.org.uk/clinical-and-research/resources/toolkits/perinatal-mental-health-toolkit.aspx

Choice and Medication website – a public facing website providing information used in a mental health setting: www.choiceandmedication.org/lancashirecaretrust/

LactMed – information on medication and breastfeeding: toxnet.nlm.nih.gov/newtoxnet/lactmed.htm

Best Uses of Medicines in Pregnancy (BUMPs): www.medicinesinpregnancy.org/Medicine--pregnancy/

Information and leaflets from the Royal College of Psychiatrists: www.rcpsych.ac.uk/mental-health/treatments-and-wellbeing

NICE CG192: www.nice.org.uk/guidance/cg192