PERINATAL MENTAL HEALTH PATHWAY FOR BUCKINGHAMSHIRE

Developed in accordance with NICE Guideline 192 (2014) and to be used in conjunction with local policies April 2016
Version 1 For Review April 2017

Commissioned by Chitern CCG.
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Commisioned by Chitern CCG with thanks to all those have contributed in any way during the planning and implementaion of this project.

The pathway will be monitored and updated by the stakeholders at the Buckinghamshire Perinatal and Infant Mental Health Network quarterly meeting and revised annually.
Amended Dec 2016 Next revision April 2017
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ANTENATAL MENTAL HEALTH CARE PATHWAY for Women with no Current or Pre-Existing Mental Illness
Developed in accordance with NICE Guideline 192 (2014). To be used in conjunction with local policies and clinical judgment.

Pregnancy confirmed
Routine maternity care

MW/FNP

GP

HV Universal Offer

All ask NICE GUIDANCE 192 Questions at each contact to screen for depression (Consider GAD-2 for anxiety) (HV from 28-36 weeks)

No MH Issue Identified

Routine maternity care

Mild Mental Illness (See Appendix A)
Use EPDS/PHQ9/GAD7 and clinical judgement to clarify. Inform GP and MW/ FNP. Consider Professional or self-referral to Healthy Minds (IAPT) 01865 901600
Or seek advice from Specialist Perinatal Mental Health Team. 01865 901287

MW/ FNP/ HV To provide additional monitoring and support during pregnancy.
Signpost to local community support – http://www.bucksfamilyinfo.org/kb5/buckinghamshire

Mild to Moderate depression and/or anxiety (See Appendix A)
Professional or self-referral to Healthy Minds (IAPT) 01865 901600
Seek advice from Perinatal Mental Health Team

Healthy Minds to prioritise pregnant women as clinical need dictates.

Severe Mental Illness (suspected diagnosis) and/or severe depression or anxiety (See Appendix A)
Assessment by Buckinghamshire Perinatal Mental Health Services. Triage by phone Refer by Email (see Appendix A) or Phone 01865 901287
Response Times; Urgent – Within 5 working days Non Urgent – within 10 working days

Emergency Referral Response Time - Within 4 hours
Intensive Support Team 01865 901052
Out of Hours 01865 902000
Admission if required to Mother and Baby Unit from 24 weeks pregnant

Refer to either IAPT or AMHT (not both simultaneously)
Prescribing advice for GPs may be given via telephone or email BuckinghamshirePerinatal.MentalHealthServices@oxfordhealth.nhs.uk

Severe Mental illness and at risk (See Appendix A)

All professionals must document information and plan in maternity record (and/or organisational notes) and inform all other agencies, including GP, of outcomes including non-engagement. Consider Safeguarding risks.

For details of pre-birth procedures and guidance use the BSCB website: http://www.bucks-lscb.org.uk/bscb-procedures/
ANTENATAL MENTAL HEALTH CARE PATHWAY for Women with Pre-existing Mental Illness
Developed in accordance with NICE Guideline 192 (2014). To be used in conjunction with local policies and clinical judgment.

Pregnant Women with Current or Past History of Mental Illness.
Refer to Perinatal Mental Health Midwife and Buckinghamshire Perinatal Mental Health Services 01865 901287 (Response Times; Urgent – Within 5 working days, Non Urgent – within 10 working days)
Refer to either IAPT or AMHT (not both simultaneously) Referral by GP, MW or HV
Prescribing advice for GPs may be given via telephone or email BuckinghamshirePerinatal.MentalHealthServices@oxfordhealth.nhs.uk
Or UK Teratology Information Service (UKTIS) www.uktis.org 0344 892 0909

Pre-conceptual/early pregnancy advice/relapse prevention/support for women at high risk e.g. Bi-polar, personal or family history of perinatal psychosis in first degree relative.
For assessment and maternity planning contact Perinatal Mental Health Team 01865 901287

Mild Mental Health Concerns
MW/FNP/HV/GP
Provide additional monitoring and support during pregnancy. Consider professional or self-referral to Healthy Minds
Signpost to local community support http://www.bucksc.gov.uk/education/childrens centres/

Mild to Moderate Mental Health Concerns
Professional or self-referral to Healthy Minds (IAPT) 01865 901600
Prioritise pregnant women as clinical need

Moderate to Severe Mental Health Concerns. Not open to services
Assessment by Specialist Perinatal Clinician 01865 901287
Inform referrer and GP of outcome / plan
Complete Written Maternity Care Plan and share with woman, CPN, MW, HV and GP

Moderate to Severe Mental Health Concerns. Already Open to Mental Health Services
Inform MW/FNP and GP and liaise with Perinatal Mental Health Services
Complete Written Maternity Care Plan and share with; Mother, CPN, MW, FNP/HV and GP
Seek Perinatal Specialist advice to support during the perinatal period

Severe Mental Health. Urgent Referral
Intensive Support Team 01865 901052 01865 902000
Admission if required to Mother and Baby Unit from 24 weeks pregnant

All professionals must document information and plan in maternity record (and/or organisational notes) and inform all other agencies, including GP, of outcomes including non-engagement. Consider Safeguarding risks.
For details of pre-birth procedures and guidance use the BSCB website: http://www.bucks-lscb.org.uk/bscb-procedures/
**POSTNATAL MENTAL HEALTH CARE PATHWAY** (up to one year post-partum)

Developed in accordance with NICE Guideline 192 (2014). To be used in conjunction with local policies and clinical judgment.

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**No MH issue previously identified**

- **GP**
- **MW/FNP**
- **HV**

All ask NICE GUIDANCE 192 Questions at each contact. (Consider GAD-2) see above

**FNP/HV @ 10-14 Days**

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**No Mental Health issue identified**

- **Routine Care**

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**MH issue identified**

- **EPDS at 6-8 weeks**
  - If >10 Offer listening visits. Consider professional or self-referral to Healthy Minds for Postnatal Wellbeing Group

**Concerns/Risk regarding bonding and attachment**
- Refer to RE-Connect 01865 901770

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**Mild Mental Health Concerns**

- Sign-post to local community support: Home Start Children Centre Barnardos or http://www.buckscc.gov.uk/education/Childrens-centres/

**MW/HV/GP**
- Provide additional monitoring and support during post-natal period

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**Mild to Moderate Mental Health Concerns**

- Professional or self-referral to Healthy Minds (IAPT) and/or discuss with HV

**01865 901600**

- Consider professional or self-referral to Postnatal Wellbeing Group or alternative talking therapies

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**Moderate to Severe Mental Health Concerns**

- **New referrals**

  - Assessment by Specialist Perinatal Clinician
  - **01865 901287**

  - **Response Times**;
    - Urgent – within 5 working days
    - Non Urgent – within 10 working days

- **Inform referrer, MW, GP, HV of outcome/agreed plan or of non-engagement**

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**Moderate to Severe Mental Health Concerns**

- **Already open to services**

  - Perinatal Mental Health Midwife to be informed and liaise with named AMHT worker

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**Severe Mental Health Concerns**

- **Urgent Referral**

  - **Intensive Support Team**
    - 01865 901052
    - 01865 902000

  - Inform GP, MW/FNP and HV

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**Perinatal Mental Health Team and AMHT to liaise with named HV regarding care. For those with increased risk ensure increased monitoring for minimum of 4 weeks post-partum**

- **Response Times**;
  - Urgent – within 5 working days
  - Non urgent within 10 working days

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All professionals must document information and plan in maternity record (and/or organisational notes) and inform all other agencies, including GP, of outcomes including non-engagement. **Consider Safeguarding risks.**

For details of procedures and guidance use the BSCB website: [http://www.bucks-lscb.org.uk/bscb-procedures/]
Appendix A - Criteria for Definitions of Mental Illness.

Guide to levels of mental health concerns when making referrals to Perinatal Mental Health Services.
Clinical judgement is fundamental; if in doubt seek specialist advice.

<table>
<thead>
<tr>
<th>Mild Mental Health Concerns</th>
<th>Women with minimal mental health concerns. Low mood, mild anxiety, mild stress. Usually managed within the Primary Healthcare Team.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Step 1 Primary Care</td>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Mild to Moderate Mental Health Concerns</th>
<th>Mild to moderate symptoms of depression or anxiety. Managed via Healthy Minds.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Step 2 Healthy Minds /IAPT</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Moderate to Severe Mental Health Concerns</th>
<th>Moderate to severe depression or anxiety. Phobias, OCD or PTSD. Stress associated with parenting as a symptom of other mental health issues. Bonding and attachment issues impacting severely on parenting. Managed with support and treatment co-ordinated from Specialist Perinatal Mental Health Team</th>
</tr>
</thead>
<tbody>
<tr>
<td>Step 3 IAPT/Adult Mental Health Team</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Severe Mental Health Concerns</th>
<th>Deterioration of mental health requiring intensive support and monitoring. Possible presentations of psychosis. Refer for admission to mother and baby unit where appropriate. Managed by Perinatal Mental Health Team and Intensive Support Team. <a href="https://www.nice.org.uk/guidance/cg123/chapter/1-Guidance">https://www.nice.org.uk/guidance/cg123/chapter/1-Guidance</a></th>
</tr>
</thead>
<tbody>
<tr>
<td>Step 4 Adult Mental Health Team/Intensive Support Team</td>
<td></td>
</tr>
</tbody>
</table>
## Appendix B - Contact Details

Perinatal Mental Health Pathway for Buckinghamshire Professional Contact details.

<table>
<thead>
<tr>
<th>Title</th>
<th>Phone number</th>
<th>Email/Contact Details</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Authors</strong></td>
<td></td>
<td>Ruth House (HV) Perinatal Mental Health Pathway Project Manager 01494 732970 / 07825792241 <a href="mailto:janet.ruth.house@nhs.net">janet.ruth.house@nhs.net</a> Nicola Widgington (GP) <a href="mailto:nicolawidgington@nhs.net">nicolawidgington@nhs.net</a></td>
</tr>
<tr>
<td><strong>Buckinghamshire Perinatal Mental Health Services</strong></td>
<td>01865 901287</td>
<td><a href="mailto:BuckinghamshirePerinatal.MentalHealthServices@oxfordhealth.nhs.uk">BuckinghamshirePerinatal.MentalHealthServices@oxfordhealth.nhs.uk</a></td>
</tr>
<tr>
<td><strong>Bucks Safeguarding Board</strong></td>
<td></td>
<td><a href="http://www.bucks-lscb.org.uk/bscb-procedures/">http://www.bucks-lscb.org.uk/bscb-procedures/</a></td>
</tr>
<tr>
<td><strong>Consultant Psychiatrists</strong></td>
<td>01865 904191 01865 901991</td>
<td>Jessica Gibson <a href="mailto:Jessica.Gibson@oxfordhealth.nhs.uk">Jessica.Gibson@oxfordhealth.nhs.uk</a> Sophie Johnson <a href="mailto:Sophie.Johnson@oxfordhealth.nhs.uk">Sophie.Johnson@oxfordhealth.nhs.uk</a></td>
</tr>
<tr>
<td><strong>Healthy Minds</strong></td>
<td>01865 901600</td>
<td><a href="mailto:healthy.minds@oxfordhealth.nhs.uk">healthy.minds@oxfordhealth.nhs.uk</a></td>
</tr>
<tr>
<td><strong>Intensive Support Team</strong></td>
<td>01865 901052 01865 902000</td>
<td></td>
</tr>
<tr>
<td><strong>Perinatal Lead Practitioner (AMH)</strong></td>
<td>01865 901287</td>
<td>Sally Barnes</td>
</tr>
<tr>
<td><strong>Perinatal Mental Health Midwife</strong></td>
<td>07833 756852 01296 418141</td>
<td>Jane Green</td>
</tr>
<tr>
<td>Service</td>
<td>Contact Details</td>
<td>Responsible Person</td>
</tr>
<tr>
<td>-------------------------------------</td>
<td>-----------------------------------------</td>
<td>----------------------------------</td>
</tr>
<tr>
<td>Perinatal Practitioner (AMH)</td>
<td>01865 901287</td>
<td>Claire Daniels</td>
</tr>
<tr>
<td>Postnatal Wellbeing Group</td>
<td>01865 901600</td>
<td>Refer via Healthy Minds</td>
</tr>
<tr>
<td>Psychological Services</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
| Specialist Supervision/liaison to PN Pathway | 01865 901532 | Elizabeth McNicholas
Elizabeth.mcnicholas@oxfordhealth.nhs.uk |
| ReConnect Referrals                 | 01865 901951 01865 901770               | Single Point of Access
BucksCAMHSSPA@oxfordhealth.nhs.uk/ ReConnect@oxfordhealth.nhs.uk |
| ReConnect                           | 01865 901770                            | Nicola Connolly
Nicola.Connolly@oxfordhealth.nhs.uk |
## Appendix C - Glossary of Terms

See Supplementary Information Document for additional information about speciality services.

<table>
<thead>
<tr>
<th>Term</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>AMHT</td>
<td>Adult Mental Health Team</td>
</tr>
<tr>
<td>Anxiety disorders</td>
<td>These include generalised anxiety disorder, panic disorder, obsessive-compulsive disorder, phobias, post-traumatic stress disorder and social anxiety disorder. <a href="http://www.nice.org.uk/guidance/cg192/chapter/1-recommendations">http://www.nice.org.uk/guidance/cg192/chapter/1-recommendations</a></td>
</tr>
<tr>
<td>BCC</td>
<td>Bucks County Council</td>
</tr>
<tr>
<td>BHT</td>
<td>Buckinghamshire Healthcare Trust</td>
</tr>
<tr>
<td>CBT</td>
<td>Cognitive Behavioural therapy</td>
</tr>
<tr>
<td>CORE 34</td>
<td>Clinical Outcomes in Routine Evaluation a 34-item generic measure of psychological distress.</td>
</tr>
<tr>
<td>EPDS</td>
<td>Edinburgh Postnatal Depression Scale – possible indicator of depressive disorder. Scores of 9-12+ may indicate depressive disorder.</td>
</tr>
<tr>
<td>FNP</td>
<td>Family Nurse Partnership (specialist service for mothers under 19)</td>
</tr>
<tr>
<td>GAD-2</td>
<td>Generalised Anxiety Disorder Scale: These were new additions to NICE Guidance CG192 issued in December 2014. <a href="http://www.nice.org.uk/guidance/cg192/chapter/1-recommendations">http://www.nice.org.uk/guidance/cg192/chapter/1-recommendations</a></td>
</tr>
<tr>
<td>GAD 7</td>
<td>Generalised Anxiety Disorder Scale: These were new additions to NICE Guidance CG192 issued in December 2014 <a href="http://www.nice.org.uk/guidance/cg192/chapter/1-recommendations">http://www.nice.org.uk/guidance/cg192/chapter/1-recommendations</a></td>
</tr>
<tr>
<td>GP</td>
<td>General Practitioner</td>
</tr>
<tr>
<td>HM</td>
<td>Healthy Minds offers talking therapies, practical support, and employment advice to people experiencing difficulties with anxiety and low mood and who are registered to a Buckinghamshire GP surgery.</td>
</tr>
<tr>
<td>HV</td>
<td>Health Visitor</td>
</tr>
<tr>
<td>IAPT</td>
<td>Improved Access to Psychological Therapy</td>
</tr>
<tr>
<td>------</td>
<td>---------------------------------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>MH</td>
<td>Mental health</td>
</tr>
<tr>
<td>MI</td>
<td>Mental Illness</td>
</tr>
<tr>
<td>MW</td>
<td>Midwife</td>
</tr>
</tbody>
</table>
| NG 192 Questions (Nice Guidelines (192) Questions) | Used to identify possible low mood:  
During the past month, have you often been bothered by feeling down, depressed or hopeless?  
During the past month, have you often been bothered by having little interest or pleasure in doing things?  
With the addition of a third question, “Is this something with which you would like help?” |
| Perinatal | Pregnancy and up to one year post-partum |
| PHQ9 | Patient Health Questionnaire:  
[www.nhs.uk/Tools/Documents/Mood](http://www.nhs.uk/Tools/Documents/Mood)  
[http://www.nice.org.uk/guidance/cg192/chapter/1-recommendations](http://www.nice.org.uk/guidance/cg192/chapter/1-recommendations) |
| PMH  | Perinatal Mental Health                                                                                   |
| PMH Champion | Perinatal Mental Health HV with specialist knowledge |
| PMHM | Perinatal Mental Health Midwife                                                                         |
| Psychotropic medication | This is defined in this guideline as all medication used to treat mental health problems.  
[http://www.nice.org.uk/guidance/cg192/chapter/1-recommendations](http://www.nice.org.uk/guidance/cg192/chapter/1-recommendations) |
| SC   | Social Care                                                                                               |
| Severe mental illness | This is defined in this guideline as severe and incapacitating depression, psychosis, schizophrenia, bipolar disorder, schizoaffective disorder and postpartum psychosis.  
[http://www.nice.org.uk/guidance/cg192/chapter/1-recommendations](http://www.nice.org.uk/guidance/cg192/chapter/1-recommendations) |
| Whooley Questions, now Nice Guidelines (192) Questions | Used to identify possible low mood:  
‘During the past month, have you often been bothered by feeling down, depressed or hopeless?  
During the past month, have you often been bothered by having little interest or pleasure in doing things?’  
With the addition of a third question, “Is this something with which you would like help?” |
| Woman/women | Refer(s) to female(s) of childbearing potential, including girls and young women under 18 years. |
| Re-Connect | Specialist service for families with bonding and attachment issues. Referral to ReConnect should be considered for women antenatally with pre-existing mental health problems as infant is at high risk of developing an insecure or disorganised attachment. BucksCAMHSSPA@oxfordhealth.nhs.uk/ 01865 901951 or ReConnect@oxfordhealth.nhs.uk 01865 901770 |

See Supplementary Information Document for additional information about speciality services.