

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

Commisioned by
Chiltern CCG.

Authors

J Prosser

R House

Dr N Widginton

C Hart

Commissioned by Chiltern CCG with thanks to all those who have contributed in any way during the planning and implementation 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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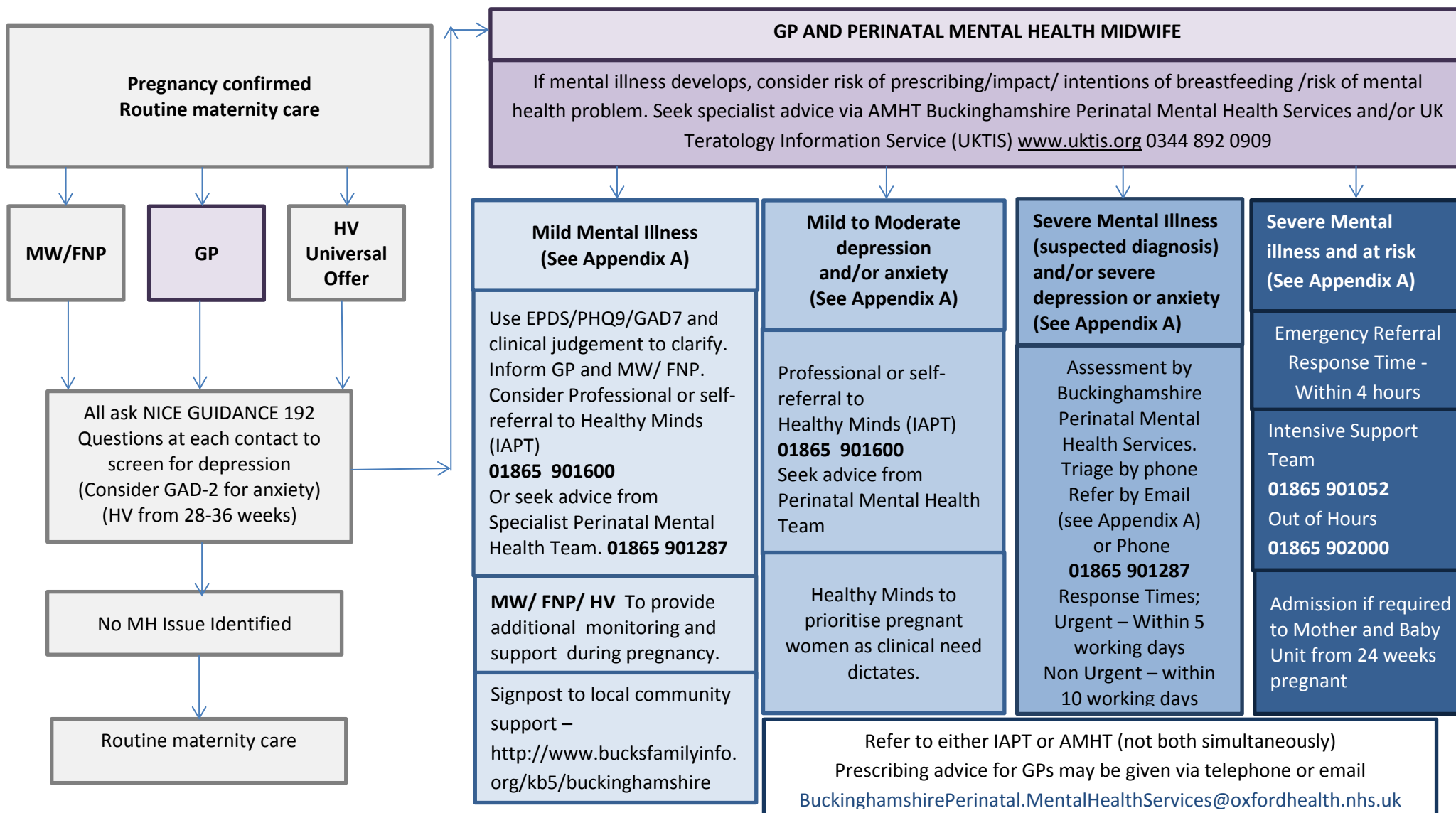
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ANTENATAL MENTAL HEALTH CARE PATHWAY for Women with no Current or Pre-Existing Mental Illness

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



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.

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

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

GP

Consider risk of prescribing /impact/intention of breastfeeding/risk of mental health problem.
Consider early referral for talking therapies.
Seek specialist advice via specialist Obstetrician.
UK Teratology Information Service (UKTIS)
www.uktis.org
0344 892 0909
Contact Specialist Perinatal Psychiatrist for advice
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.buckscc.gov.uk/education/childrenscentres/>

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

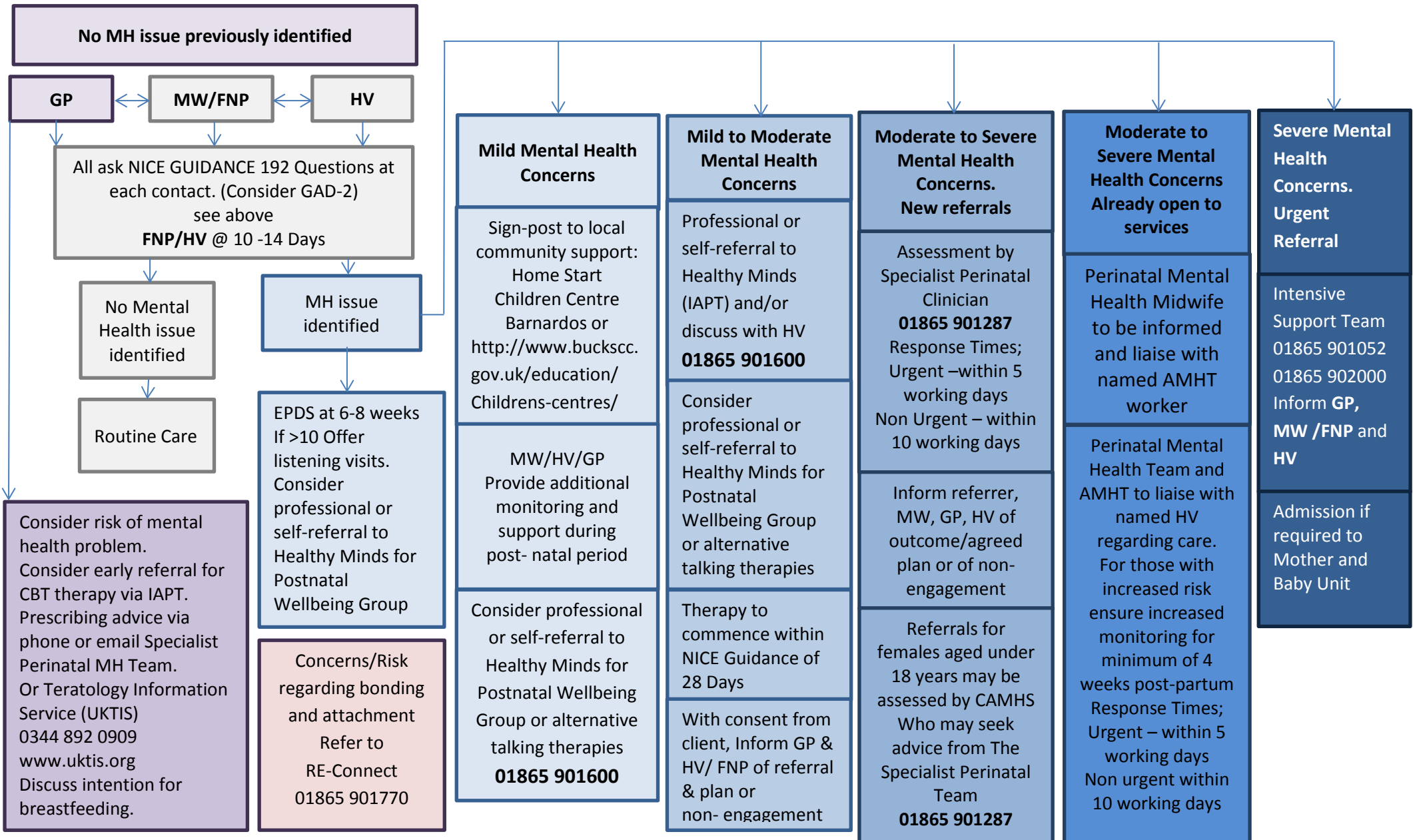
Intensive Support Team
01865 901052
01865 902000
Admission if required to Mother and Baby Unit from 24 weeks pregnant

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.



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.**

<p>Mild Mental Health Concerns</p> <p>Step 1 Primary Care</p>	<p>Women with minimal mental health concerns. Low mood, mild anxiety, mild stress. Usually managed within the Primary Healthcare Team.</p>
<p>Mild to Moderate Mental Health Concerns</p> <p>Step 2 Healthy Minds /IAPT</p>	<p>Mild to moderate symptoms of depression or anxiety. Managed via Healthy Minds.</p>
<p>Moderate to Severe Mental Health Concerns</p> <p>Step 3 IAPT/Adult Mental Health Team</p>	<p>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</p>
<p>Severe Mental Health Concerns</p> <p>Step 4 Adult Mental Health Team/ Intensive Support Team</p>	<p>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. https://www.nice.org.uk/guidance/cg123/chapter/1-Guidance</p>

Appendix B - Contact Details

Perinatal Mental Health Pathway for Buckinghamshire Professional Contact details.

Title	Phone number	Email/Contact Details
Authors		Ruth House (HV) Perinatal Mental Health Pathway Project Manager 01494 732970 / 07825792241 janet.ruth.house@nhs.net Nicola Widginton (GP) nicolawidginton@nhs.net
Buckinghamshire Perinatal Mental Health Services	01865 901287	BuckinghamshirePerinatal.MentalHealthServices@oxfordhealth.nhs.uk
Bucks Safeguarding Board		http://www.bucks-lscb.org.uk/bscb-procedures/
Consultant Psychiatrists	01865 904191 01865 901991	Jessica Gibson Jessica.Gibson@oxfordhealth.nhs.uk Sophie Johnson Sophie.Johnson@oxfordhealth.nhs.uk
Healthy Minds	01865 901600	healthy.minds@oxfordhealth.nhs.uk
Intensive Support Team	01865 901052 01865 902000	
Local Community Support	0845 688 4944	http://www.bucksfamilyinfo.org/kb5/buckinghamshire/fsd/childrenscentre.page http://www.buckscc.gov.uk/education/childrens-centres/
Perinatal Lead Practitioner (AMH)	01865 901287	Sally Barnes
Perinatal Mental Health Midwife	07833 756852 01296 418141	Jane Green

Perinatal Practitioner (AMH)	01865 901287	Claire Daniels
Postnatal Wellbeing Group	01865 901600	Refer via Healthy Minds
Psychological Services 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.

AMHT	Adult Mental Health Team
Anxiety disorders	These include generalised anxiety disorder, panic disorder, obsessive-compulsive disorder, phobias, post-traumatic stress disorder and social anxiety disorder. http://www.nice.org.uk/guidance/cg192/chapter/1-recommendations
BCC	Bucks County Council
BHT	Buckinghamshire Healthcare Trust
BSCB	Bucks Safeguarding Children's Board http://www.bucks-lscb.org.uk/bscb-procedures/
CBT	Cognitive Behavioural therapy
CORE 34	Clinical Outcomes in Routine Evaluation a 34-item generic measure of psychological distress.
EPDS	Edinburgh Postnatal Depression Scale – possible indicator of depressive disorder. Scores of 9-12+ may indicate depressive disorder.
FNP	Family Nurse Partnership (specialist service for mothers under 19)
GAD-2	Generalised Anxiety Disorder Scale: These were new additions to NICE Guidance CG192 issued in December 2014. http://www.nice.org.uk/guidance/cg192/chapter/1-recommendations
GAD 7	Generalised Anxiety Disorder Scale: These were new additions to NICE Guidance CG192 issued in December 2014 http://www.nice.org.uk/guidance/cg192/chapter/1-recommendations
GP	General Practitioner
HM	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.
HV	Health Visitor
IAPT	Improved Access to Psychological Therapy
Local Support	Bucks Family Information Service. http://www.bucksfamilyinfo.org/kb5/buckinghamshire/fsd/home.page Bucks Childrens Centres http://www.buckscc.gov.uk/education/childrens-centres/

MARF	Multi Agency Referral Form http://www.bucks-lscb.org.uk/bscb-procedures/
MH	Mental health
MI	Mental Illness
MW	Midwife
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.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
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
Stepped Care for Mental Health	https://www.nice.org.uk/guidance/cmg41/chapter/3-a-stepped-care-approach-to-commissioning-high-quality-integrated-care-for-people-with-common
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.

	http://www.nice.org.uk/guidance/cg192/chapter/1-recommendations
CG192	Nice clinical guideline 192 Antenatal and postnatal mental health: clinical management and service guidance issued December 2014 http://www.nice.org.uk/guidance/cg192/chapter/1-recommendations
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.