

# COPE

Centre of Perinatal Excellence

## Applied Skills in Perinatal Mental Health Assessment and Care


### LESSON NOTEBOOK


Module 3 | Lesson 2

Care Plans and Referral Pathways



Module 3: Lesson 2  
Care Plans and  
Referral Pathways





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Lesson 3 Overview

1. Care plans

2. Referral pathways

3. MBU

4. Other support services

5. eCOPE Directory

6. Additional referral considerations

7. Case studies

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Care Plans



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Barriers to Accessing Services

- Lack of awareness of condition
- Shame/stigma
- Availability of services
- Accessibility of services

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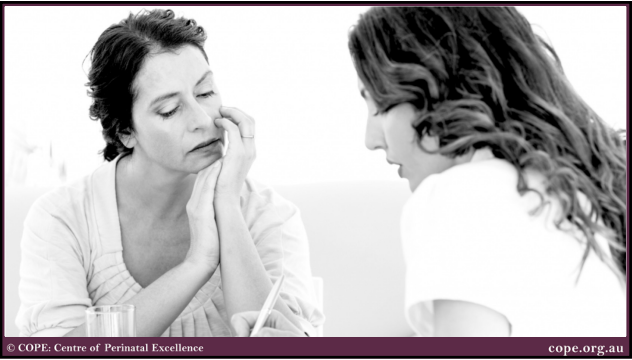
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Role of Care Plans

1. Care and treatment
2. Roles of health professionals
  - Co-ordinating the integrated care plan
  - Monitoring schedule
  - Providing interventions
  - Agreed outcomes

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Care Plans

- Responsibility of health professionals
  - Awareness of responsibility
  - Effective communication
  - Mental health accounted for
  - Timely interventions

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Benefits of Care Planning

- ✓ Improve quality of care
- ✓ Improve efficiency in care provision
- ✓ Support service integration
- ✓ Targeted and informed interventions
- ✓ Enhance transmission of clinical information
- ✓ Interdisciplinary insight and cross-pollination

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*“The human, clinical and financial case for ensuring women have access to timely and effective mental health care during the perinatal period is clear and compelling.”*

NHS (2018)

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Benefits of a Care Plan

- Supports wholistic care
- Addresses complexities of perinatal period
- Quality care plans:
  - Developed in collaboration with other professionals
  - Developed with the family
  - Guided/informed by the patient

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Collaborative Management Plan

Treatment Plan

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Pathways to Care

A Guide to the Management of Depression and Anxiety

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Factors to Explore

- Work and career
- Relationships - role division etc
- Finances
- Other children
- Coping with illness

- Support networks
- Exercise
- Eating well
- Sleep
- Friendships
- Other life interests/hobbies

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Preconception Planning

- Contraception use and pregnancy plans
- Impact of pregnancy/childbirth on mental health condition and relapse
- Treatment impact on woman, the fetus and baby
- Treatment impact on parenting

Nice Parenting

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Patients with Severe Mental Illness

- Preconception planning
  - Importance of contraception
  - Effects of medication on fertility
  - Risks of relapse if medication modified/ceased
  - Complexities are raising children

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Pharmacological Considerations

- Seeking advice - preferably from a specialist
- Medication with the lowest risk profile
- Minimal dose

Nice (2015)

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Pharmacological Considerations

- Risks versus benefits of each treatment
- Previous response
- Risk of harm to the woman and the fetus
- Possibility of relapse
- Risks/harms to the woman and the fetus
- Need for prompt instigation of treatment and monitoring
- Risk of harm associated with stopping/changing a treatment
- Medication side effects

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Patients with Complex Trauma

- Examinations can be highly distressing
- Birth perceived as traumatic



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Care Plan:  
Eve



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Birth

- Birth plans
- Vaginal bleeding
- Constipation and hemorrhoids
- Episiotomy
- Caesarean birth
- Nursing and breast care
- Sexual intercourse and contraception

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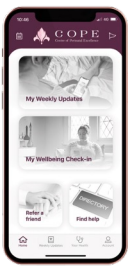
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Ready To COPE

- Preparing for birth
- Expectations surrounding birth
- Recovering from birth
- When birth doesn't go to plan
- Birth trauma and PTSD
- Getting help



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Postnatal Care Plans

- Elements of postnatal care planning:
  - What plan looks like
  - Who is involved
  - Which services
  - How services communicate
  - Who is co-ordinating

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Care Plan:  
Rachel

A circular black and white portrait of a woman with long dark hair, looking slightly to the side. The image is framed by a dark border. At the bottom left, it says '© COPE: Centre of Perinatal Excellence' and at the bottom right, 'cope.org.au'.

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Care Plans - Severe Mental Illness

- What if mental health hospitalisation required?
- Impact on family?
- Who will make plans and contingencies?

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Severe Mental Illness

- Multidisciplinary approach essential
- Include baby
- Health professional training

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Postnatal Care Plans – Severe Mental Illness

- Involvement of specialist PMH Service
- Involve collaboration with woman
- Involve partner, family or carer (if permitted)

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### Care Plans Severe Mental Illness

- Statement of jointly agreed treatment goals and outcomes
- Referral to specialist perinatal mental health services
- Names and contact details of key professionals

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### Referral Pathways



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### Reasons to Refer

- Recognition of practitioner knowledge
- Collaborative care
- Biopsychosocial factors
- ‘Stepping up’
- Practitioner self-care

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Referrals

- Maternity care
- Perinatal specialists
- Perinatal psychiatric services (MBU)
- Allied health professionals
- Early parenthood services
- Infant mental health
- Relationship/couple counselling
- Infertility counselling
- Grief and loss
- Community supports

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Facilitating Referral

- Provide support and guidance
- Remain patient
- Encourage take-up and provision of support

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Perinatal Treatment and Support Services



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Early Postnatal Period

- Relapse of Severe Mental illness is common
- Hospital admission may be required
- Mother-baby units preferred setting
- Provide mental health treatment and support with the baby

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The Multidisciplinary Approach

- Perinatal Psychiatrist
- General Practitioner (GP)
- Obstetrician
- Midwife
- Child and Family Health Nurse (MCHN)

- Social worker
- Lactation consultant
- Paediatrician
- DV support services
- Department of Community Services (DOCS)

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The Multidisciplinary Approach

Psychology

Paediatrics

Midwifery

Obstetrics

Psychiatry

Lactation

Gynaecology

General Practice

Nursing

Social Work

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Types of Support

- Online
- Telephone
- Peer to Peer
- Face to Face groups

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MAMA  
*Tribe*



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The eCOPE Directory





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### eCOPE Directory

- Online, perinatal mental health service Directory
- Credentials reviewed and approved by COPE



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### eCOPE Directory

**Three Types of Services Listed:**

1. Individual Practitioners (treatment)
2. Perinatal Mental Health Services (treatment)
3. Community Support Services (support)



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### How to Find a Perinatal Service

**cope.org.au**  
→ Find help button at top of homepage



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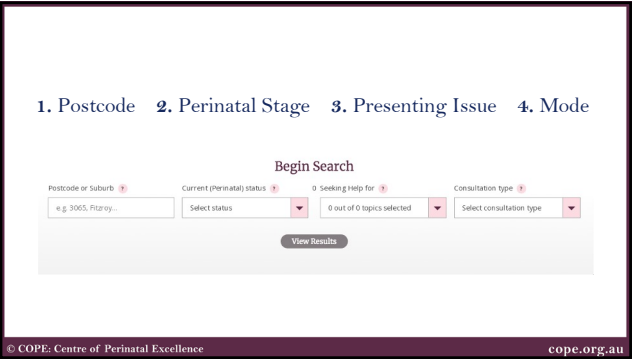
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Applied Skills in Perinatal Mental Health:  
Module 3: Lesson 2



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eCOPE Directory

Health Professional:

✓ Assess competencies against COPE Matrices

✓ Provides avenue to have qualifications recognised

✓ Platform to inform others of your service

Consumers:

✓ Enables identification of those with interest and expertise

✓ Search by specific criteria

✓ Gives level of confidence

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Additional Referral Considerations



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Socio-cultural Informed Care

• Housing/living situation

• Transportation

• Race and ethnicity

• Cultural identity

• Cultural humility

• Poverty

• Language

• Gender identity

• Religion and Spirituality

• Disabilities

• Immigrant status

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Child Protection Referral

- What is the diagnosis?
- Secondary consultation
- Access to support network
- Risk assessment
- Preparation
- Refer to mandatory reporting guidelines
- Be up-to-date with mandatory reporting legislation
- Therapeutic impacts

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Case Studies



Sarah



Sophia

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Lesson 3: Recap

1. Care plans
2. Referral pathways
3. MBU
4. Other support services
5. eCOPE Directory
6. Additional referral considerations
7. Case studies

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