



iCOPE

The world's first perinatal mental health digital screening tool

- ✓ Available **FREE** to all Public Maternity Hospitals and Maternal and Child Health Services
- ✓ COVID-proof (Telehealth + SMS compatible)
- ✓ Effective, efficient + accurate

iCOPE Public Healthcare Sector enquiries:

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Powered by: **diginostic**



About iCOPE

iCOPE is a world-leading, interactive digital screening tool that facilitates efficient and effective mental health screening in the perinatal period (pregnancy and year following birth). Developed by the Centre of Perinatal Excellence (COPE), iCOPE is available to healthcare professionals providing perinatal care across Australia.

As recommended by the Australian National Perinatal Mental Health Guideline (COPE, 2017), the screen integrates the Edinburgh Postnatal Depression Scale (EPDS), the Antenatal/Postnatal Risk Questionnaire (ANRQ/PNRQ). Family violence screening tools are also incorporated and can be administered in line with safety protocols and state and territory policies.

Key benefits of iCOPE

- 1 **Embeds best practice** – by ensuring consistency and accuracy in line with clinical guidelines.
- 2 **COVID-proof remote and mobile screening** – for in-person and telehealth appointments via SMS link sent to a patient-owned mobile device, ensuring the screening process can continue regardless of patients' ability to physically attend their appointment.
- 3 **Available in 25 languages** – enables patients to undertake the screen and receive their report in their preferred language, increasing accuracy and minimising need for translators. Currently available in Arabic, Burmese, Cantonese, Central Khmer, Chin Hakka, Dari, Dinka, English, French, Hazaragi, Hindi, Indonesian, Japanese, Karen, Korean, Mandarin, Nepali, Persian/Farsi, Punjabi, Tagalog, Tamil, Thai, Turkish, Urdu and Vietnamese.
- 4 **Saves time** – enables screens to be completed prior to consultation, with the clinical report available to the clinician before the consultation.
- 5 **Empowers the patient** – through the provision of a sensitively written patient report with links to more information, which the patient can nominate to receive via email or SMS once activated by the health service.



Additional benefits

- ✓ **Instant, automated clinical reports (event summaries)** – with clinical scores, outcomes and guidance in line with best practice.
- ✓ **Ensures 100% accuracy** and eliminates scorer error through automated scoring.
- ✓ **Encourages disclosure** – the use of digital devices (tablets and smartphones) encourages patients to respond more openly and honestly to sensitive questions.
- ✓ **Easy integration with patient record systems** – clinical reports can be easily uploaded and integrated into patient record systems, including My Health Record.
- ✓ **Enables secure collection and storage of de-identified data** to inform research, policy and service provision at a state/territory and national level.
- ✓ **Can be tailored and customised to your service**, including data and reports allocated to specific locations, the opportunity for your organisation's logo to be displayed within the iCOPE screen, inclusion of family violence screening tools, and inclusion of perinatal mental health screening tools developed specifically for Aboriginal and Torres Strait Islander mothers.

How the iCOPE screening tool works



Patient's mobile device

On the patient's smartphone, tablet or computer via SMS. As part of the Software as a Service iCOPE offering, a link can be sent to the patient at, or prior to their appointment via SMS. This enables the patient to complete their screen in the clinic waiting room, or at home prior to a telehealth consultation, meaning screening can be conducted regardless of patients' ability to physically attend their appointment.



Digital tablet device

Clinics can acquire a registered tablet device as part of the iCOPE offering. The medical enterprise encrypted tablet comes with an inbuilt Telstra SIM, and enables the screen to be completed by the patient for in-person appointments either in the waiting room prior to the consultation, or within the consultation. These tablet devices are registered with our service, locked down and cannot be used for any other purpose.



Clinician's desktop

The clinician can access the screening tool on their desktop computer and complete the screen with the patient during the consultation (either in-person or via telehealth).



Data security, collection and storage

iCOPE collects data in real time, all data is encrypted and stored in line with Australian privacy legislation and industry regulations. All data is stored within Australia, on the Diginostic secure medical health server.

iCOPE provides forensic digitalised date and time stamping that complies with Australian Digital Health Agency guidelines. No data is stored on the device.

The screen can be safely and securely undertaken on all mobile devices as iCOPE has built-in end-to-end encryption.

Our partnerships with Diginostic, Winthrop, Telstra and Cisco deliver a safe and secure solution to perinatal mental health screening that aligns with Commonwealth, State and Territory privacy legislation.

The collection of data in real time enables services to download patient data at any time. This can provide useful insights regarding the clinical profile of patients and help inform support service needs.



Built in referral pathways

The iCOPE patient report includes access to the **e-COPE Directory** of local, specialist perinatal mental health support services.

iCOPE setup

Frontline health professionals in maternity and postnatal services play a critical role in monitoring the mental health of patients as part of their perinatal care. iCOPE has been developed so that it can easily be integrated into all hospital and maternal and child health service settings.

Diginostic ensures a clear and efficient set-up process, supported by our team of digital specialists. The integration of iCOPE into patient management systems is easy, and enables a smooth transition to incorporating iCOPE into your clinic.

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COPE
Centre of Perinatal Excellence

The Centre of Perinatal Excellence (COPE) is Australia's peak body for reducing the impacts of perinatal anxiety and depression.

diginostic

Diginostic is Australia's leading developer of digital health-related applications for medical professionals and organisations committed to preventing illness and chronic disease.