MATERNITY UNIT

GUIDELINE: MATERNAL MENTAL HEALTH SERVICES – MIDWIVES ACCESSING

SCOPE: Midwives working in Maternity, LMC midwives

AUTHOR: Midwifery Educator and Quality Coordinator

PURPOSE: To provide midwives with contact details for Mental Health Services

GUIDELINE:

1. The Maternal Mental Health liaison is situated in the Community Mental Health & Addictions Services (CMHAS).
2. All referrals acute or otherwise are made to Te Kuwatawata: this is current Haurua Tairāwhiti Mental Health & Addiction Services (TDH MH&AS) policy.
3. It is important that if the referral is Maternal Mental Health, that this is stated on the referral form alongside other relevant information including priority rating and/or status.
4. CMHAS contact numbers are as follows:
   • Community Mental Health & Addictions Services 8.00 to 4.30pm 8692097
   • After Hours Te Whare Awhiora (Ward 11) 869 0512 Ext 8079/8497
   • PATT Mobile 0274527812 8672435 Ext 8685 08002435000
   • Community Mental Health and Addictions Manager 869 2097

See APPENDIX ONE for Screening and Referrals flowchart.

ASSOCIATED DOCUMENTS: TDH MH & AS Triage Policy

REFERENCES: The National Mental Health Sector Standards

Authorised By (HOD Obstetrics)

Authorised By (Clinical Care Manager Woman, Child & Youth)

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Next Review Date: November 2022
APPENDIX ONE

Mental Health Screening and Referrals flowchart.

Lead Maternity Carer (LMC) will screen every new service user on entry to service, at least once prenatally and once postnatal. If there is an indication of psychological distress; assessment should be carried out again. The screening tool incorporates the following components:

- Kessler K10- to assess psychological distress. If positive and mild to moderate result LMC will refer to GP for in depth assessment with a view to management in a “stepped care” approach. If positive and moderate to severe result refer to Te Kuwatawata (0800 243 500), who will triage situation.
  - All woman are screened with Kessler 10 screening tool (K10) at first antenatal appointment, at 28 weeks of pregnancy and at 2-3 weeks post-partum
  - If k10 score <20 continue to monitor as normal
  - If K10 score >20-24- likely to have mild mental health issues discuss and care plan – reassess on following visit.
  - If K10 score 25-29 may require routine referral to GP for follow-up assessment
  - A K10 score of 30 and over may require a telephone consultation with GP for urgent assessment and referral to secondary mental health services
- Suicide risk screening. If person is identified as suicidal refer immediately to the Psychiatric Assessment and Triage Team (0800 243 500)
- Alcohol and drug screening tool called CAGE AID. Refer to GP or CMH Addiction Services (06 8692097) for advice regarding positive results.

If unsure liaise with maternal mental health liaison at CMHAS on 06 8692097
Best practice advocates that all clinicians involved feedback to LMC

Referral into secondary Mental Health Services:

Te Kuwatawata will triage referral and either offer advice or allocate urgency and instigate care and assessment
This team can also provide short term home based treatment options

Psychiatrist consultation

Return back to GP cares.
(GP also has the ability to consult with the on call psychiatrist for advice)

Liaison with GP and midwife until discharged

1. Refer to therapy team
2. Refer to addictions team
3. Refer to cultural assessment team
4. Refer to clinical specialist