Maternal Mental Health Referral Pathway in Canterbury

During pregnancy to one year postnatal

[Diagram showing maternal mental health referral pathway]

- **Well Child provider has concerns about mental health of woman**
  - Visits increased, family and community resources accessed, depending on woman’s consent.
  - Plunket Parent and Infant Relationship Service
    - Request assessment for PPAIRS
    - Fax 03 365 164 (By 3 months of age)
  - Plunket Postnatal Adjustment Programme
    - Request assessment for PPAP
    - Fax 03 365 164 (Up to 2 years if Tangata Whineru)

- **Maternity care provided by LMC - Concerns about mental health of woman**
  - Psychiatric Service via (Emergency Department 920092)
  - Mental health history, or prior involvement with Mothers’ & Babies’ Services; or current mental health condition identified
  - Obstetric specialist identifies significant Mental Health history; prior involvement with Mothers’ & Babies’ Service or current moderate to serious mental health condition.

- **Antenatal Clinic obstetric consultation – CWH**
  - Concerns about mental health of woman
  - Obstetrician identifies need for referral in the primary setting
  - GP provides primary mental health assessment (refers to HealthPathways)
    - Advises LMC if < 6 weeks Postpartum

- **Screening and assessment by mental health services**
  - If unsuccessful trial of treatment or mental health condition is moderate to serious, GP makes written / electronic referral to secondary mental health services, Mothers’ & Babies’ Service
    - Advises LMC if < 6 weeks Postpartum

- **Clinical responsibility goes back to GP when clinically appropriate**
  - Decision regarding ongoing clinical roles / responsibilities involves three-way conversation among specialist, LMC and woman

- **Maternity care provided by the LMC, mental health condition managed in collaboration with the mental health specialist or GP**
  - Clinical responsibility goes back to LMC when clinically appropriate.

- **Referral guideline code**
  - 1058
  - Alcohol or drug misuse/dependency
  - Depression and anxiety disorders

- **Referral to Mothers’ Babies’ Service**
  - GP makes written referral to Mothers’ Babies’ Service or current mental health condition identified

- **LMC identifies need for Primary referral, Consultation or Transfer of care as per Referral Guidelines**
  - Obstetric specialist Consultation
    - [Referral guideline code 1059: Other mental health condition stable and/or on medication e.g. bipolar disorder]
  - Obstetric specialist identifies significant Mental Health history; prior involvement with Mothers’ & Babies’ Service or current moderate to serious mental health condition.

- **Transferred to care to Obstetric Specialist**
  - [Referral guideline code 1059: Acute unstable psychosis]

- **If women consents**
  - [LMC to GP Referral form to accompany woman after 1st trimester to not incur cost / hinder access]

- **Other mental health condition identified (Referral Guidelines code 1058)**
  - Alcohol or drug misuse/dependency
  - Depression and anxiety disorders

- **Emergency services**
  - HealthPathways
  - www.healthpathways.org.nz

- **Well Child Provider**
  - Ministry of Health Referral Guidelines
  - SPOE
  - Obstetric Specialist
  - General Practitioner (GP)

- **Emergency phone numbers**
  - 111
  - 920092

- **Contact numbers**
  - 378 6615
  - 920092

- **Referral Guidelines**
  - FOR Consultation with obstetric and related medical services
  - Screening and assessment by mental health services

- **Referral form**
  - LMC to GP Referral form

- **Referral Guidelines code**
  - 1058
  - 1059

- **Key**
  - Red: Mental health services
  - Orange: Obstetric Specialist
  - Purple: Obstetrician
  - Pink: Lead Maternity Carer (LMC)
  - Turquoise: General Practitioner (GP)
  - Blue: Well Child Provider

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Authorised by: Director of Midwifery

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