



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Bae Abertawe
Swansea Bay University
Health Board

Mental Health Pathway

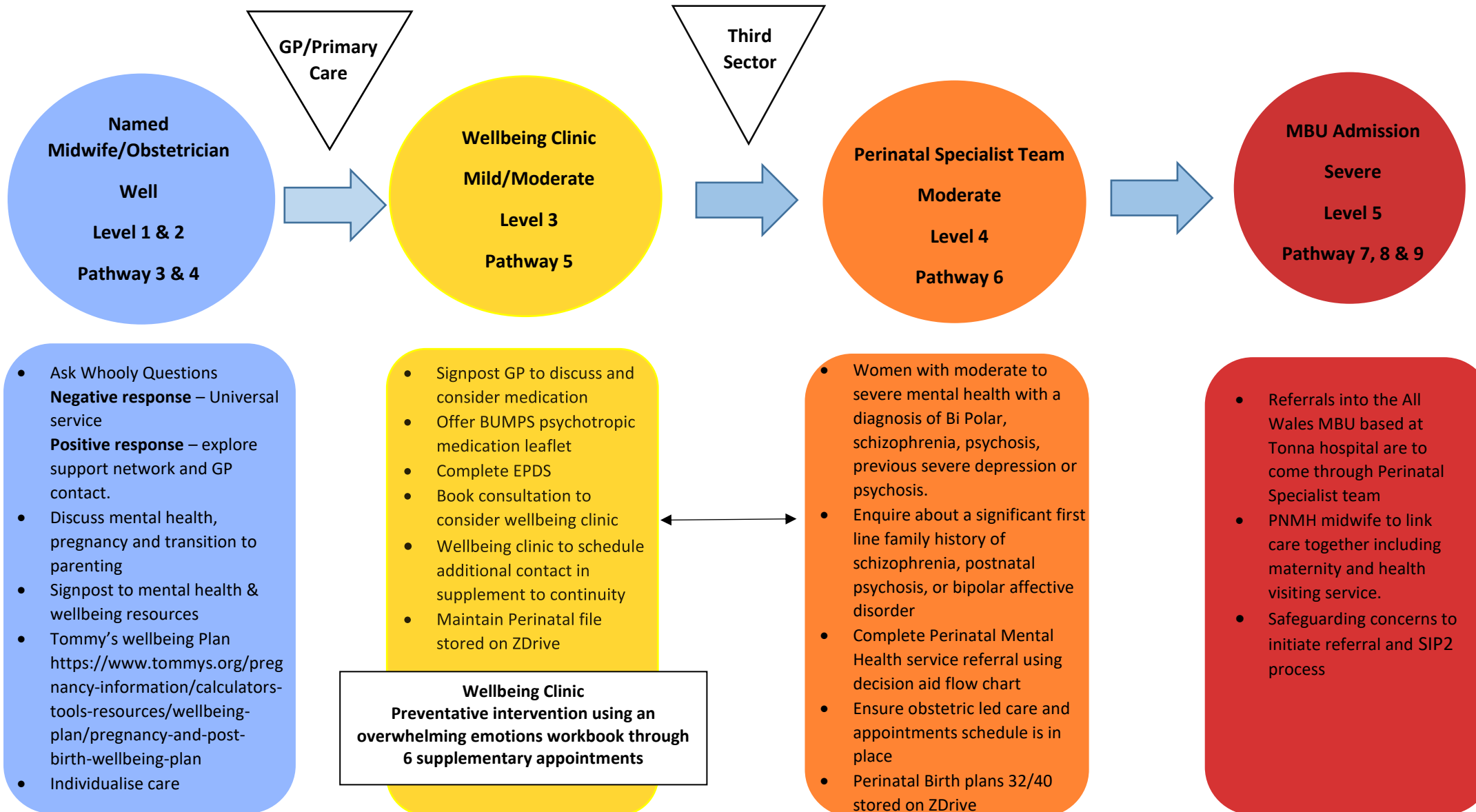
Maternity Services

Speciality:	Maternity Services
Approval body:	Antenatal Forum (Virtual ratification process)
Approval date:	18th February 2022
Partial update:	
Date of Review:	April 2023
Authors:	Annmarie Thomas, Perinatal Mental Health Specialist Midwife



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Bae Abertawe
Swansea Bay University
Health Board





GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Bae Abertawe
Swansea Bay University
Health Board

Maternity Services and Perinatal Mental Health

Edinburgh Postnatal Depression Scale (EPDS)

Please work with woman/birthing person to complete this EPDS

* The EPDS score should not override clinical judgment. If you have concerns that extend beyond low mood, please book a consultation with the wellbeing clinic or consider referral into the Perinatal specialist team*

Instructions for using the Edinburgh Postnatal Depression Scale:

- ✓ Please ask the woman/birthing person to tick the response that comes closest to the feelings experienced in the previous 7 days
- ✓ Please ask that all questions are completed
- ✓ Please suggest that care should be taken to avoid discussing the answers with others to obtain a true and honest response.
- ✓ The woman/birthing person should complete the scale personally, unless she has limited English or has difficulty with reading.

1. *I have been able to laugh and see the funny side of things*

- 0 As much as I always could ☐
- 1 Not quite so much now ☐
- 2 Definitely not so much now ☐
- 3 Not at all ☐

2. *I have looked forward with enjoyment to things*

- 0 As much as I ever did ☐
- 1 Rather less than I used to ☐
- 2 Definitely less than I used to ☐
- 3 Hardly at all ☐

6 *Things have been getting on top of me*

- 3 Yes, most of the time I haven't been able to cope at all ☐
- 2 Yes, sometimes, I haven't been coping as well as usual ☐
- 1 No, most of the time I have coped quite well ☐
- 0 No, I have been coping as well as ever ☐

7 *I have been so unhappy that I have had difficulty sleeping*

- 3 Yes, most of the time ☐
- 2 Yes, sometimes ☐
- 1 Not very often ☐
- 0 No, not at all ☐



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Bae Abertawe
Swansea Bay University
Health Board

3. ***I have blamed myself unnecessarily when things went wrong***

- 3 Yes, most of the time ☐
- 2 Yes, some of the time ☐
- 1 Not very often ☐
- 0 No, never ☐

8 ***I have felt sad or miserable***

- 3 Yes, most of the time ☐
- 2 Yes, quite often ☐
- 1 Not very often ☐
- 0 No, not at all ☐

4. ***I have been anxious or worried for no good reason***

- 0 No, not at all ☐
- 1 Hardly ever ☐
- 2 Yes, sometimes ☐
- 3 Yes, very often ☐

9 ***I have been so unhappy that I have been crying***

- 3 Yes, most of the time ☐
- 2 Yes, quite often ☐
- 1 Only occasionally ☐
- 0 No, never ☐

5. ***I have felt scared or panicky for no very good reason***

- 3 Yes, quite a lot ☐
- 2 Yes, sometimes ☐
- 1 No, not much ☐
- 0 No, not at all ☐

10 ***The thought of harming myself has occurred to me***

- 3 Yes, quite often ☐
- 2 Sometimes ☐
- 1 Hardly ever ☐
- 0 Never ☐

✓ The EPDS is available in digital format to be shared via email/text
<https://psychology-tools.com/test/epds>

✓ The EPDS can also be sourced in different languages to use with the support of language line <https://www.mhcs.health.nsw.gov.au/publications/epds>

As you are pregnant or have recently had a baby, we would like to know how you are feeling. Please check (✓) the answer that comes closest to how you have felt IN THE PAST 7 DAYS, not just how you feel today.

Source: Cox, J L, Holden, J M, and Sagovsky, R. 1987. Detection of postnatal depression:

Development of the 10 item Edinburgh Postnatal Depression Scale. British Journal of Psychiatry 158:782-786

Source: K L Wisner, B L Parry, C M Prontek, Postpartum Depression. N Engl J Med vol 347 No 3 July 18, 2002, 194-199

TOTAL SCORE



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Bae Abertawe
Swansea Bay University
Health Board

Scoring

Questions 1, 2, & 4 (without an *)

Are scored 0, 1, 2 or 3 with top box scored as 0 and the bottom box scored as 3.

Questions 3, 5 – 10 (marked with an *)

Are reverse scored with the top box scored as a 3 and the bottom box scored as 0

Maximum score: 30
Possible depression: 10 or greater

Always look at question 10 (suicidal thoughts)

Users may reproduce the scale without further permission, providing they respect copyright by quoting the names of the authors, the title, and the source of the paper in all reproduced copies.

Mild Score 10 – 12

- Signpost to mental health & wellbeing resources
- Advise GP to discuss mental health and wellbeing
- Consider Tommy's wellbeing Plan
- Individualise care and consider listening visits

Moderate Score 13 – 15

- Signpost GP to discuss and consider medication
- Offer BUMPS psychotropic medication leaflet
- Book consultation with Perinatal Mental Health Midwife



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Bae Abertawe
Swansea Bay University
Health Board

Severe Score 16 - 19

- Women with moderate to severe mental health, including significant family history of schizophrenia, postnatal psychosis, or bipolar affective disorder
- Complete Perinatal Mental Health service referral using decision aid flow chart
- Link in and inform Health visitor to consider antenatal contact

High Risk Score 20+

- Contact GP and Specialist PMHT/CMHT/Crisis Team
- Out of hours/weekend. Inform GP/stay with individual. Assessments can be made via A&E
- Update Named Community Midwife/Community Midwifery Team, HV and Colleagues during handover of care
- Arrange appropriate follow up within care planning
- Referrals into the All Wales MBU based at Tonna hospital are to come through Perinatal Specialist team.
- Safeguarding concerns to initiate referral and SIP2 process



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Bae Abertawe
Swansea Bay University
Health Board

Maternity Services

Checklist for Clinical Guidelines being Submitted for Approval

Title of Guideline:	Mental Health Pathway
Name(s) of Author:	Annmarie Thomas
Chair of Group or Committee approving submission:	Antenatal Forum
Brief outline giving reasons for document being submitted for ratification	
Details of persons included in consultation process:	
Name of Pharmacist (mandatory if drugs involved):	
Issue / Version No:	2
Please list any policies/guidelines this document will supercede:	
Date approved by Group:	18 February 2022
Next Review / Guideline Expiry:	April 2023
Please indicate key words you wish to be linked to document	Perinatal mental health, mental health pathway, maternity mental health
File Name: Used to locate where file is stores on hard drive	