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Mental Health Pathway

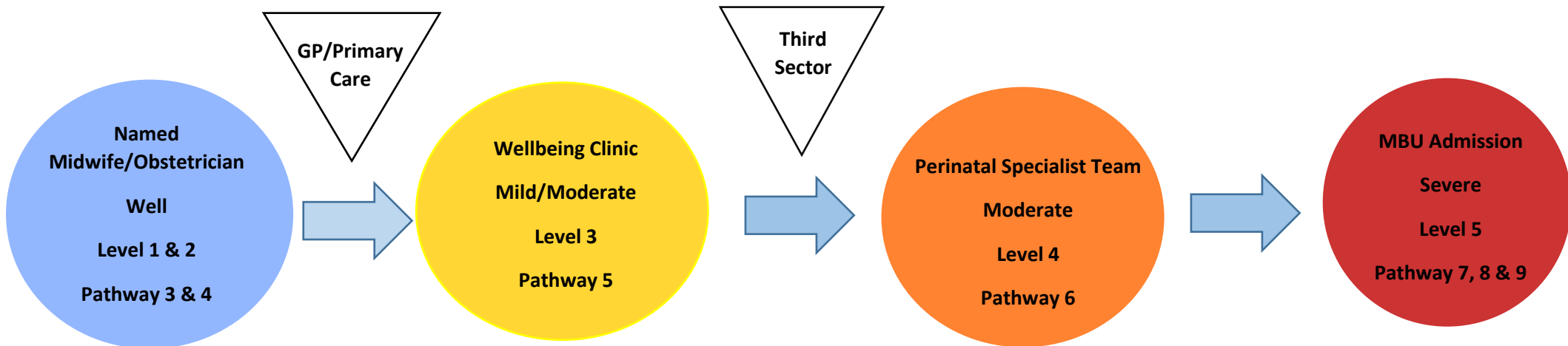
Maternity Services

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|------------------------|---|
| Speciality: | Maternity Services |
| Approval body: | Antenatal Forum (Virtual ratification process) |
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| Authors: | Anmarie Thomas, Perinatal Mental Health Specialist Midwife |



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- Ask Whooley Questions
Negative response – Universal service
Positive response – explore support network and GP contact.
- Discuss mental health, pregnancy and transition to parenting
- Signpost to mental health & wellbeing resources
- Tommy's wellbeing Plan <https://www.tommys.org/pregnancy-information/calculators-tools-resources/wellbeing-plan/pregnancy-and-post-birth-wellbeing-plan>
- Individualise care

- Signpost GP to discuss and consider medication
 - Offer BUMPS psychotropic medication leaflet
 - Complete EPDS
 - Book consultation to consider wellbeing clinic
 - Wellbeing clinic to schedule additional contact in supplement to continuity
 - Maintain Perinatal file stored on ZDrive
- Wellbeing Clinic**
Preventative intervention using an overwhelming emotions workbook through 6 supplementary appointments

- Women with moderate to severe mental health with a diagnosis of Bi Polar, schizophrenia, psychosis, previous severe depression or psychosis.
- Enquire about a significant first line family history of schizophrenia, postnatal psychosis, or bipolar affective disorder
- Complete Perinatal Mental Health service referral using decision aid flow chart
- Ensure obstetric led care and appointments schedule is in place
- Perinatal Birth plans 32/40 stored on ZDrive

- Referrals into the All Wales MBU based at Tonna hospital are to come through Perinatal Specialist team
- PNMH midwife to link care together including maternity and health visiting service.
- Safeguarding concerns to initiate referral and SIP2 process



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

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

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

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



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



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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)

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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



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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