



Centre of  
Perinatal Excellence

# Innovative approaches to ensuring best practice in perinatal mental health.

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## Abstract

Anxiety affects 1 in 5 and depression up to 1 in 10 pregnant women. Australia's 2017 Guideline<sup>1</sup> recommends universal education & screening for ALL pregnant women & new mothers. New MBS items seek to increase screening & early detection of perinatal mental health disorders.

## Objectives

COPE has developed the National Guidelines to inform best practice & a range of innovative and sustainable solutions to support national Guideline implementation.

## Methods

The following innovative approaches and resources are currently being implemented across a range of public and private maternity and postnatal settings.

- Free accredited online training.
- Digital screening (ICOPE) to facilitate efficient screening in multiple languages & in accordance MBS requirements & data privacy legislation.
- Consumer e-newsletter (Ready to COPE) to provide clients with timely, relevant emotional and mental health information throughout pregnancy & first year postpartum,
- E-directory will support timely and appropriate mental health referral.

## Results

**Online training**  
uptake – N= 2,248  
(~9 per day).

**Digital screening**  
across private OBGYN  
& maternity settings  
in 11 languages  
saving time, 100%  
accuracy & MBS  
compliance.

**E-Guide**  
distributed to over  
2,000 women.  
Increase in  
prevention, early  
detection & help-  
seeking.

## Conclusion

High uptake, strong outcomes & application across diverse communities strongly supports these innovative solutions across public & private OBGYN settings.

## References

1. Mental Health Care in the Perinatal Period. Australian Clinical Practice Guideline. October 2017. Centre of Perinatal Excellence (COPE).