

# Patient perception of perinatal mental health care in a private obstetric group practice

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## Introduction

1 in 7 women experience perinatal anxiety & depression, inc. those receiving private care

MBS funding requires mental health screening to be performed in order to access pregnancy management item numbers

## Objectives

To implement use of a perinatal screening platform (iCOPE)

To evaluate patient perception of perinatal mental health care – pre and post iCOPE implementation

An improvement in mental health assessment and services offered to patients post implementation was expected

## Methods

February 2018:  
A cohort of 100 postnatal patients were asked to complete a survey to assess their perception of their mental health care during pregnancy



March 2018:  
iCOPE was implemented into clinical practice. Patients were asked to complete iCOPE at their second antenatal visit (14-16 weeks) and their postnatal visit



iCOPE is an interactive, digital screening platform that facilitates perinatal mental health screening via questions pertaining to psychosocial risk factors and symptoms of depression and anxiety – using the Edinburgh postnatal depression scale



May 2018:  
A second cohort of 100 postnatal patients were asked to complete a survey to assess their perception of their mental health care during pregnancy, after the implementation of iCOPE

## Results

## Conclusions

	Pre iCOPE implementation	Post iCOPE implementation
Primagravids	60%	60%
Phx psychiatric issues	17%	20%
Partner psychiatric issues	5%	8%
Private hospital supportive	80%	83%
Accessed postnatal services	18%	19%
Perinatal mental health well assessed	73%	86%
Able to raise concerns	80%	91%
Partner emotionally supportive	78%	87%

Prior to the implementation of a formal mental screening tool, one quarter of patients perceived that their mental health was not adequately assessed. This number decreased to 14% after implantation of iCOPE.

Implementation of a formal mental health screening tool such as iCOPE improves perinatal mental health assessment by facilitating patients to raise their concerns.

### References:

Deloitte Access Economics. The cost of perinatal depression in Australia. Report. Post and Antenatal Depression Association 2012

[www.cope.org.au](http://www.cope.org.au)