

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