Overview of the perinatal mental health conditions patient safety bundle

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The perinatal mental health conditions patient safety bundle addresses the following goals:

Identify strategies to increase recognition of mental health conditions in pregnant and postpartum patients.

Describe necessary components and considerations to appropriately care for pregnant and postpartum patients with mental health considerations.

Implement strategies for recognizing, treating, monitoring, and following-up on perinatal mental health conditions for systems learning and to ensure provision of respectful, equitable, and supportive care.

Perinatal Mental Health Conditions

Framework of the patient safety bundle

- Readiness - every unit.
- Recognition and prevention - every patient.
- Response - every event.
- Review - every unit.
- Respectful, equitable and supportive care - every unit, provider, team member.

Goal: develop workflows for integrating mental health care throughout preconception, pregnancy, and the postpartum period.

- **Education** for clinicians, nursing staff, clerical staff, patients, and their support networks.
  - Trauma informed training and education for health care team member.

- **Identify mental health screening tools** to be integrated into every clinical setting where patients may present.

- **Establish a response protocol based** on what is feasible for each area of practice and local mental health resources.

- **Develop and maintain a set of referral resources** and communication pathways.

Readiness

Goal: screen for perinatal mental health conditions consistently throughout the perinatal period.
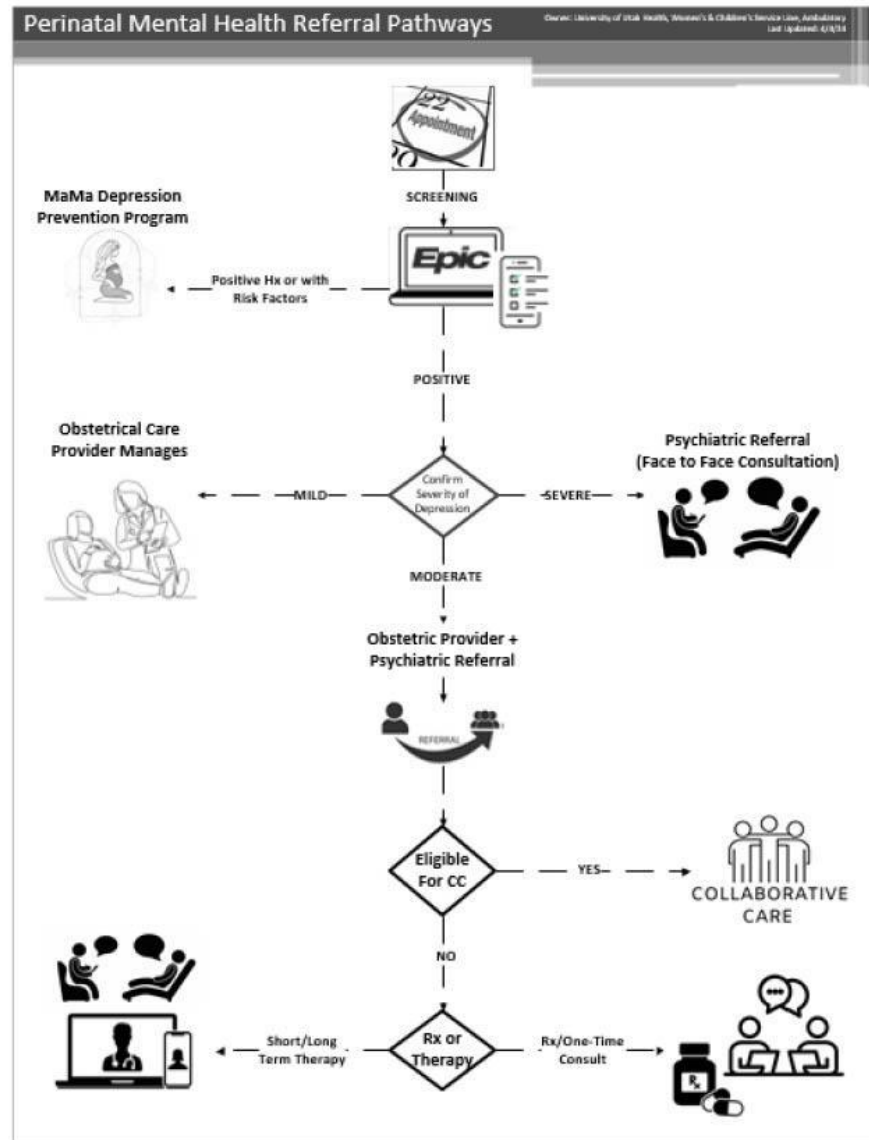
- **Recommended screening times** for depression and anxiety:
  - Initial prenatal visit
  - Later in pregnancy
  - Postpartum visits

- If pharmacotherapy is indicated for depression and anxiety, **screen for bipolar disorder** before initiating therapy.

- **Screen for social determinants of health** and provide information about resources.

Recognition and prevention

Goal: initiate an evidence-based, patient centered response protocol that is tailored to condition severity and is responsive to the patient's culture, values and needs.

- **Establish a care pathway** that facilitates coordination and follow-up for pregnant and postpartum persons who have been referred to mental health treatment.

- **Initiate an immediate suicide risk assessment and response protocol** if there is a concern that the patient may cause self harm or harm to others or is exhibiting signs of psychosis.

Response

Perinatal Mental Health Referral Pathways

University of Utah Health, Women's & Children's Service Line, Ambulatory
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Goal: incorporate mental health into multidisciplinary rounding to establish a non-judgmental culture of safety.

- **Identify and monitor data** related to mental health care.
  - Disaggregate data by race and ethnicity.

- If possible, **establish a collaboration between outpatient and inpatient providers** to discuss strategies and outcomes in evaluating and treating perinatal mental health.

Reporting and systems learning

Goal: include each pregnant and postpartum person and their identified support network as respected members of the care team.

- ○ **Use open, transparent, empathetic, and trauma-informed communication** with people who are pregnant and postpartum and their support network to understand diagnosis, options, and treatment plans.

Respectful, equitable, and supportive care

Implementation plan

1. **Planning**
   a. Establish a team.
   b. Set goals.
   c. Baseline assessment.
   d. Develop workflow.

2. **Implementation**
   a. Provider and clinical/non-clinical staff education.
   b. Initiate changes based on goals and workflow.

3. **Evaluation/revision**
   a. Plan, Do, Study, Act cycles.

New resources

https://saferbirth.org/patient-safety-bundles/

Step 1

Provider and nursing education on respectful and equitable care.

Provider and nursing education on perinatal mental health conditions.

- AIM learning modules

Patient education on perinatal mental health conditions.

- Perinatal mental health conditions are medical illnesses that can and should be treated.
- Perinatal mental health conditions are the most common complication in pregnancy.
- Evidenced-based effective treatments are available.

Thank you!