

# Audit of the Quality of referrals to the Yorkshire & Humber Mother and Baby Unit

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NATIONAL PERINATAL MENTAL HEALTH SERVICE  
**Inpatient Referral Form**

## INTRODUCTION & AIMS

- The MBU receives referrals from mental health teams from a range of services across the Yorkshire & Humber region
- Referrals are reviewed to ascertain if the patient meets the criteria for admission.
- Referrals with insufficient information can lead to both delays and inappropriate outcomes.
- Our aim was to audit all referrals within a six-month period against the National Perinatal Mental Health Service inpatient referral form

### Objectives

1. To identify areas of the referral form which are completed well.
2. To identify areas of the referral form where there is insufficient information and further information/improvement is required

## METHODS

- We conducted a retrospective analysis of all 52 referrals received between November 2022 and April 2023 using patient records against the national perinatal referral form.
- Qualitative and quantitative data was collected using referral forms, email correspondence with referrers and patient records and documented on a pre-developed e-form

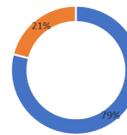
## RESULTS



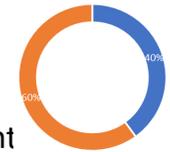
50% of referrals had an outcome within 24 hours

13.5 HOURS

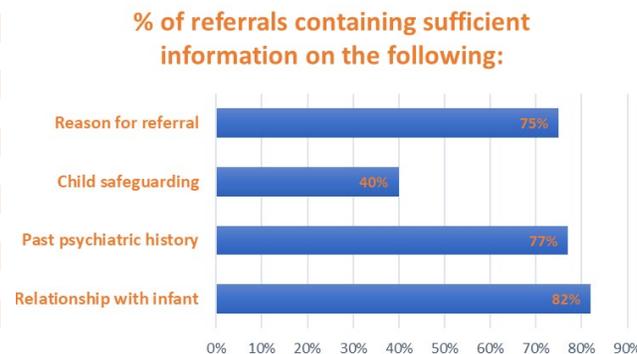
Average time spent gathering additional information



79% of referrals included information on parental responsibility and consent

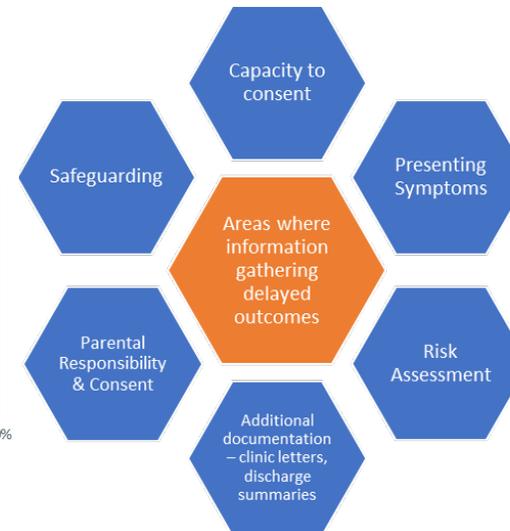


40% of referrals were sent with a risk assessment



### Standards

- National Perinatal mental health service inpatient referral form
- Royal College of Psychiatrists – Perinatal inpatient standards

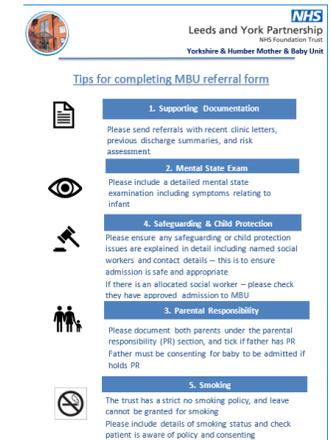


## CONCLUSION

This audit has identified parts of the referral form which commonly have omissions or insufficient information. This necessitates further information gathering and can contribute to delayed outcomes, highlighting a need to support referring teams within the region to follow best practice.

## RECOMMENDATIONS

Findings will be disseminated to services across the Yorkshire and Humber region  
We have developed a quick guide to support referrers completing the inpatient referral form:



Leeds and York Partnership NHS Foundation Trust  
Yorkshire & Humber Mother & Baby Unit

**Tips for completing MBU referral form**

- 1. Supporting Documentation**  
Please send referrals with recent clinic letters, previous discharge summaries, and risk assessment.
- 2. Mental State Exam**  
Please include a detailed mental state examination including symptoms relating to infant.
- 4. Safeguarding & Child Protection**  
Please ensure any safeguarding or child protection issues are explained in detail including named social workers and contact details – this is to ensure admission is safe and appropriate.  
If there is an allocated social worker – please check they have approved admission to MBU.
- 3. Parental Responsibility**  
Please document both parents under the parental responsibility (PR) section, and tick if father has PR. Father must be consenting for baby to be admitted if holds PR.
- 5. Smoking**  
The trust has a strict no smoking policy, and leave cannot be granted for smoking.  
Please include details of smoking status and check patient is aware of policy and consenting.