

ASSESSMENT OF MENTAL HEALTH OF POSTNATAL WOMEN AT DISCHARGE FROM THE MATERNITY WARD AT JERSEY GENERAL HOSPITAL, CHANNEL ISLANDS.

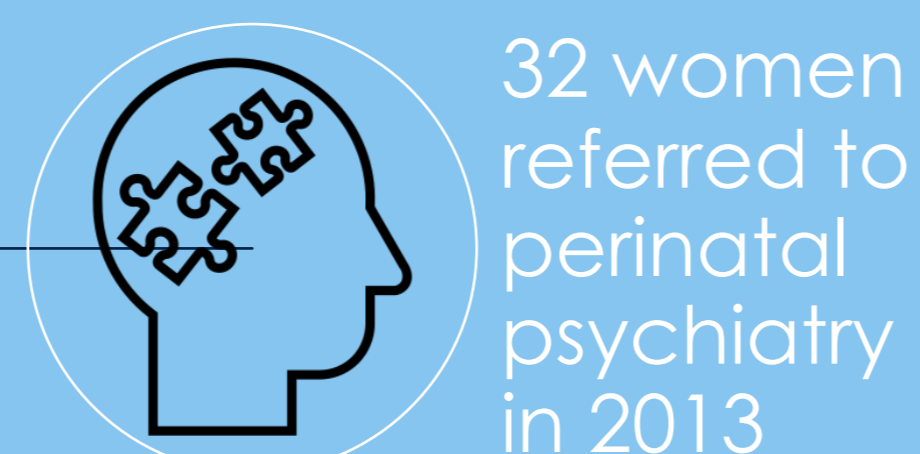
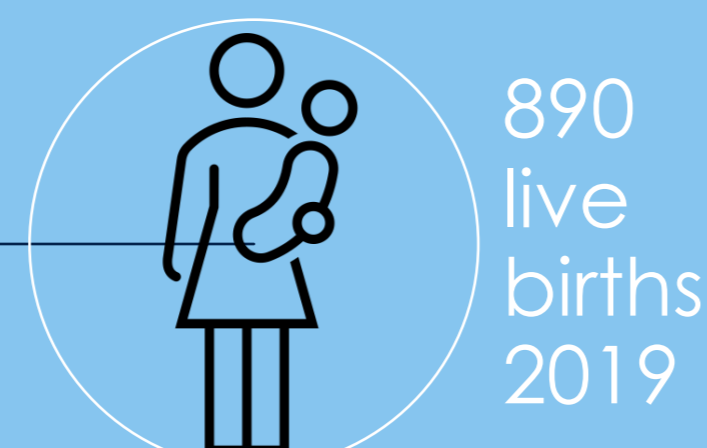
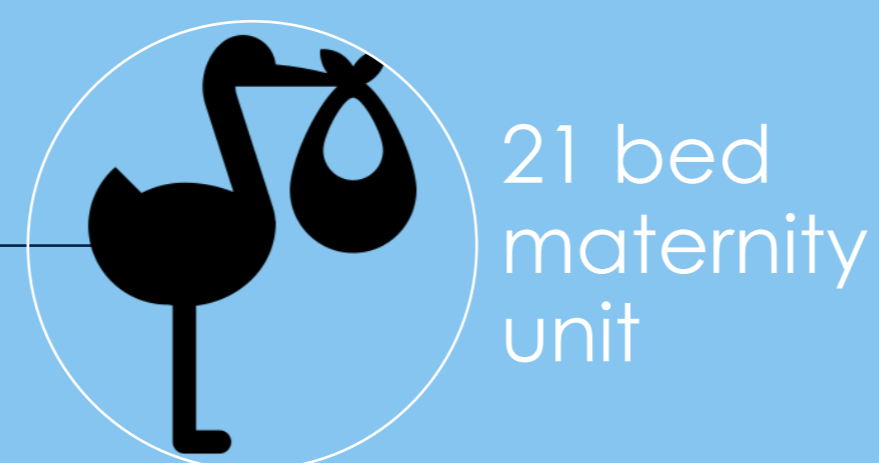
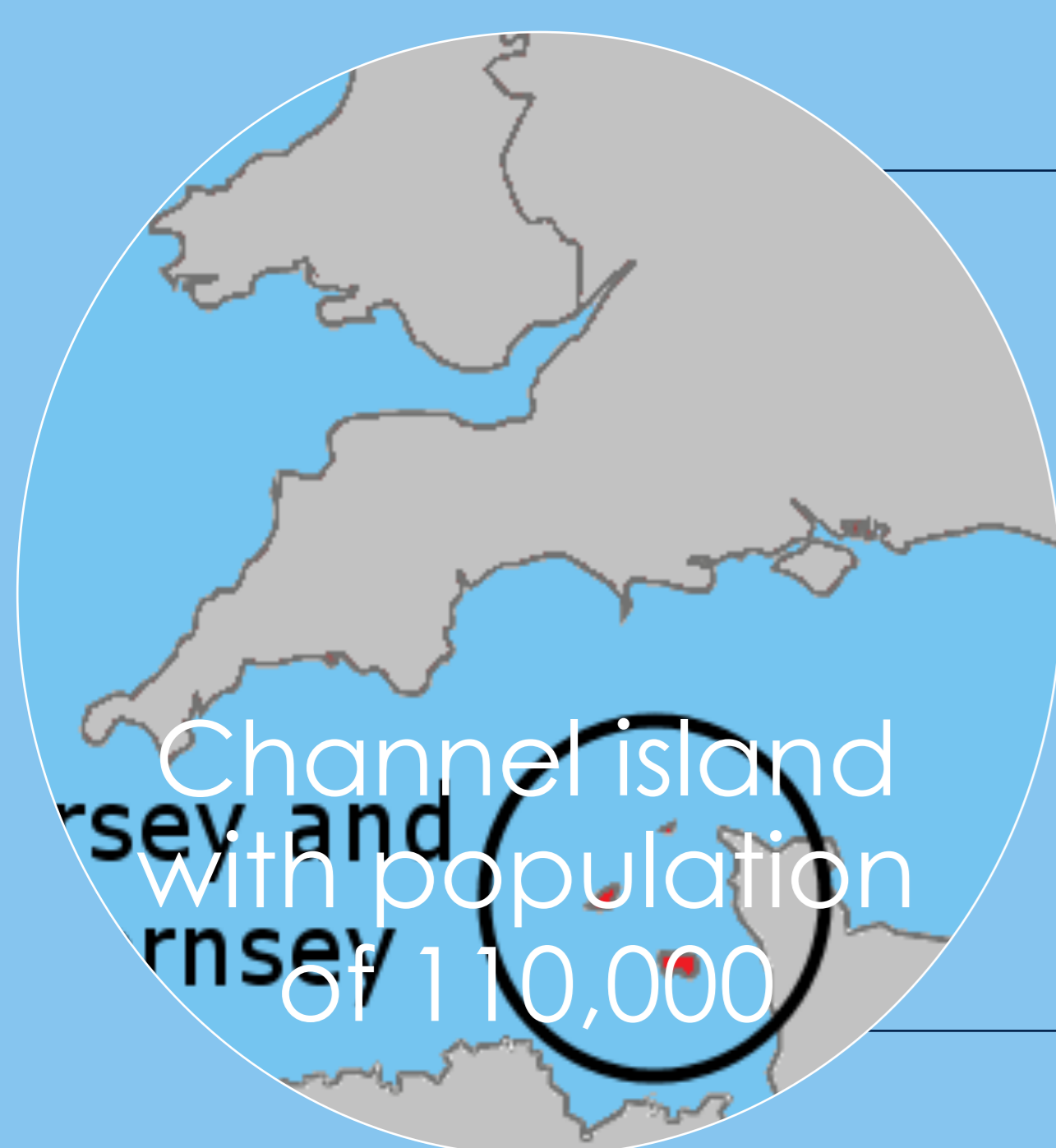
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▶ Aims and hypothesis

- ▶ Perinatal mental health is a public health concern, affecting between 10-20% of women.
- ▶ Primary prevention requires early identification of women at risk.
- ▶ **Aim-** assess **current documentation of women's mental health** at discharge from the **maternity ward** in Jersey General Hospital, Channel Islands.
- ▶ **Hypothesis-** identifying high risk women at discharge can be improved.

Background



- Discharge proforma completed by midwives or doctors
- Includes assessment of psychological state.

Conclusions

Documentation of mental state at discharge from the maternity ward is **user dependent** with no clear questions. NICE guidelines suggests during the early postnatal period, consider asking prescribed **depression identification questions**, alongside screening for anxiety using **GAD2**. Future research could assess the efficacy of these screening questions at discharge, to aid early identification of women at risk.

Methods

- ▶ 50 patients
- ▶ Computerized medical notes:
 - ▶ completion and content of the psychological state text box,
 - ▶ previous known psychiatric history,
 - ▶ psychotropic medication use.

Results

- **49/50** psychological state documented

8 emotionally well

6 well

4 in good spirits

3 appears happy

could develop PTSD,

'no elated mood/low mood/confusion',

'well but tired',

'well but teary',

'mood bright but tearful',

'low mood no suicidal ideation',

'was tearful but says no low mood'

- **15 women had previous psychiatric history, 1 requiring medication during pregnancy.**