

**Formulating and communicating assessment**

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**Perinatal mental health assessment**

1. What do women want to know?
2. What do refers want to know?

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**What do women want to know?**

- What's wrong?
- What's my diagnosis?
- Is my previous diagnosis right?
- Why have I become ill?
- Is it my fault?
- What's my risk of becoming unwell in pregnancy or after birth?
- What will help me stay well?
- What will help me get better if I'm ill?
- What are the risks of taking medication in pregnancy and breastfeeding?
- Can I take my medication in pregnancy and breastfeeding?
- What else will help? E.g. talking therapies?
- What support is available?
- Will my baby be taken away?
- Will the perinatal service take time to get to know me/my family?

.....etc

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**What do refers want to know?**

- What's the diagnosis?
- What has contributed to the illness?
- What's the risk of illness in pregnancy and the postnatal period?
- What are the risks associated with the woman's illness?
- Are there child safeguarding concerns / concerns about parenting capacity?
- What are the risks and benefits of medication in pregnancy and breastfeeding
- What's the plan for care and treatment?

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**What to include in Formulation and Summary**

- Pregnancy – EDD, planned or not, feelings, first or subsequent
- Diagnosis, severity and associated risk
- Current mental health
- Factors which have contributed to illness
- Concerns
- Strengths
- Statement that illness in your fault
- Risk of illness in pregnancy and postnatal period
- Discussion about care and treatment including medication, psychological therapies and other interventions

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