

PERINATAL MENTAL HEALTH Covid-19 CARE PATHWAY

Woman identified at risk at booking (Whooley questions – additional questions on past and current psychiatric history, prescribed psychiatric medication)

No mental health risks identified:

continue standard care.

Housing, isolation, domestic violence, adjustment to life events – offer reassurance and link with relevant agencies.

Some non-government organisations still offer generic support remotely

Mild/moderate illness:

refer to local IAPT (GP aligned)

Camden and Islington (C&I):
cim-tr.icope@nhs.net
Barnet, Enfield and Haringey (BEH):
<http://www.lets-talk-iapt.nhs.uk/>

Psychological treatment including brief interventions for Covid-19 related anxiety offered over the phone. IAPT are currently not accepting self-referrals.

Moderate to severe mental illness

(active or in remission):

Woman with address and/or GP in Camden, Islington, Barnet, Enfield or Haringey, email referral to the North London Partners Specialist Perinatal Mental Health Team:

cim-tr.ncl.perinatal@nhs.net

Acute presentation (woman severely unwell and at immediate risk in the community):

contact the relevant crisis team:

Camden and Islington: 020 3317 6333
Barnet: 020 8702 4040
Enfield: 020 8702 3800
Haringey: 020 8702 6700

Or if urgent, contact emergency services.

For a woman admitted to the maternity unit contact the hospital mental health liaison team.

Contact details for North London Partners Specialist Perinatal Mental Health Team:

- Tel: 020 3317 7114. Phones answered Mon-Fri 9am-5pm
- Email: cim-tr.ncl.perinatal@nhs.net
- Jules Thorn, St Pancras Hospital, London, NW1 0PE

Current level of staffing in the perinatal team:

- At least two members of staff on site
- Admin team on site Mon-Fri, 9am-5pm
- The rest of the team works from home when not on site

Face to face assessment and reviews are limited to cases where telephone/video consultation is not possible or appropriate.



Referral screening and allocation

- Referrals screened by the admin team.
- Allocation confirmed at weekly MDT meeting and appointment arranged.
- Referrer, GP and woman informed of subsequent arrangements.



Antenatal Mental Health Care (community clinics)

- Psychiatric assessment and follow up reviews over the telephone/ video call
- Adult and child safeguarding liaison as usual
- 32 weeks pre-birth planning meeting over the telephone/ video call
- Perinatal Mental Health Care Plan (only for severe mental illness i.e. schizophrenia, bipolar affective disorder, schizoaffective disorder, recurrent depression, severe and disabling OCD, severe depression, severe personality disorder etc.) emailed to maternity
- Advice available over the telephone during working hours
- Preconception advice still offered routinely over the telephone/video call



Intra-partum and post-partum care

- Review on labour ward/postnatal ward – by phone if possible, face to face only if strictly necessary (**dependant on maternity site this is done by the hospital mental health liaison team**).
- Capacity to consent to treatment assessed over the telephone when possible or face to face
- Medication advice, including rapid tranquilization – advice by phone and/or documented in mental health care plan

**Postnatal care**

- Psychiatric reviews over the telephone/ video call, or face to face if strictly necessary with PPE.
- Bonding/attachment screening can still be carried out over the telephone – liaison with health visiting/child safeguarding via telephone or emails
- Family education and support, including support to partners offered over the telephone

Psychiatric Emergency Care

- Woman in the community: contact the relevant crisis team:
 - Camden and Islington: 020 3317 6333
 - Barnet: 020 8702 4040
 - Enfield: 020 8702 3800
 - Haringey: 020 8702 6700
- Woman on the maternity ward: contact the 24 hour hospital mental health liaison team (via bleep or hospital switchboard)
- Perinatal mental health team staff member available during working hours for non-urgent telephone advice on management, face to face assessments and reviews on the ward.

Perinatal Mental Health Education and Training to allied professionals

- These activities are routinely temporarily suspended, with occasional exception
- PMH staff member is available over the telephone for advice, guidance and signposting to relevant resources (please refer to appendix)

Perinatal Mental Health- COVID Top 20 Resources & Evidence Base

Collated March 29th 2020 by Dr Hind Khalifeh, Perinatal Psychiatrist, KCH/SLAM (hind.khalifeh@slam.nhs.uk).
Please feel free to share, but check latest weblink version before sharing. With thanks to SLAM and other colleagues.

TOPIC	SOURCE	WEBLINK
FOR PATIENTS		
Government: COVID-19 information for public	Government	https://www.gov.uk/coronavirus
Government: register as clinically 'extremely vulnerable' person	Government	https://www.gov.uk/coronavirus-extremely-vulnerable
Pregnancy/breastfeeding	RCOG	https://www.rcog.org.uk/en/guidelines-research-services/guidelines/coronavirus-pregnancy/covid-19-virus-infection-and-pregnancy/
MH CRISIS PLAN/HELPLINES	PHE	https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing/guidance-for-the-public-on-the-mental-health-and-wellbeing-aspects-of-coronavirus-covid-19#dealing-with-a-mental-health-crisis-or-emergency
Domestic Violence	Refuge Women's Aid	https://www.refuge.org.uk/covid19-survivor-tips/ (includes tips on 'silent calling' to 999: call '999' then press '55') https://www.womensaid.org.uk/covid-19-coronavirus-safety-advice-for-survivors/ (copy and paste into browser) (includes DV advice on safety, child contact, finances & immigration)
Wellbeing & anxiety	Mind PHE	https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/ (excellent resource for all, with practical tips on wellbeing, self-isolation and work/benefits) https://www.nhs.uk/oneyou/every-mind-matters/anxiety/ (includes very helpful Top 10 Tips, Quiz & Videos)
General (public) Mental Health Guidance	PHE	https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing
Disorder-specific & group-specific MH resources	PHE Rethink	https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/ (includes PHE-endorsed resources for CMDs, OCD, bipolar, SMI, addictions, suicidality, DV, child abuse, families/relationships, LD, eating disorders) https://www.rethink.org/advice-and-information/covid-19-support/ (SMI advice for patients & carers including MH, finance, legal, support group)
MHA	Rethink	https://www.rethink.org/news-and-stories/blogs/2020/03/coronavirus-temporary-changes-to-the-mental-health-act/
Parenting	Family Lives (PHE-endorsed) Young Minds (PHE_endorsed) Home Start	https://www.familylives.org.uk/advice/your-family/family-life/coping-practically-and-emotionally-during-the-covid-19-outbreak/ https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/ https://www.home-start.org.uk/Listing/Category/support-for-families-during-covid-19 (pregnancy, talking to young kids, family activities)

TOPIC	SOURCE	WEBLINK
FOR PROFESSIONALS		
Government: COVID-19 information	Government	https://www.england.nhs.uk/coronavirus/
Government: 'Shielding' of medically 'Extremely Vulnerable' patients	Government	https://www.gov.uk/government/publications/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19
Pregnancy/neonatal care	RCOG	https://www.rcog.org.uk/en/guidelines-research-services/guidelines/coronavirus-pregnancy/
Domestic Violence	Refuge Women's Aid Met police	https://www.refuge.org.uk/refuge-responds-to-covid-19/ https://www.womensaid.org.uk/the-impact-of-covid-19-on-women-and-children-experiencing-domestic-abuse-and-the-life-saving-services-that-support-them/ (copy and paste into browser) https://www.met.police.uk/advice/advice-and-information/daa/domestic-abuse/support-helplines/
RCPsych: general COVID guidance	RCPsych	https://www.rcpsych.ac.uk/about-us/responding-to-covid-19/paul-quote-about-covid-19 (guidance re psychiatric services & professional issues)
RCPsych: Psychiatric services (including perinatal)	RCPsych	https://www.rcpsych.ac.uk/about-us/responding-to-covid-19/responding-to-covid-19-guidance-for-clinicians/community-and-inpatient-services-covid-19-guidance-for-clinicians (guidance re psychiatric services, with section on pregnant/perinatal women)
Emergency MH Law: MHA, MHRTs, SOADs	RCPsych	https://www.rcpsych.ac.uk/about-us/responding-to-covid-19/responding-to-covid-19-guidance-for-clinicians/legal-covid-19-guidance-for-clinicians
Information Governance	NHSE	https://www.nhsx.nhs.uk/key-information-and-tools/information-governance-guidance
Professional medical bodies & medical defense bodies	GMC BMA MDU MPS	https://www.gmc-uk.org/news/news-archive/coronavirus-information-and-advice (guidance on emergency powers, temporary registration, trainees, medical students, appraisal/revalidation) https://beta.bma.org.uk/advice-and-support/covid-19 (guidance on contract, practical issues including remote working & PPE, retired Drs, ETHICS) https://www.themdu.com/coronavirus (medico-legal issues) https://www.medicalprotection.org/coronavirus (medico-legal issues & remote consultation)
Self-care & compassion	PHP	https://www.practitionerhealth.nhs.uk/covid-19-workforce-wellbeing (workforce wellbeing resources & support services, videos, upcoming App)

EVIDENCE BASE: Relevant recent articles from Lancet, JAMA, BMJ & NEJM (Articles, Editorials or Comments as of 29/3/2020)

PREGNANT WOMEN

- **Management of pregnant women infected with COVID-19 (Comment, Lancet Infectious Diseases, 24/3/2020)**

[https://www.thelancet.com/journals/laninf/article/PIIS1473-3099\(20\)30191-2/fulltext](https://www.thelancet.com/journals/laninf/article/PIIS1473-3099(20)30191-2/fulltext)

- Clinical features and obstetric and neonatal outcomes of **pregnant patients** with COVID-19 in Wuhan, China: a retrospective, single-centre, descriptive study (Article, Lancet Infectious Diseases)

[https://www.thelancet.com/journals/laninf/article/PIIS1473-3099\(20\)30176-6/fulltext](https://www.thelancet.com/journals/laninf/article/PIIS1473-3099(20)30176-6/fulltext)

VERTICAL TRANSMISSION

- **Can SARS-CoV-2 Infection Be Acquired In Utero? More Definitive Evidence Is Needed (Editorial, JAMA, 26/3/20)**

<https://jamanetwork.com/journals/jama/fullarticle/2763851>

- Clinical characteristics and intrauterine **vertical transmission potential** of COVID-19 infection in nine pregnant women: a retrospective review of medical records (Article, Lancet)

[https://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(20\)30360-3/fulltext](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(20)30360-3/fulltext)

- **Possible Vertical Transmission** of SARS-CoV-2 From an Infected Mother to Her Newborn (Article, JAMA)

<https://jamanetwork.com/journals/jama/fullarticle/2763853>

- Antibodies in **Infants** Born to Mothers With COVID-19 Pneumonia (Article, JAMA)

<https://jamanetwork.com/journals/jama/fullarticle/2763854>

- **Neonatal Early-Onset Infection** With SARS-CoV-2 in 33 Neonates Born to Mothers With COVID-19 in Wuhan, China (Article, JAMA Paediatrics)

<https://jamanetwork.com/journals/jamapediatrics/fullarticle/2763787>

GENERAL

- **Managing mental health challenges faced by healthcare workers during covid-19 pandemic (Analysis, BMA)**

<https://www.bmj.com/content/368/bmj.m1211> (includes discussion on 'Moral Injury' - *"the psychological distress that results from actions, or the lack of them, which violate someone's moral or ethical code"*, early support and after care)

- **COVID-19: protecting health-care workers (Editorial, Lancet)**

[https://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(20\)30644-9/fulltext](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(20)30644-9/fulltext)

- **Covid-19: risk factors for severe disease and death (Editorial, BMJ)**

<https://www.bmj.com/content/368/bmj.m1198>

- **COVID-19: learning from experience (Editorial, Lancet)**

[https://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(20\)30686-3/fulltext](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(20)30686-3/fulltext)

INFECTED CHILDREN

- Clinical and epidemiological features of 36 **children** with coronavirus disease 2019 (COVID-19) in Zhejiang, China: an observational cohort study (Article, Lancet Infectious Diseases)

[https://www.thelancet.com/journals/laninf/article/PIIS1473-3099\(20\)30198-5/fulltext](https://www.thelancet.com/journals/laninf/article/PIIS1473-3099(20)30198-5/fulltext)

MENTAL HEALTH

- **Psychological interventions** for people affected by the COVID-19 epidemic (Comment, Lancet Psychiatry)

[https://www.thelancet.com/journals/lanpsy/article/PIIS2215-0366\(20\)30073-0/fulltext](https://www.thelancet.com/journals/lanpsy/article/PIIS2215-0366(20)30073-0/fulltext)

- **Mental health considerations for children** quarantined because of COVID-19 (Comment, Lancet Child & Adolescent Health)

[https://www.thelancet.com/journals/lanchi/article/PIIS2352-4642\(20\)30096-1/fulltext](https://www.thelancet.com/journals/lanchi/article/PIIS2352-4642(20)30096-1/fulltext)