Perinatal Mental Health Learning Community

Group Office Hours: May 21, 2020 12 – 1 p.m.
Housekeeping

- Speaker View vs. Gallery View

  ![Speaker View](image1) Vs. ![Gallery View](image2)

- To raise your hand:
  - First click on the icon “Participants” at the bottom of your screen.
  - Then at the bottom right click on the button labeled “Raise Hand”.

- Mute
- Chat
- Rename
Our Team

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Clinical Training Specialist,
Maternal Mental Health NOW

Boris Kalanj
Director of Programs,
Hospital Quality Institute
https://www.hqinstitute.org/post/perinatal-mental-health-learning-community

Perinatal Mental Health Learning Community

The Perinatal Mental Health (PMH) Learning Community provides California hospitals with education, technical assistance, and peer support to strengthen perinatal mental health. The program assists hospitals to comply with Assembly Bill 3032, the Maternal Mental Health Conditions law. The program is administered by HQI, funded by California HealthCare Foundation and delivered in collaboration with Maternal Mental Health NOW and CommonSpirit Health.

Online Resources for Hospitals

Hospitals are invited to use the following resources, developed for our PMH Learning Community to assist with implementing the provisions of AB 3032 and strengthen hospital approaches to perinatal mental health. These resources are available free of charge.

- Online Training Course for Hospital Staff
- Quick Reference Guide for Hospital Staff
- Brochure Template for Hospitals
- App for Patients and Families
Timeline – Perinatal Mental Health Learning Community

2020

Jan Apr Jul Dec Jan Jul Dec

Education and Technical Assistance (Feb ’20 - Dec ’21)

➢ Group Office Hours (2020: Mar, May, Jul, Sept, Nov; 2021: Jan, Mar, May, Jul, Sept, Nov)
   ➢ 1:1 Technical Assistance (on demand)
   ➢ In-Person Regional Events (Nov ‘20)

Training Tools and Resources (Apr ‘20 – Dec ‘21)

• E-learning module and quick reference guide for staff
  • E-learning module for patients
  • Brochure template

TODAY

Hospital Quality Institute
• It requires all birthing hospitals in California to provide education and information to postpartum people and their families about maternal mental health conditions, post-hospital treatment options, and community resources.

• All regular staff in labor and delivery departments (e.g. registered nurses and social workers) must receive education and information about maternal mental health disorders.

• Hospitals can offer additional services to ensure optimal care.

Law became effective on January 1, 2020.
Today’s Agenda

➢ Check in about the impact of COVID-19 on your units

➢ *Brief* review of updated baseline survey findings

➢ Marshall Medical Center’s approach to perinatal mental health

➢ Review of online resources for hospitals available on HQI website.
COVID – 19: How are You Doing?
Baseline Hospital Survey – Key Results

Perinatal Mental Health (PMH) Learning Community

Baseline Hospital Survey
Types of Patient Education Resources Hospitals Offer

- **Verbal Information**: 91%
- **Brochures**: 81%
- **Online Resources**: 41%
- **Posters/Displays**: 27%
- **Apps**: 18%
Types of Employee Education Hospitals Offer

- **Signs and Symptoms of PMH Disorders**: 73%
- **How to Screen for PMH Disorders**: 70%
- **How to Refer, and Referral Resources**: 58%
- **How to Talk with Patients about PMH Disorders**: 34%
Screening and Referral

Hospital screens women in the perinatal period for mental health disorders?  
- Yes 82%

Hospital has written procedures and protocols in place about screening and referrals?  
- 36%

Hospital reviews data on screening rates?  
- 31%

➢ Of those who review data, 81% screen all patients
<table>
<thead>
<tr>
<th>Screening Tool</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>EPDS</td>
<td>76%</td>
</tr>
<tr>
<td>PHQ2</td>
<td>8%</td>
</tr>
<tr>
<td>PHQ9</td>
<td>23%</td>
</tr>
<tr>
<td>GAD7</td>
<td>3%</td>
</tr>
<tr>
<td>OTHER</td>
<td>17%</td>
</tr>
</tbody>
</table>
Hospital Offers Referral Information to Patients

78% of hospitals offer information to patients about support groups, counselors, or other services.

How confident are you that this information for patients is up-to-date and accurate?

- Very Confident: 34%
- Somewhat Confident: 37%
- A Little Confident: 16%
- Not at All Confident: 7%
### Hospital Provides Resources for Staff to Help with Referral

<table>
<thead>
<tr>
<th>Resource</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lists of Support Groups</td>
<td>62%</td>
</tr>
<tr>
<td>Contact Info for In-House Providers &amp; Resources</td>
<td>74%</td>
</tr>
<tr>
<td>Contact info for Community-Based Providers &amp; Resources</td>
<td>69%</td>
</tr>
<tr>
<td>Lists of Community Organizations</td>
<td>77%</td>
</tr>
<tr>
<td>Other Resources</td>
<td>55%</td>
</tr>
</tbody>
</table>

**How confident are you that this information for staff is up-to-date and accurate?**

- Very Confident: 34%
- Somewhat Confident: 41%
- A Little Confident: 9%
- Not at All Confident: 9%

**Does your hospital have a mechanism to review how timely patients are seen after referral?**

- NO: 87%
Marshall Medical Center

Mary Ann Gulutz, MSN, RNC, NE-BC
Director of Perinatal Services, Staffing and Clinical Nutrition

Nancy Rucker, RNC
Administrative Charge Nurse Educator

Christine Parker, RN, IBCLC
Lactation and Mental Health Liaison
Introducing: MaryAnn Gulutz, Nancy Rucker, and Christine Parker

- **NY Influences, and where Marshall’s program was when Mary Ann arrived**
- **Christine shares a Patient Experience that helped us get going with our approach**
  - **Resources from the Beta Healthcare Group (liability carrier) Patient Safety Collaborative**
  - **Initial efforts with staff education and patient information activities and materials**
  - **Share the patient information brochure**
Current Program Updates: Nancy

- Utilizing the PMH Learning Community online education modules for nursing and medical staff
  - Staff comments about the modules...
- Our approach to screening and how it is maturing
  - Using EPDS prenatally, post-partum, follow up
- Prepared for COVID
  - Video tour created for prenatal education
www.hqinstitute.org
Next Steps

▪ Next Webinar: June 18, Noon - 1 p.m.
  Topic: Hospital Approaches to Staff Training and Patient Education
  Registration is open on HQI’s PMH Learning Community website:

  ▪ Next Group Office Hours: July 23, Noon – 1 p.m.