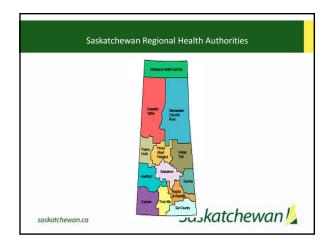
Just a Phone Call Away: Support for New Moms By Laura Matz RN, BSN, MPH Presentation for the Community Health Nurses of Canada Conference June, 2014 Saskatchewan.ca

Outline

- Introduction
- Saskatchewan context
- Goal of the project
- Interdisciplinary collaboration
- Evaluation next phase
- Health system change

saskatchewan.ca







Where did this project come from?

- Maternal Mental Health Working Group
 - Mother First Report

https://sites.google.com/site/maternalmentalhealth_sk/

- Adoption of recommendations
- Opportunity to work with HealthLine

saskatchewan.ca

Saskatchewan /

Objectives

- To identify and support women expost partum anxiety or depression
- To provide an innovative service to fill gaps due to capacity and geography
- To increase awareness of HealthLine services

saskatchewan.ca

Saskatchewan /

Step by step

- PHN screens moms attending Child Health Clinics at 2 and 6 months
- PHN reviews EPDS tool completed by mom
- Based on the score, information and/or referral is offered

saskatchewan.ca



Referral steps

- If the EPDS score is > 10 indicates possible/ probable depression
- If score >4 on questions 3,4,5 indicates probable anxiety
- Referral to primary care provider, mental health services and/or HealthLine offered
- HealthLine referral form is completed

saskatchewan.ca

Saskatchewan /

HealthLine process

- HealthLine reviews form, ensures all information provided.
- · Calls prioritized by score
- Mom is called at time she indicated available
- If mom continues to accept referral, call backs made until mom determines closure of file.
- PHN informed of contact/ no contact
- PHN sent report when file closed

saskatchewan.ca

saskatchewan.ca



Program summary

- A short term service provided by Public Health and HealthLine
- Referrals are based on EPDS scores for possible depression and probable anxiety and depression
- Women who have a score higher than 12 are referred immediately to Mental Health Services. All women offered a referral to a health care provider.

saskatchewan.ca

Saskatchewan /

EPDS Care Pathways

- EPDS Screening and Care Guide developed by the Maternal Mental Health Working Group
- Available to practitioners wanting to use it

Saskatchewan 📙

Interdisciplinary collaboration

- HealthLine
 - Managers
 - RN
- Mental Health Workers
- Public Health
 - Managers
 - PHNs
 - Ministry of Health
- RelayCare
 - Technical and software support

saskatchewan.ca

Saskatchewan 💪

Evaluation of Phase One

- Number of clients referred to HL 11
- Number of clients accepting HL service 6
- Number of clients screened by regions ???
- Needed to do some tweaking
 - Surveys
 - Forms
 - reporting



saskatchewan.ca

Phase Two and beyond

- Starting now in 3 more RHAs
- Learnings incorporated from phase one
- Go live for July/August 2014
- Full provincial rollout to follow

saskatchewan ca

Saskatchewan /

Health system transformation

- First opportunity for HealthLine to "call out"
- PHN referral and report back
- Improved client service

saskatchewan.ca

Saskatchewan /

Opportunities

- Not aware of other programs
 - Please share experiences with us
- · How else to contact moms
 - Cell, toll free, etc.

saskatchewan.ca

Saskatchewan /

Questions Saskatchewan.ca Saskatchewan.la



saskatchewan.ca