



Perinatal Mental Health: Coding Reference Manual

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Background



The National Perinatal Epidemiology Centre (NPEC) and the Perinatal Mental Health Services in Ireland have embarked on a national collaboration to facilitate the development of a comprehensive data collection tool for the Perinatal Mental Health Services in the country. The primary objective of this initiative is to record patient details at the individual level, thereby allowing the service to gather detailed and actionable data. This data is crucial for understanding the specific needs of the service and for allocating resources more effectively.

The collaboration has transitioned to using [REDCap \(Research Electronic Data Capture\)](#), an online software designed for data collection at the individual level. REDCap offers a user-friendly interface for data entry and provides real-time access and sharing capabilities for collaborators. One of the significant advantages of REDCap is its ability to create easily interpretable visualizations, transforming complex data into accessible insights.

By adopting REDCap, the collaboration aims to enhance data accuracy, improving the efficiency of data collection and analysis. This transition will facilitate better resource allocation based on detailed insights and increase the capacity to identify and address the specific needs of the Perinatal Mental Health Services in Ireland. Ultimately, this project seeks to revolutionize the data collection process, providing a robust foundation for informed decision-making and improved service provision.

Reportable Perinatal Mental Health cases



The National Perinatal Epidemiology Centre (NPEC) and the Perinatal Mental Health Services kindly requests that data on the following cases be recorded onto REDCap.

One to one sessions

- In-person one to one interventions of more than 15 minutes.
- Telephone / online interventions of more than 15 minutes.

Group sessions

- Group sessions can be recorded every time a course of sessions has been finished. This form includes information on: title of the group, number of participants, number of sessions.

Referrals

- Every month, the number of referrals assessed by the time should be recorded in a tally format. This form will include the name of the month, number of cases assessed, and number of cases accepted for further follow up/intervention.

Patient information



Patient information

All patient should be informed that the data collection is taking place.

To do so, please include the following paragraph to your appointment letter:

In line with best practice nationally and internationally data is collected at national level on each person attending the service. Patient identifiers, like name and address, are not recorded. This data is used to help improve the quality of the services provided, facilitate audit and help guide the development of future services. For further information please see the HSE website (Specialist Perinatal Mental Health Services).

<https://www.hse.ie/eng/services/list/4/mental-health-services/specialist-perinatal-mental-health/>

A leaflet is available on the Specialist Perinatal Mental Health Service that can be distributed amongst patients. A poster to be displayed in your offices is also available.

If a patient refuses to have their data collected, please select Yes in the following questions. This question is defaulted as “No”, please switch as appropriate. If switched to “Yes” you will not have access to any of the other forms for this patients, please do not record any more data on this patient.

Did the patient explicitly asked to NOT have their data recorded?

Yes
 No

This response is defaulted to "no", please switch to "yes" when relevant

reset

Please save this form and do not record any more data on this patient.

Data submission



Who?

The NPEC recommends a multidisciplinary approach to the collation and review of data on perinatal mental health cases at unit level (e.g. midwives, psychologists, psychiatrists, social workers, etc. when relevant).

How?

The data is submitted online via the NPEC secure database called REDcap. If you require training on REDCap, please contact tamara.escanuelasanchez@ucc.ie

When?

It is recommended that cases are inputted into the database after seeing a patient or at the end of the working day for each one of the professionals working with this data collection tools. This will ensure that the graphs and charts available on the dashboards reflect real time data and an accurate picture of the service activity. For group sessions data, it is advised that this information is submitted at the end of the group. For referrals data, it is advised that this information is submitted at the end of every month.

Data submission



- Please complete a “First visit” form every time you have a first contact with a patient. If the patient does not attend or reschedules the first appointment, please record it and fill in a new “First visit form” for the next first appointment.

Did the patient attend this appointment?

Yes
 No

Rescheduled
 No contact / Late cancellation
 Discharged
 Opt-in letter
 Discussed at MDTM

If rescheduled, please fill in a new First visit form for this patient when she comes back

reset

PNMHnumber **Test 123**
Arm 1: Patient record — Cavan General Hospital (CGH)

Data Collection Instrument	+ Add new First visit	+ Add new Subsequent visits	Discharge
First Visit			
Subsequent Visits			
Discharge			
Delete all data on event:	×	×	×


- The full form will only become available if the question “Did the patient attend this appointment?” is ticked as yes.

Data submission



- Please complete a “Subsequent visit” form for each subsequent appointment with a patient that has already been seen for the first time and returns for follow up/further intervention.
- Please complete the “Discharge form” when the patient is to be discharged from the service.

Most questions are self-explanatory, but the following notes give guidance to specific questions within the different forms.

If data is missing, please use the “M” button  in the question to mark the question as either “Information not available”, “Not answered by patient”, or “Question not asked”.

Data items collected



First visit

Date of referral: This is the date in which the referral was received

Date of referral and date of appointment: The difference in days between both will be calculated automatically.

Engagement with service: This question will be used to separate encounters/pregnancies with same patient (e.g.: woman comes during first pregnancy and two years later during second pregnancy, woman comes during for pre-conceptual counselling and one year later with a pregnancy. etc.). Please tick first if it is the first time that the woman is being seen in the service, second if it is the second time, etc.

In the case of a second pregnancy once the person books please consider that a second engagement even if the woman was never discharged.

Please consider second)or subsequent= encounter in people that have been discharged and re-referred.

Triage: Based on triage form from SPMHS. This questions refers as to whether the woman was classified as requiring urgent or routine care at triage stage.

Wait times:

- If urgent, the woman should have been seen within 1 week of referral.
- If routine, the woman should have been seen within 8 weeks of referral.

Data items collected



First visit

Patient first referred by:

- This variable reflects to the professional that referred the patient to the Perinatal Mental Health Services. If not included in the list provided, please tick Other.

Seen by / appointment with:

- This variable reflects what kind of healthcare professional working within the perinatal mental health services has had a first contact / assessment with the patient. Please fill in even if the patient does not attend the appointment.

Data items collected



First visit

Did the patient attend this visit:

- Please use this variable to record non attendance. If the patient did not attend the appointment, please select action as appropriate. If the patient attended the appointment, please click “yes” and the rest of the form will appear.
- If the appointment is rescheduled to a later date, please fill in another “First visit” form for the new First visit encounter with the patient.

Did the patient attend this appointment?

Yes
 No

Rescheduled
 No contact / Late cancellation
 Discharged
 Opt-in letter
 Discussed at MDTM

If rescheduled, please fill in a new First visit form for this patient when she comes back

reset

PNMHnumber **Test 123**
Arm 1: Patient record — Cavan General Hospital (CGH)

Data Collection Instrument	+ Add new First visit	+ Add new Subsequent visits	Discharge
First Visit	●		
Subsequent Visits		●	
Discharge			●
Delete all data on event:	×	×	×

Data items collected



First visit

Patient seen as (Type of appointment)

- This variable reflects what kind of visit is this form referring to: inpatient, outpatient, telephone visit or domiciliary visit.

Pregnancy period:

- This variable reflects if the women were seen antenatal, postnatally or pre-conceptually.

Demographic variables

- Age
- Ethnic background
- Interpreter needed: Please classify as yes even if not present or translator app used. Also classify as yes if not present in every single consultation or if family aids with interpretation.
- Civil status: If married but living separated please tick "In relationship, living separated". If married but separated, please tick "separated" even if cohabiting. If divorced, please tick "divorced" even if cohabiting.
- Number of children: Deceased children should be counted, including stillbirths.

Data items collected



First visit

Patient history:

- This variable captures information as to whether the patient has ever been cared for or is currently being cared for by mental health services. Mental health history required seeing a psychiatrist (private or public), please do not tick mental health history if the person has seen a private psychotherapist/counsellor before.

Medication history:

- This variable captures information as to whether the patient has ever used medication for mental health issues or if she is currently using medication for mental health issues.
- Please do not consider occasional use of benzodiazepine.
- Please consider trials of antidepressants or antipsychotics unless totally non-adherent.
- Please also consider ADHD medication.
- Do not consider psychotropic medication unless used for psychiatric illness.

Housing status:

- This variable aims to address potential sociodemographic concerns related to the housing status of the woman.
- Homeless includes hostel accommodation, family hub or other long-term homeless accommodation.

Past perinatal disorder

- This variable explores whether the person has a history of perinatal mental health from previous pregnancies.
- This includes any mental illness with active symptoms in a prior pregnancy.

Data items collected



First visit

Reasons for referral:

This variable captures the reasons why the woman was referred to the perinatal mental health service as stated by her referral letter or call. Multiple options can be selected.

- It explores different types of symptomatology such as:
 - Psychosis
 - Substance use
 - Mood related symptomatology
 - Anxiety related symptomatology
 - Eating based issues
 - Personality related symptomatology
 - Suicidality or self-harm
- No diagnosis: please tick this option if the woman does not have a formal diagnosis at moment of referral.
- Proactive mental health advice: please tick this option for patients that are well, with no active symptoms but that have a significant mental health history.
- TOP review: please tick this category if the woman is referred as part of her termination of pregnancy care.
- Birth trauma
- Support while coming off medication: please tick this category for women who require support during their pregnancy as they have interrupted their medication.
- Other: please use this box if none of the above are applicable or if further detail is necessary.

Data items collected



First visit

Partner / next of kin

These questions are related to the involvement of partner or another next of kin on the woman's care. These questions aim to explore:

- Supportive partner or next of kin: please select "yes" if the woman reports that she has a supportive partner or next of kin, even if they are not in consult with you.
- Patient declined NOK involvement

Data items collected



First visit

Diagnosis

This variable aims to record the mental health related diagnosis affecting women attending the perinatal mental health services. These may include:

- Organic mental disorders
- Substance use
- Psychotic disorders
- Mood related disorders
- ADHD
- Eating disorders
- Personality disorders
- Intellectual disability
- Autism spectrum disorders

Please tick all that apply

Please tick "Deferred" if no diagnosis yet.

Please use the category "Other" if the relevant diagnosis is not included in the list.

Please select "No mental illness" when no mental illness is present.

Data items collected



First visit

Suicidality and self-harm

These variables explore ideation of behaviour that can put the patient at risk. The following aspects are explored:

- Whether the patient had **suicidal ideation** ever in her life and / or within the last month.
- Whether the patient **attempted to commit suicide** or engaged in physical self-harming behaviours ever in her life and / or within the last month.

If suicidality or self-harm is not assessed in a given appointment, please use the Missing data: Question not asked option.

Data items collected



First visit

Actions taken in this visit (please tick all the relevant categories).

This variable explores what kind of approach was taken into this appointment with the patient. It includes aspects such as medication review, group intervention, external referrals, updates to other services, etc. Some relevant definitions are found below:

- Medication review: please tick this category if in this appointment the patient's medication was discussed, commenced or modified. Does not required a change in medication.
- 1:1 intervention: please tick this category for all 1:1 interactions. Please select appropriate option from dropdown list.
- Referral to internal group: if referred to external group, please select other appropriate response option. Please select this option only when the referral is done, not in every appointment.
- Referral to external therapy: please tick this box if the patient was referred to other mental health services (public or private)
- Update GP: please tick this box if the patient's GP was updated after this appointment by either phone, e-mail or letter.
- Link with Tusla: please tick this box if any interaction with Tusla - Child and Family Agency was made. Please tick only when Tusla is contacted by you at the time to referr or update about an existing matter.
- Admission to GA inpatient unit.
- Admission to an MBU: a mother and baby unit It is a specialist in-patient unit for some women with mental health problems during pregnancy or after the birth of their child.

Data items collected



First visit

Discharge at this appointment:

- This question refers to the action taken at the end of this visit. If the patient is discharged after this appointment. Please fill in a discharge form.

Discharged at this appointment Yes No reset

If discharged at this appointment, please fill in the discharge form

Data Collection Instrument	First visit	Subsequent visits	Discharge
First Visit	<input checked="" type="radio"/>		
Subsequent Visits		<input checked="" type="radio"/>	
Discharge			<input checked="" type="radio"/>
Delete all data on event:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Data items collected



Subsequent visit

This form is to be filled in every time a patient comes for an appointment after her first visit.

The questions explored in the first visit are included in this form as well, please refer to the relevant page for further information:

- Patient seen by
- Diagnosis
- Suicidality and self-harm
- Actions taken in this visit
- Discharge

Data items collected



Discharge

This form is to be filled in every time a patient is to be discharge from the perinatal mental health service.

The questions explored in the first visit are included in this form as well, please refer to the relevant page for further information:

- Discharged due to non-attendance.
- Discharged by: please select professional discharging the patient.
- Reason for discharge (other than non-attendance). If referred to another service at discharged, please select.
- Date of discharge.
- Additional notes.

Data items collected



Group sessions

Information on the group sessions conducted by the perinatal mental health services.

The information recorded for each therapeutic group is:

- Title / Objective of the group
- Number of participants registered for the group (regardless of attendance to each session)
- Number of sessions

Data items collected



Referrals

Information about the number of referrals that the Perinatal Mental Health Services receive every month is also recorded.

The information recorded on referrals include:

- Month and year
- Number of women referred
- Number of sessions



Contact us for further information

Queries to:

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