



Perinatal Mental Health Service

Lothian Perinatal Mental Health Service Community Team Referral Form

Mental Health Mother and Baby Unit
St John's Hospital

Tel: 01506 524176

Fax 01506 523802

We are happy to consider and review all referrals, and we will respond either with email advice or a face-to-face assessment. Our thoughts about best management for patients will be helped greatly if all the fields below are completed as fully as possible.

A separate form is available on RefHelp for inpatient referrals.

Name	700023046K F, 07/06/1986 Scouler, Vikki L. Vicki	Date of Birth CHI No.
Address Postcode Telephone/ Mobile	61 Bingham Broadway, Edinburgh, Midlothian, EH15 3JQ CHI 0706861108 70427 FM Morrison	(M) 07522 475502
Communication issues? Yes/No	Interpreter needed? Yes/No	Preferred Language
Ante Natal Yes/No	Pregnant - Yes/No Gestation	EDD: 28.9.14
Post Natal Yes/No	Baby Name: D.O.B: Sex:	Breast Feeding - Yes/No
Obstetric History	Previous Pregnancies:	No. of Children:
Referred by	Name: M Benson Designation: midwife	Date of referral: Telephone No: 536 9630 E-mail: maureen.benson@wht.scot.nhs.uk
General Practitioner	Name Dr Morrison Address: 132 Mountcastle Drive South EH15 3LL	Tel No
Midwife	Name M Benson Address Craigmillar M.C. 106 Middle Main Rd	Tel No 536 9630
Health Visitor	Name Catherine Lodge Address M:11th Surgery 132 Mountcastle Drive South	Tel No 549 7370
Social Worker	Name Address	Tel No
Other Professionals/ Agencies involved	Name Address	Tel No

No previous case notes

20/5/14 1/2 hour clinic appointment. - 30/6/14 FM @ 2.30pm
Andrew Duncan

Reason for Referral (Tick as many as apply)	(Please state degree of urgency, although we cannot see emergencies immediately) ☐ Bipolar disorder / Schizophrenia ☐ Currently in contact with psychiatric services ☐ Previously in contact with psychiatric services ☐ Current concerns about risk of harm or neglect to self or baby ☐ Current symptoms of psychosis ☒ Family history of contact with psychiatric services ☐ Other – please specify in the space below: mother bi-polar
Additional information eg obstetric history	—
Mental health current	well
Physical health concerns	well
Medication Current/Recent	nil
Mental health history	Including: Previous puerperal psychosis, past/present severe psychiatric illness, Previous treatment, inpatient /specialist team care, <u>family history severe psychiatric illness</u> mother - diagnosed bi-polar
Substance misuse History/current	nil
Risk issues e.g. Violence, self harm	nil
Known to Social Work Child protection issues	Yes/No Current/Previous:
Social History	Including details of other children/Family composition/Current support available/provided. lives with partner Maruff Banjoko
If patient requires home visit, state reason	—

Ethnic Group			
Asian or Asian British Bangladeshi ☐ Indian ☐ Pakistani ☐ Other ☐	Black or Black British Caribbean ☐ African ☐ Arab ☐ Other ☐	Black Other ☐ Arab ☐ Chinese ☐ Other ethnic group ☐	Mixed White & Asian ☐ White & Black ☐ African ☐ White & Black Caribbean ☐ Other ☐
White British ☒ Irish ☐ Other ☐	Not known ☐ Refused to answer ☐		

If a patient needs to be seen in less than a week, it may be that your local sector psychiatric services will need to be involved, as our team is very small and unlikely to be able to respond so quickly. However in emergencies an admission to the Mother and Baby Unit may be a possible alternative, for a period of up to 48 hours for a full psychiatric assessment.

If you have any queries, please contact:

- The Mother and Baby Unit: 01506 524175
- The administrator for the Perinatal Mental Health Service: 01506 524176
- The consultant for the Perinatal Mental Health Service:
fiona.a.murray@nhslothian.scot.nhs.uk

RCOG guidelines on indications for referral to specialised perinatal mental health services where available, otherwise general psychiatry services:

- Woman with current illness where there are symptoms of psychosis, severe anxiety, severe depression, suicidality, self-neglect, harm to others or significant interference with daily functioning. Such illnesses may include psychotic disorders, severe anxiety or depression, obsessive-compulsive disorder and eating disorders.
- Woman with a history of bipolar disorder or schizophrenia.
- Woman with previous serious postpartum mental illness (puerperal psychosis).
- Women on complex psychotropic medication regimens.
- Referral should be considered for women with illness of moderate severity if developing in late pregnancy or the early postpartum period.
- Referral should be considered for women with current illness of mild or moderate severity where there is a first-degree relative with bipolar disorder or puerperal psychosis. In the absence of current illness, such a family history indicates a raised, but low absolute, risk of early postpartum serious mental illness. Where identified, information should be shared with primary care and any evidence of mood disturbance during pregnancy or in the postpartum period should lead to referral.
- Women with previous periods of inpatient mental health care should be screened by mental health services (either by assessing case records or seeing the woman).
- Maternity services need to ensure that appropriate communication with primary care, and social services where necessary, takes place for women who decline referral to specialised mental health services.

<http://www.rcog.org.uk/files/rcog-corp/ManagementWomenMentalHealthGoodPractice14.pdf>



West Lothian
Council

Mental Health Mother and Baby Unit
St John's Hospital
Howden Road West
LIVINGSTON
EH54 6PP

NHS
Lothian

West Lothian
Community Health and Care Partnership

Private & Confidential
Vicki Scoular
61 Bingham Broadway
Edinburgh
EH15 3JQ

Date:
Our Ref: FM/SH
CHI No:
Enquiries to: [REDACTED]
Extension: 54176
Direct Line: 01506-524176

Date dictated:
Date typed:

Perinatal Mental Health Service

Dear Ms Scoular

We have received a referral from your midwife asking us to see you.

I have therefore arranged an appointment to see you **Monday 30 June 2014 at 2.30pm in the Andrew Duncan Clinic, Royal Edinburgh Hospital, Edinburgh.**

I hope this appointment is convenient but if not please telephone the above number to rearrange.

Yours sincerely

Dr FIONA MURRAY
Consultant Psychiatrist
Perinatal Mental Health Team

Copies:

M Benson, Craigmillar Medical Centre, 106 Niddrie Mains Road, Edinburgh
Dr Morrison, Milton Surgery, 132 Mountcastle Drive South, Edin EH15 3LL
Health Visitor, Milton Surgery

Chair – Frank Toner

www.westlothianchcp.org.uk

Director – Jim Forrest



West Lothian
Council

Mental Health Mother and Baby Unit
St John's Hospital
Howden Road West
LIVINGSTON
EH54 6PP

NHS

Lothian

(F)
SJH

West Lothian
Community Health and Care Partnership

Private & Confidential

Vicki Scoular
8/5 Greendykes Road
Edinburgh
EH16 4JH

✓ NEW ADDRESS

Date: 3 June 2014
Our Ref: FM/SH
CHI No: 0706861108
Enquiries to: [REDACTED]
Extension: 54176
Direct Line: 01506-524176

Date dictated:
Date typed:

Perinatal Mental Health Service

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I hope this appointment is convenient but if not please telephone the above number to rearrange.

Yours sincerely

Dr FIONA MURRAY

Consultant Psychiatrist
Perinatal Mental Health Team

Copies:

M Benson, Craigmillar Medical Centre, 106 Niddrie Mains Road, Edinburgh EH16 4DT
Dr Bickler, Craigmillar Medical Centre, 106 Niddrie Mains Road, Edinburgh EH16 4DT
Health Visitor, Craigmillar Medical Centre, 106 Niddrie Mains Road, Edinburgh EH16 4DT

Chair – Frank Toner

www.westlothianhcp.org.uk

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Mental Health Mother and Baby Unit
St John's Hospital
Howden Road West
LIVINGSTON
EH54 6PP



West Lothian
Community Health and Care Partnership

Ms Vikki Scoular
8/5 Greendykes Road
EDINBURGH
EH16 4JH

Date: 23rd July 2014
Our Ref: FM/JM
CHI No: 0706861108
Enquiries to: [REDACTED]
Extension: 54176
Direct Line: 01506-524176
08.07.14
Date dictated: 23.07.14
Date typed:

Perinatal Mental Health Service

Dear Ms Scoular

You were referred to our service by your midwife, Maureen Benson, due to your mother's diagnosis of bipolar affective disorder. Having a family history of bipolar disorder means that a pregnant woman has a 3 in 100 chance of suffering significant postnatal mental health difficulties and I am sorry that you weren't able to attend your appointment with me on 30th June for us to discuss this in more detail.

If you were to be unlucky and suffer symptoms of postnatal illness, this would be most likely to happen in the first few weeks after your baby is born. Symptoms can come on quite suddenly and progress quite quickly so I have included a handout that details what to look out for and how you might manage these difficulties if they arise. Such illnesses can be very successfully treated so I would strongly encourage you to let a health professional know as soon as possible if it seems that you are becoming unwell postnatally.

It is also very important to share this information with your partner or other family members who will be supporting you in the first few weeks after your baby is born.

I will not arrange another appointment to meet with you and discuss this further but would be very happy to do so if you feel it would be helpful or would like to know more. To arrange this please contact our administrator on 01506 524176. I wish you all the best for your upcoming delivery in September.

Yours sincerely

Dr FIONA MURRAY
Consultant Psychiatrist
Perinatal Mental Health Team

Copies:

Dr Morrison, Milton Surgery, 132 Mountcastle Drive South, Edinburgh, EH15 3LL
Maureen Benson, Midwife, Craigmillar Medical Centre, 106 Niddrie Mains Road, Edinburgh,
Cattiona Lodge, Health Visitor, Milton Surgery, 132 Mountcastle Drive South, Edinburgh, EH15 3LL

Chair – Frank Toner www.westlothianchcp.org.uk **Director** – Jim Forrest