

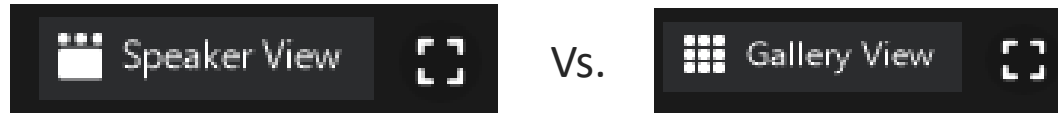


# Perinatal Mental Health Learning Community

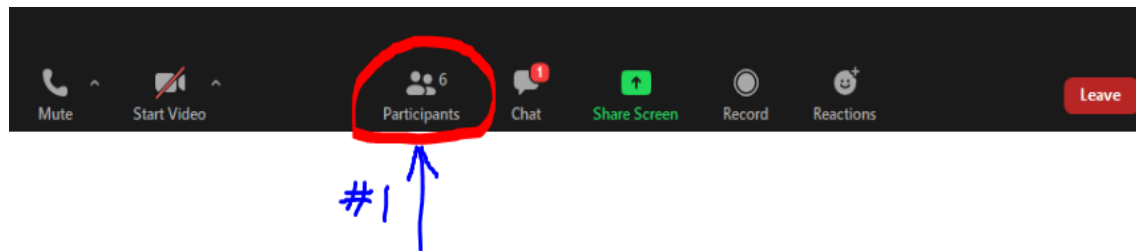
Group Office Hours: May 21, 2020 12 – 1 p.m.

# Housekeeping

- Speaker View vs. Gallery View



- 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



Julia Slininger  
Program Manager,  
PMH Learning Community  
Hospital Quality Institute



Staci Grabill  
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System Director, Perinatal  
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Maternal Mental  
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Clinical Training Specialist,  
Maternal Mental Health  
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Director of Programs,  
Hospital Quality Institute



# Program Website



Hospital Quality Institute

About HQI

Programs

Educational Opportunities

## Perinatal Mental Health Learning Community

Feb. 2020 – Dec. 2021

<https://www.hqinstitute.org/post/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.

Program at a Glance

Webinars

Group Office Hours

Online Resources for Hospitals

1:1 Coaching

Participating Hospitals

Enroll

Contact

### 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



## Education and Technical Assistance (Feb '20 - Dec '21)

- Webinars (2020: Feb, Apr, Jun, Aug, Oct, Dec; 2021: Feb, Apr, Jun, Aug, Oct, Dec)
- 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)

**TODAY**

## Training Tools and Resources (Apr '20 – Dec '21)

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

# AB-3032: Hospitals Maternal Mental Health Act

- 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



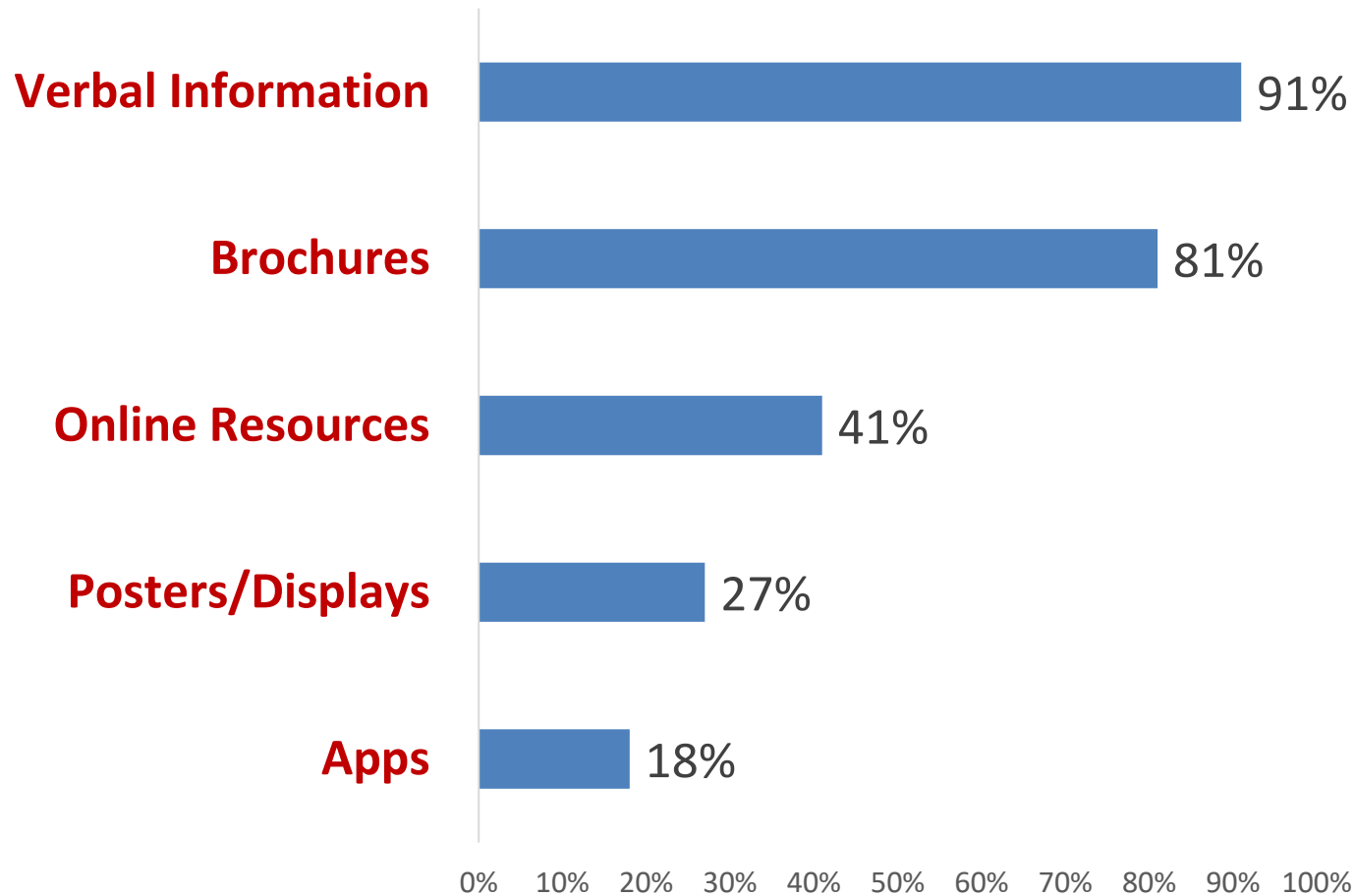
**Hospital Quality Institute**  
*Leadership in quality and patient safety*



**MATERNAL MENTAL HEALTH NOW**  
supporting the well-being of growing families

Baseline Hospital Survey

# Types of **Patient** Education Resources Hospitals Offer



# 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%

0% 10% 20% 30% 40% 50% 60% 70% 80%

# Screening and Referral

YES

Hospital screens women in the perinatal period for mental health disorders? 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

# Which Screening Tools are Used?

**EPDS** **76%**

**PHQ2** **8%**

**PHQ9** **23%**

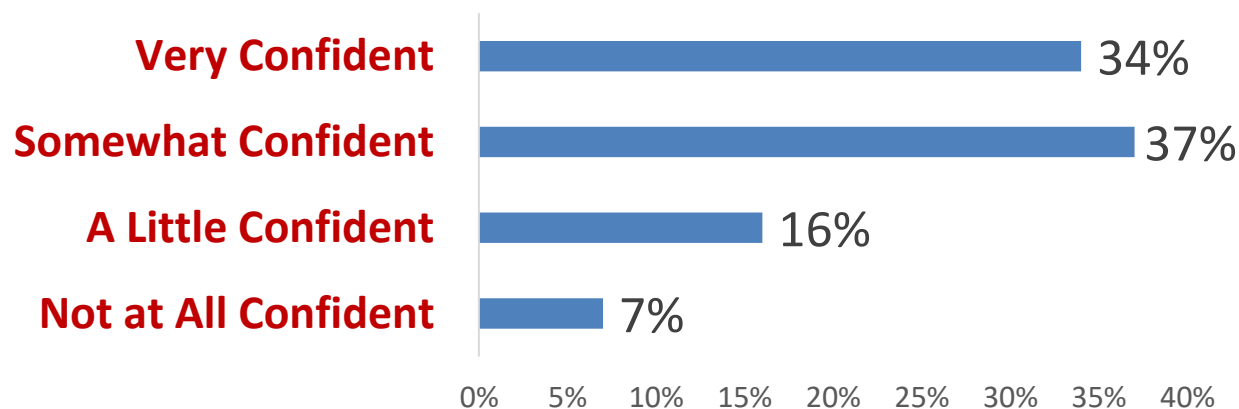
**GAD7** **3%**

**OTHER** **17%**

# 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?**



# Hospital Provides Resources for **Staff** to Help with Referral

Lists of Support Groups 62%

Contact Info for In-House  
Providers & Resources 74%

Contact info for  
Community-Based  
Providers & Resources 69%

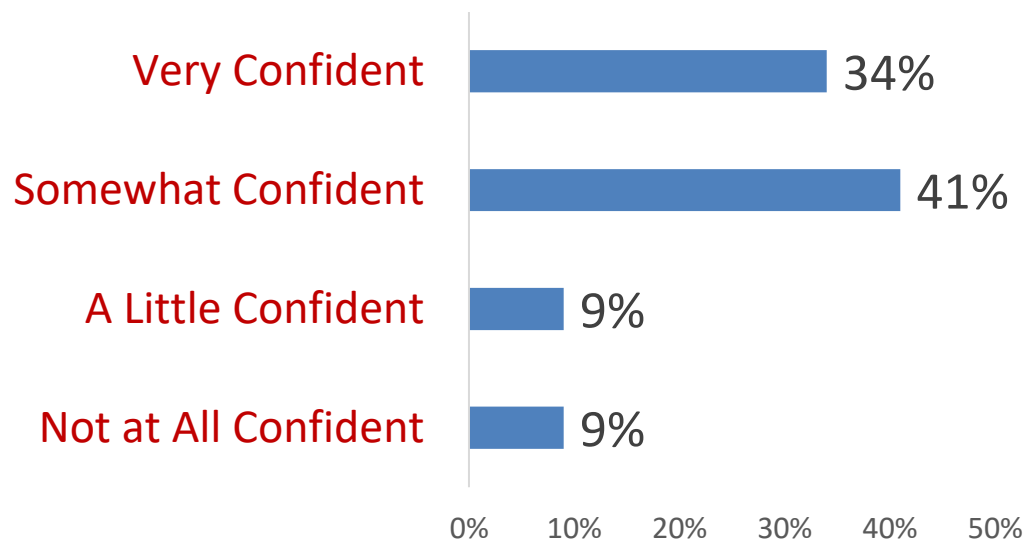
Lists of Community  
Organizations 77%

Other Resources 55%

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

**NO = 87%**

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



# 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

# Marshall Medical Center

## *Introducing: MaryAnn Gultz, 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*

# Educational Resources Review

**[www.hqinstitute.org](http://www.hqinstitute.org)**

# Comments & Questions



# 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:


Program at a Glance **Webinars** Group Office Hours Online Resources for Hospitals 1:1 Coaching

Participating Hospitals Enroll Contact FAQs

### Webinars

✓ Upcoming Webinars

June 18, 2020 – Hospital Approaches to Staff Training and Patient Education

- Noon to 1 p.m. (PT)
- Click here to register 

*Our June webinar will focus on hospital approaches to educating staff and patients/families about mental health issues in the perinatal period. A review of best practices will be accompanied by hospital exemplars.*

> Past Webinars

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