

NATIONAL INSTITUTE FOR HEALTH AND CARE EXCELLENCE

QUALITY STANDARD TOPIC OVERVIEW

1 Quality standard title

Antenatal and postnatal mental health

2 Introduction

2.1 *NICE quality standards*

NICE quality standards are a concise set of prioritised statements designed to drive measurable quality improvements within a particular area of health or care.

The standards are derived from high-quality guidance, such as that from NICE or [accredited](#) by NICE. They are developed independently by NICE, in collaboration with health, public health and social care practitioners, their partners and service users. Information on priority areas, people's experience of using services, safety issues, equality and cost impact are considered during the development process.

NICE quality standards are central to supporting the Government's vision for a health and social care system that is focused on delivering the best possible outcomes for people who use services, as detailed in the [Health and Social Care Act \(2012\)](#).

The quality standard development process is described in detail on the [NICE website](#).

2.2 *This topic overview*

This topic overview describes core elements of the quality standard. These include the population and topic to be covered, key source guidance to be used to underpin potential quality statements, any related quality standards,

published current practice information and national or routine indicators and performance measures.

If the source guidance is not NICE guidance, it should meet the minimum quality criteria defined in NICE's [accreditation programme](#).

3 This quality standard

This quality standard is expected to publish in October 2015.

3.1 Population and topic to be covered

This quality standard will cover the recognition, assessment, care and treatment of mental health disorders in women during pregnancy and the postnatal period (up to 1 year after childbirth). It also includes the care of women with an existing mental health disorder who are planning a pregnancy and the organisation of mental health services needed in pregnancy and the postnatal period.

3.2 Key development sources (NICE and NICE-accredited sources)

Primary source

- [Antenatal and postnatal mental health](#) (2014) NICE guideline CG192

Other sources that may be used

- Scottish Intercollegiate Guidelines Network (2012) [Management of perinatal mood disorders](#)
- [Service user experience in adult mental health](#) (2011) NICE guideline CG136

Key policy documents, reports and national audits

Relevant policy documents, reports and national audits will be used to inform the development of the quality standard.

- Centre for Mental Health and London School of Economics (2014) [The costs of perinatal mental health problems](#)

NICE quality standard: Antenatal and postnatal mental health overview (January 2015)

- Maternal Mental Health Alliance (2014) [UK specialist community perinatal mental health teams \(current provision\)](#)
- Royal College of Midwives (2014) [Maternal mental health: improving emotional wellbeing in postnatal care](#)
- Maternal Mental Health Alliance (2013) [Specialist Mental Health Midwives: what they do and why they matter](#)
- National Audit Office (2013) [Maternity services in England](#)
- NHS England (2013) [NHS standard contract for specialised perinatal mental health services \(in patient mother and baby units and linked outreach teams\) Schedule 2 The Services A Service Specifications](#)
- NSPCC (2013) [Prevention in mind: All babies count: spotlight on perinatal mental health](#)
- Department of Health (2012) <https://www.gov.uk/government/news/maternal-mental-health-pathway-aims-to-provide-a-structured-approach>
- Public Health Agency (2012) [Integrated perinatal mental health care pathway](#)
- Department of Health (2011) [National Perinatal Mental Health Project Report](#)
- Patients Association (2011) [Postnatal depression services: an investigation into NHS service provision](#)
- Royal College of Nursing (2011) [The RCN's UK position on health visiting in the early years](#)
- Royal College of Obstetricians and Gynaecologists (2011) [Management of Women with Mental Health Issues during Pregnancy and the Postnatal Period](#) (Good Practice No. 14)
- UK National Screening Committee (2011) [Policy review: postnatal depression screening policy position statement](#)
- 4Children (2011) [Suffering in silence: 70,000 reasons why help with postnatal depression needs to be better](#)

3.3 Related NICE quality standards

Published

- [Ectopic pregnancy and miscarriage](#) (2014) NICE quality standard 69
- [Anxiety disorders](#) (2014) NICE quality standard 53
- [Depression in children and young people](#) (2013) NICE quality standard 48
- [Multiple pregnancy](#) (2013) NICE quality standard 46
- [Postnatal care](#) (2013) NICE quality standard 37
- [Self-harm](#) (2013) NICE quality standard 34
- [Caesarean section](#) (2013) NICE quality standard 32
- [Antenatal care](#) (2012) NICE quality standard 22
- [Service user experience in adult mental health](#) (2011) NICE quality standard 14
- [Alcohol dependence and harmful alcohol use](#) (2011) NICE quality standard 11
- [Depression in adults](#) (2011) NICE quality standard 8

In development

- [Intrapartum care](#) publication expected December 2015
- [Bipolar disorder in adults](#) publication expected June 2015
- [Personality disorders \(borderline and antisocial\)](#) publication expected May 2015
- [Psychosis and schizophrenia in adults](#) publication expected February 2015

Future quality standards

This quality standard will be developed in the context of all quality standards referred to NICE, including the following quality standards scheduled for future development:

- Maternal health: promoting maternal health through community based strategies
- Medicines optimisation (covering medicines adherence and safe prescribing)
- Mental well-being: life course, settings and subgroups

NICE quality standard: Antenatal and postnatal mental health overview (January 2015)

- Parenteral nutrition in neonates
- Premature birth
- Premature labour
- Provision of termination of pregnancy services
- Suicide prevention

The full list of quality standard topics referred to NICE is available from the [quality standard topic library](#) on the NICE website.

4 Existing indicators

- [The percentage of women with schizophrenia, bipolar affective disorder or other psychoses under the age of 45 years who have been given information and advice about pregnancy, conception or contraception tailored to their pregnancy and contraceptive intentions recorded in the preceding 12 months](#) QOF NM 78 (2014)

5 Further information

See the NICE website for more information about [NICE quality standards](#) and the [progress of this quality standard](#).