

## Public Submission Cover Sheet

Please complete this sheet and submit with any attachments to the Sustainable Health Review Secretariat

### Your Personal Details

*This information will be used only for contacting you in relation to this submission*

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### Publication of Submissions

*Please note all Public Submissions will be published unless otherwise selected below*

- I do not want my submission published
- I would like my submission to be published but remain anonymous

### Submission Guidance

**You are encouraged to address the following question:**

**In the context of the Sustainable Health Review Terms of Reference listed below, what is needed to develop a more sustainable, patient centred health system in WA?**

- Leveraging existing investment in Primary, Secondary and Tertiary healthcare, as well as new initiatives to improve patient centred service delivery, pathways and transition;
- The mix of services provided across the system, including gaps in service provision, sub-acute, step-down, community and other out-of-hospital services across WA to deliver care in the most appropriate setting and to maximise health outcomes and value to the public;
- Ways to encourage and drive digital innovation, the use of new technology, research and data to support patient centred care and improved performance;
- Opportunities to drive partnerships across sectors and all levels of government to reduce duplication and to deliver integrated and coordinated care;
- Ways to drive improvements in safety and quality for patients, value and financial sustainability, including cost drivers, allocative and technical efficiencies;
- The key enablers of new efficiencies and change, including, research, productivity, teaching and training, culture, leadership development, procurement and improved performance monitoring;
- Any further opportunities concerning patient centred service delivery and the sustainability of the WA health system.

### Submissions Response Field

*Please type your response into the field below. Alternatively you may provide your submissions as a separate attachment (Suggested Maximum 5 pages).*

Australia has been an international leader in perinatal (pre and postnatal) mental health. Drawing on the outcomes of the world largest screening program between 2001 and 2005, a National Action Plan enabled best practice implementation under the National Perinatal Depression Initiative (2008-13), which received further funding until June 2015.

A number of significant developments occurred under the Initiative, including:

- The development of Australia's first National Perinatal Guidelines.
- The development of online training and information resources for health professionals to support best practice implementation.
- The implementation of screening across sites and services.
- The identification of referral pathways through localised mapping.
- The production of campaigns and resources to raise awareness and inform consumers and carers.

Despite Australia's achievements to date and the best of intentions on the part of the Federal and State Governments, approaches to the development and implementation of best practice guidelines, information provision, screening and follow-up have been manual, cost-intensive, exclusive to particular population groups, costly and unsustainable. In addition, manual approaches to screening means that data is not being accurately or systematically collected. Without this real data to inform the work being done, any evaluation of the impact of such work is at best, an informed estimate.

Next steps toward a sustainable solution

With the withdrawal of bipartisan support for the NPDI in June 2015, States and Territories are required to focus upon sustainable, cost-effective solutions to support preventative health care, early detection and intervention. It is through the development of innovative, digital technologies, that the Centre of Perinatal Excellence (COPE) has established a comprehensive, innovative and integrated approach to perinatal mental health that is clinically and economically sustainable.

This is comprised of the following elements:

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Objective 1: The development and dissemination of new National Perinatal Mental Health Guidelines

Funded by the Commonwealth Government and developed by the Centre of Perinatal Excellence, the new national Guideline will be released on October 28, 2017. This includes the development of free online, accredited training programs for those health workers at the front line in the provision of maternity, postnatal and primary health care. This needs to be widely promoted and disseminated across WA to support the implementation of best practice.

Objective 2: The dissemination of an Guideline information for pregnant women and new mothers

The production and dissemination of hard copy booklets (currently only available in English) to inform and educate consumers about emotional and mental health is expensive and unsustainable. In response to the need to develop a more targeted, engaging and cost-effective solution, COPE has developed the Ready to COPE Guide.

Ready to COPE is an easy-to-read, cost-effective e-newsletter that engages with women to provide ongoing fortnightly information to expectant and new mothers across the 21-month period from conception to the end of the first year in early parenthood. This approach provides targeted, relevant information about emotional and mental health at each stage across the perinatal period, with direction to factsheets and further information and guidance via the COPE website. All information contained in the Guide and website will be underpinned by the National Guidelines. This is a valuable resource for women in Western Australia, and represents a sustainable solution to engagement, mental health promotion, education and referral pathways.

Objective 3: Modernising and improve perinatal mental health screening through digital technology

Routine, universal perinatal screening is recommended best practice to facilitate early detection and identification of women at risk of, and experiencing, perinatal mental health conditions . Whilst Governments have invested significantly to embed routine screening across maternity, postnatal and general practice settings, the current manual approaches to screening are inefficient, inaccurate (up to 29% error in scoring recommended clinical tools by health professionals ) and unsustainable. In addition, the absence of the automated collection of

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screening data means that despite significant investment, screening rates and outcomes across services and jurisdictions remain unknown.

In response to this, COPE has developed a modern, innovative, sustainable solution to enable routine perinatal mental health screening across a range of healthcare settings - the iCOPE digital screening platform.

To date the Platform has been implemented with great success across both maternity and postnatal sites - all of which have a high representation of non-English speaking background clients, the trials have supported the translation and integration of the screening tools and tailored patient reports into 13 languages.

The trials and current implementation have revealed that iCOPE offers the following advantages for consumers, clinicians and policy makers:

- Saves time by allowing screening to be undertaken in the waiting room.
- Is responsive to consumers' answers through using algorithms to provide a "smart screening" approach based on previous response options.
- Ensures 100% accuracy in scoring through automated scoring calculations and algorithms.
- Embeds best practice through standardising recommended screening tools and practices and providing clinicians with instant clinical reports summarising clinical scores and guiding practice in accordance with the National Guidelines.
- Empowers consumers through the provision of instant, personalised patient reports delivered via email or SMS, eliminating the need to produce and distribute generic, costly hard-copy booklets currently only available in English.
- Makes screening more inclusive by allowing screening and patient reports to be delivered in a range of different languages (currently 13 languages).
- Improves accuracy and reduces costs associated with the need to deploy interpreters for CALD population groups.
- Automates the collection of data in real time to enable screening rates and outcomes to be monitored to inform service provision, research and policy.
- Facilitates referral through integrating screening outcomes and referral pathways.

Objective 4: The development of an integrated, referral pathway system to facilitate referral to

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evidence-based service providers

There is no national, integrated approach to collecting perinatal-specific service information across Australia, leading to individual practitioners and services compiling paper lists of local referral agencies and providers which require constant updating and are often inaccurate due to frequent changes in services.

COPE has developed the e-COPE Directory based on the National Health Services Directory to refine searches and enable rapid and accurate identification of local providers with accredited expertise in perinatal mental health and appropriate support services. Identifying specialist providers with a special interest and expertise in perinatal mental health across Western Australia will enable consumers, carers and health professionals alike to quickly confirm the best local referral for a specific need within a geographical location. This will increase knowledge of local, appropriate services, thereby facilitating early intervention and reducing the potential for delayed help-seeking.

COPE has scoped the development of an e-COPE Directory framework and this will be supported by the Commonwealth, providing a valuable infrastructure and opportunity to incorporate local pathways to care across Western Australia to facilitate prompt and appropriate referral across the State.

#### Summary

This comprehensive, integrated solution serves to provide the Western Australian Government, service providers and the community with an effective, modern, innovative and cost-effective solution to perinatal mental health that builds on achievements to date. This aligns with the State Government's mission to develop a more sustainable, patient centred health system in WA.

The proposed integrated solution:

- Embeds best practice in line with Clinical Guidelines across Western Australia.
- Acknowledges and understands the needs of consumers in terms of receptiveness to messages and access to information.
- Provides a low-cost sustainable approach to best practice and all elements of communication.
- Enables all elements to be monitored, refined and evaluated.

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Through innovation and supporting a preventative health approach, the integration of these components provides a sustainable framework that is underpinned by best practice, is inclusive and able to be monitored and evaluated.