



Bedfordshire
Community
Health Services

NHS



3 Month review

Introducing Solids



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3 Month review

Feeding



3 Month review

Sleep



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3 Month review

Socialising and Playing



3 Month
review

Comforting
my baby



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3 Month review

Staying Safe



3 Month review

Poorly Baby



3 Month review

Safe Sleep



3 Month review

Immunisations



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3 Month
review

Growing my
baby's brain



3 Month
review

Parent/Carer
Mental Health Review



Scoring Information for Practitioners

During review use the conversation card “Parent/Carer Mental Health Review”

Community Nursery Nurse - ask mother these questions

Whooley questions or Depression identification questions – client to answer YES or NO to the two questions
Positive answer is one or more yes

- During the past month, have you been bothered by feeling down, depressed or hopeless? YES/NO
- During the past month, have you often been bothered by having little interest or pleasure in doing things? YES/NO

Generalised Anxiety Disorder (GAD 2) questions: Positive Score is 3 (or more)

Not at all (0), Several days (1), More than half the days (2), Nearly every day (3)

- Over the last 2 weeks how often have you been bothered by feeling nervous, anxious or on edge?
- Over the last 2 weeks how often have you not been able to stop or control worrying?

Refer on any client with positive score to symptoms screen or any red flag symptoms, regardless of symptoms score (see pathway).

Positive scores(s) to screening questions:
Whooley: Yes to either question
GAD 2 - Score of 3 (or more)

CNN - Task PIMH Champion Group on S1
CNN – Advise client of further contact by HV
CNN – Task allocated HV for UPP clients
PIMH Champions to uptake initial triage, referral on
and/or short term intervention for Universal clients only

Negative score to both Whooley and GAD 2

No further action from the CNN

Highlight Health HUB contact details should this change

Parent/Carer Questionnaire

Feedback from your 3 month baby review appointment is really important to us.

Please scan this QR code to be taken directly to our short questionnaire and take a few minutes to complete it.

Thank you.

SCAN ME

