

Maternal Postnatal Template for use in General practice 6-8 week check

This template designed to be used by the General Practitioner at the 6-8 week review.

Mental health screening questions

1. Is motherhood everything you thought it would be?
2. In the past month have you felt little interest or pleasure in doing things?
3. In the past month have you often felt down, depressed or hopeless?
4. During the past month have you been feeling anxious, nervous or on edge?
5. During the past month have you not been able to stop or control worrying?
6. Is this something we can help you with?

[link to RCGP perinatal mental health toolkit](#)

Domestic Abuse screening questions

1. How are things at home?
2. Have you ever felt frightened or had to change your behaviour due to someone you had a relationship with?

Social Support

1. Who is at home to support you?
2. Have you or your family ever received help or support from children's services?
3. How is your partner coping with parenthood? (If concerns consider need to offer partner an appointment)

Postnatal health education

1. Do you feel your baby is crying excessively?
 - ICON advice discussed and leaflet given?
 - Safe sleeping advice (including co-sleeping)
 - Link to DadPad for support for partners (where appropriate)

Physical health

1. Type of delivery
2. Feeding details
3. Postnatal examination
4. Contraception
5. Smear
6. Smoking status
7. Alcohol consumption
8. History of substance misuse