



THE PERISCOPE PROJECT

PERINATAL SPECIALTY CONSULT PSYCHIATRY EXTENSION

This toolkit was produced by the Medical College of Wisconsin and is provided to health care providers through The Periscope Project. The goal of this toolkit is to provide practitioners with an up-to-date, reliable, and easy to use source of information for mental health conditions during the perinatal period. The content is based on the latest available evidence-based guidelines and research whenever possible. If you are aware of new guidelines or research or if you have suggestions that can help improve this toolkit, please contact ThePeriscopeProject@mcw.edu. Please read our disclaimer before using our toolkit.

This toolkit is for educational purposes only and does not constitute medical advice. The toolkit is not a replacement for careful medical judgments by qualified medical personnel. There may be information in the toolkit that does not apply to or may be inappropriate for the medical situation at hand.

ADDITIONAL TOOLS FOR ADVANCED SCREENING

There are no current guidelines related to screening for PTSD in pregnant and postpartum patients.

We recommend that all patients presenting with a history of trauma or symptoms concerning for PTSD should be screened using a validated tool such as the ultra-brief PC-PTSD-5 or the PCL-5. Although the gold standard for diagnosing PTSD is a structured clinical interview, the PCL-5 can be used by Primary Care Physicians, Pediatricians and specialists including Ob-Gyns to provide a provisional PTSD diagnosis.

Furthermore, parental functioning is critical to parent and infant health and development though is often impacted by perinatal mental illness. The Barkin Index of Maternal Functioning (BIMF) is a validated tool designed to assess overall functioning in the context of early parenthood. The BIMF can identify suboptimal functioning in specific areas (social support, management, mother-child interaction, infant care, self-care, adjustment, and psychological well-being) and focus therapeutic, skill-building interventions on identified domains.

1. Complete PC-PTSD-5 in patients with a history of trauma AND/OR trauma-related symptoms

- To score
 - Sum the number of “yes” responses
 - Recommended cut off: 4

2. Complete PCL-C-V in patients with a history of trauma AND/OR trauma-related symptoms AND positive PC-PTSD-5 screen

- To score
 - Sum items to provide a total severity score (0-80)
 - Recommended cutoff 31-33
 - To make a provisional diagnosis:
 - Treat each item rated ≥ 2 as an endorsed symptom
 - Follow the DSM-V diagnostic criteria which requires ≥ 1 Criterion B item (questions 1-5), ≥ 1 Criterion C item (questions 6-7), ≥ 2 Criterion D items (questions 8-14), AND ≥ 2 Criterion E items (questions 15-20)

3. Complete the Barkin Index of Maternal Functioning (BIMF) in patients who screen positive for perinatal mental illness with a valid screening tool AND/OR are demonstrating impaired parental functioning

- To score
 - After reverse coding for items 16 and 18, sum all 20 items. The total score ranges from 0 to 120 with 120 representing perfect functioning
 - Reverse coding simply means: A response of 0=6 and a response of 6=0; a response of 1=5 and a response of 5=1; a response of 2=4 and a response of 4=2; a response of 3=3.

References:

Prins, A., Bovin, M. J., Kimerling, R., Kaloupek, D. G, Marx, B. P., Pless Kaiser, A., & Schnurr, P. P. (2015). Primary Care PTSD Screen for DSM-5 (PC-PTSD-5) [Measurement instrument]. Available from <https://www.ptsd.va.gov>

Using the PTSD Checklist for DSM-V (PCL-5) [Measurement Instrument]. Available from <https://www.ptsd.va.gov/professional/assessment/documents/using-PCL5.pdf>

Barkin, J. L., Wisner, K. L., Bromberger, J. T., Beach, S. R., Terry, M. A., & Wisniewski, S. R. (2010). Development of the Barkin index of Maternal Functioning. *Journal of Women's Health*, 19(12), 2239-2246.

BARKIN INDEX OF MATERNAL FUNCTIONING

Please circle the number that best represents how you have felt over the past two weeks. Please try to answer each question as honestly as possible as your responses will help us better understand the postpartum experience.

| | Strongly Disagree | Disagree | Somewhat Disagree | Neutral | Somewhat Agree | Agree | Strongly Agree |
|---|-------------------|----------|-------------------|---------|----------------|-------|----------------|
| 1. I am a good mother. | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 2. I feel rested. | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 3. I am comfortable with the way I've chosen to feed my baby (either bottle or breast, or both). | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 4. My baby and I understand each other. | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 5. I am able to relax and enjoy time with my baby. | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 6. There are people in my life that I can trust to care for my baby when I need a break. | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 7. I am comfortable allowing a trusted friend or relative to care for my baby (can include baby's father or partner). | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 8. I am getting enough adult interaction. | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 9. I am getting enough encouragement from other people. | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 10. I trust my own feelings (instincts) when it comes to taking care of my baby. | 0 | 1 | 2 | 3 | 4 | 5 | 6 |

BARKIN INDEX OF MATERNAL FUNCTIONING

Continued from first page...

| | Strongly Disagree | Disagree | Somewhat Disagree | Neutral | Somewhat Agree | Agree | Strongly Agree |
|--|-------------------|----------|-------------------|---------|----------------|-------|----------------|
| 11. I take a little time each week to do something for myself. | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 12. I am taking good care of my baby's physical needs (feedings, changing diapers, doctor's appointments). | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 13. I am taking good care of my physical needs (eating, showering, etc). | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 14. I make good decisions about my baby's health and well being. | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 15. My baby and I are getting into a routine. | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 16. I worry about how other people judge me (as a mother). | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 17. I am able to take care of my baby and my other responsibilities. | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 18. Anxiety or worry often interferes with my mothering ability. | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 19. As time goes on, I am getting better at taking care of my baby. | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 20. I am satisfied with the job I am doing as a new mother. | 0 | 1 | 2 | 3 | 4 | 5 | 6 |