

# Prenatal Psychosocial Assessment Guidelines

## Ask Me! Identifying Stressors for Pregnant Women

The following guidelines are recommended when using the Prenatal Psychosocial Assessment. The Assessment is to be **offered to all** pregnant women on PEI.

- A minimum 15 minute appointment should be booked, after 20 weeks gestation - (20 -30 weeks) after rapport has been established and when other major pregnancy events are less frequent.
- Introduce the form as part of standard care given to all women.
- Ask the woman to complete the self-report (yellow form) alone, without her partner present, if possible.
- The yellow self-complete form will be given to the woman to complete in private. This form will help identify areas that require discussion. The green form will aid the health care provider in discussing of areas of concern, documentation, and referral. Following the assessment, the green form becomes part of the woman's chart. The woman can keep the yellow form, destroy it, or choose to leave it on her chart.
- Maintain confidentiality and discuss with the woman before sharing information through a referral.
- The Referral/Communication form will be used to make referrals to the appropriate agency and for communication between the family physician and obstetrician. The white copy goes to the agency and the yellow to the obstetrician/family physician (if applicable). The pink copy is to be kept as part of the woman's chart.
- Remember that associations do not imply causality.
- **Fee code 2590 Prenatal Psychosocial Assessment (once/pregnancy - max. 45 minutes) and indicate the length of time required to complete the assessment. Please use the appropriate V22 diagnostic code with this billing code.**
- Please continue to document areas of concern on the woman's prenatal record.

Endorsed by: The Society of Obstetricians and Gynaecologists of Canada  
College of Family Physicians of Canada  
Canadian Pediatric Association  
Canadian Psychiatric Association  
Royal College of Physicians and Surgeons of Canada  
Family-Centred Maternity and Newborn Care: National Guidelines - Health Canada 2000  
PEI Medical Society  
PEI College of Family Physicians  
PEI Reproductive Care Program