Postnatal depression: referral

Original independent practice material. Assume that today's date is 6 November 2026. Ms Fikayomi Adisa has attended a general practice review today. You are a registered nurse working in general practice. Using the case notes, write a referral letter to Ms Subomi Ayoola, Perinatal Mental Health Nurse, Community Perinatal Mental Health Team, 24 Station Road, NSW 2000. Request assessment and psychological treatment coordination for Ms Fikayomi Adisa. Clarify maternal mental-health follow-up, the separate infant-care arrangements and the authorised information sharing with the child-health nurse. In your answer: expand the relevant notes into complete sentences; do not use note form; use letter format. The body of the letter should be approximately 180–200 words.

Choose one box per line: I = Include / C = Compress / O = Omit. Answers and reasons are on the webpage (scan QR).

	I	C	O
Patient details			
1. Name: Ms Fikayomi Adisa	☐	☐	☐
2. DOB: 14/02/1997; 29 yrs	☐	☐	☐
3. Address: 18 Park Road, NSW 2000	☐	☐	☐
4. General practice review today: 06/11/26	☐	☐	☐
5. First baby born 11/09/26; 8/52 old; uncomplicated delivery	☐	☐	☐
Social background			
6. Lives with partner; he assists with baby care overnight	☐	☐	☐
7. Sister providing weekday practical help for next 2/52	☐	☐	☐
8. Previously attended sewing group monthly	☐	☐	☐
9. Aunt privately criticised partner's choice of job to receptionist	☐	☐	☐
Medical history			
10. No previous mental-health diagnosis or treatment reported	☐	☐	☐
11. Appendicectomy aged 12	☐	☐	☐
12. No known drug allergies	☐	☐	☐
Assessment today			
13. GP assessment: postnatal depression diagnosed today	☐	☐	☐
14. Low mood, guilt, loss of enjoyment for 4/52	☐	☐	☐
15. Poor sleep even when partner cares for baby; concentration ↓	☐	☐	☐
16. Denies suicidal thoughts/self-harm thoughts/thoughts of harming baby; no psychotic symptoms elicited	☐	☐	☐
17. Accepts help; feeding/changing baby safely with prompts from family	☐	☐	☐

	I	C	O
Assessment today			
18. Baby breastfeeding; gaining weight at child-health reviews	☐	☐	☐
Treatment and preferences			
19. GP discussed psychological therapy and antidepressants; prefers psychological treatment initially	☐	☐	☐
20. No antidepressant prescribed	☐	☐	☐
21. GP retains medical review; appointment 10/11	☐	☐	☐
22. GP requested specialist referral; patient consents	☐	☐	☐
23. Prefers morning telephone contact while sister cares for baby	☐	☐	☐
Agreed referral and liaison plan			
24. Perinatal team requested: contact by 09/11, assess mood/risk, coordinate psychological treatment; advise GP of ongoing plan	☐	☐	☐
25. Ms Omodunni Ninalowo, Child Health Nurse: retains infant feeding/growth reviews; home visit booked 09/11	☐	☐	☐
26. Routine sharing with child-health nurse authorised: maternal diagnosis + contact/attendance arrangements only; therapy-session details excluded	☐	☐	☐
27. Perinatal team requested to lead ongoing maternal mental-health follow-up; child-health nurse reports maternal deterioration to GP same day	☐	☐	☐
28. Safety advice explained: rapid mental deterioration → same-day urgent GP assessment; immediate danger to mother/baby → emergency services	☐	☐	☐
29. Complained about music playing in clinic waiting room	☐	☐	☐
30. Baby's next immunisation appointment: 13/11	☐	☐	☐

Teachers: free class packs at oetace.com/oet/teachers