



10 Steps to Getting Started with the Perinatal Mental Health (PMH) Initiative

1. Review the **PMH QI team Roster recommendations** and identify your hospitals **PMH QI team**. Submit your hospitals **PMH QI Team Roster** to ILPQC.
2. Complete the **ILPQC PMH Teams Readiness Survey** to identify team opportunities for improvement. Please work together as a team to complete the survey and choose one designee to fill out the survey. Remember, there are no correct answers. It's ok to start with lots of opportunities for improvement!
3. Schedule regular, at least monthly, **PMH QI team meetings** to review your data and make improvement plans and identify PDSAs cycles for the coming month.
4. Review the **ILPQC PMH Data Collection Forms** with your team, discuss data collection strategies, and attend the **PMH Data Call**.
5. Conduct **baseline data collection** over the summer. Review your hospital's baseline data and **identify opportunities for improvement**. Consider how you will use your team's monthly data to monitor initiative progress and provide feedback to clinical teams.
6. Review the **ILPQC PMH Toolkit** for nationally vetted resources to support your improvement goals. Reference the **PMH Key Driver Diagram and PMH Key Strategies** to identify possible interventions.
7. Meet with your QI team to create a draft **30—to 60—to 90-day plan**. **This plan helps your team decide where to start and identify what you want to accomplish in the first three months. Consider focusing on the PMH key strategies**, and use your baseline data and readiness survey results to give input on where your hospital should start.
8. Plan your first **PDSA cycle** with your team to address your 30- 60- 90-day plan. These small tests of change help your hospital test process/system changes to reach initiative goals. Please see the attached worksheet for more details on planning your first small test of change. Focus on PMH key strategies for improvement, start small and test a change/ improvement with one nurse, one provider, one patient, one day, or one week. Review results, make improvements, and implement if successful; repeat the cycle if adaptations are needed.
9. Consider scheduling a **PMH kick-off meeting and /or grand rounds** to announce your hospital's PMH initiative's launch officially. This should include sharing an overview of the **PMH initiative, PMH key strategies**, and your team goals for the initiative with OB clinical staff to facilitate OB provider, nurse, and staff buy-in. Assistance from ILPQC will be available, including a PMH kick-off slide deck and a PMH speaker bureau to schedule potential speakers.
10. **Contact ILPQC for help (info@ilpqc.org) and celebrate your successes with your team early and often.**