

Postpartum Depression Screening and Referral

Dr. Marilyn Berchie- Gialamas DNP, CRNP, NP-C



Postpartum Depression

WHAT IS IT?

Mood Disorder similar to depression that can present itself up to 12 months after delivery

1 in 7 mothers experience Postpartum Depression

1 in 3 women from low-income areas

EFFECT ON MOTHERS AND FAMILIES

PPD may affect the mother and infant bonding

Negatively impact child development.

Put a strain on family relationships

Lead to Postpartum Psychosis

Mother harming herself or child

Review of Literature on PPD Screening Tools

Edinburgh Postnatal Depression Scale

❖ Limitations

- Studies indicate the need for EDPS to be more inclusive of women from racial and ethnic minorities.
- Limitations based on Age (Davis et al., 2020; Ukatu 2017).

Edinburgh Postnatal Depression Scale¹ (EPDS)

Name: _____ Address: _____

Your Date of Birth: _____

Baby's Date of Birth: _____ Phone: _____

As you are pregnant or have recently had a baby, we would like to know how you are feeling. Please check the answer that comes closest to how you have felt **IN THE PAST 7 DAYS**, not just how you feel today.

Here is an example, already completed.

I have felt happy:

- Yes, all the time
 Yes, most of the time This would mean: "I have felt happy most of the time" during the past week.
 No, not very often Please complete the other questions in the same way.
 No, not at all

In the past 7 days:

- | | |
|---|---|
| <p>1. I have been able to laugh and see the funny side of things</p> <ul style="list-style-type: none"><input type="checkbox"/> As much as I always could.<input type="checkbox"/> Not quite so much now<input type="checkbox"/> Definitely not so much now<input type="checkbox"/> Not at all | <p>*6. Things have been getting on top of me</p> <ul style="list-style-type: none"><input type="checkbox"/> Yes, most of the time I haven't been able to cope at all<input type="checkbox"/> Yes, sometimes I haven't been coping as well as usual<input type="checkbox"/> No, most of the time I have coped quite well<input type="checkbox"/> No, I have been coping as well as ever |
| <p>2. I have looked forward with enjoyment to things</p> <ul style="list-style-type: none"><input type="checkbox"/> As much as I ever did<input type="checkbox"/> Rather less than I used to<input type="checkbox"/> Definitely less than I used to<input type="checkbox"/> Hardly at all | <p>*7. I have been so unhappy that I have had difficulty sleeping.</p> <ul style="list-style-type: none"><input type="checkbox"/> Yes, most of the time<input type="checkbox"/> Yes, sometimes<input type="checkbox"/> Not very often<input type="checkbox"/> No, not at all |
| <p>*3. I have blamed myself unnecessarily when things went wrong</p> <ul style="list-style-type: none"><input type="checkbox"/> Yes, most of the time<input type="checkbox"/> Yes, some of the time<input type="checkbox"/> Not very often<input type="checkbox"/> No, never | <p>*8. I have felt sad or miserable</p> <ul style="list-style-type: none"><input type="checkbox"/> Yes, most of the time<input type="checkbox"/> Yes, quite often<input type="checkbox"/> Not very often<input type="checkbox"/> No, not at all |
| <p>4. I have been anxious or worried for no good reason</p> <ul style="list-style-type: none"><input type="checkbox"/> No, not at all<input type="checkbox"/> Hardly ever<input type="checkbox"/> Yes, sometimes<input type="checkbox"/> Yes, very often | <p>*9. I have been so unhappy that I have been crying.</p> <ul style="list-style-type: none"><input type="checkbox"/> Yes, most of the time<input type="checkbox"/> Yes, quite often<input type="checkbox"/> Only occasionally<input type="checkbox"/> No, never |
| <p>*5. I have felt scared or panicky for no very good reason</p> <ul style="list-style-type: none"><input type="checkbox"/> Yes, quite a lot<input type="checkbox"/> Yes, sometimes<input type="checkbox"/> No, not much<input type="checkbox"/> No, not at all | <p>*10. The thought of harming myself has occurred to me</p> <ul style="list-style-type: none"><input type="checkbox"/> Yes, quite often<input type="checkbox"/> Sometimes<input type="checkbox"/> Hardly ever<input type="checkbox"/> Never |

Administered/Reviewed by: _____ Date: _____

¹Source: Cox, J.L., Holden, J.M., and Sagovsky, R. 1987. Detection of postnatal depression: Development of the 10-item Edinburgh Postnatal Depression Scale. *British Journal of Psychiatry* 150:782-786.

²Source: K.L. Wisner, B. L. Parry, C. M. Plante, Postpartum Depression N Engl J Med vol. 347, No 3, July 10, 2002: 194-199.

Users may reproduce the scale without further permission providing they respect copyright by quoting the names of the author(s), the title and the source of the paper in all reproduced copies.

Review of Literature on PPD Screening Tools

PHQ-2 and PHQ-9

- The 2-question screen is highly sensitive (True Positives) (Gjerdingen et.al, 2009)
- PHQ-9 is more specific (True Negatives) (Gjerdingen et.al, 2009)
- Evidence shows the PHQ-9 is as accurate as Edinburgh scale at detecting PPD (Davis et.al,2013)
- PHQ-9 may more accurately detect depression when utilized with higher risk populations (Flynn et. al, 2011)

PATIENT HEALTH QUESTIONNAIRE-9 (PHQ-9)

Over the last 2 weeks, how often have you been bothered by any of the following problems? (Use "X" to indicate your answer)

	Not at all	Several days	More than half the days	Nearly every day
1. Little interest or pleasure in doing things	0	1	2	3
2. Feeling down, depressed, or hopeless	0	1	2	3
3. Trouble falling or staying asleep, or sleeping too much	0	1	2	3
4. Feeling tired or having little energy	0	1	2	3
5. Poor appetite or overeating	0	1	2	3
6. Feeling bad about yourself — or that you are a failure or have let yourself or your family down	0	1	2	3
7. Trouble concentrating on things, such as reading the newspaper or watching television	0	1	2	3
8. Moving or speaking so slowly that other people could have noticed? (Or the opposite — being so fidgety or restless that you have been moving around a lot more than usual)	0	1	2	3
9. Thoughts that you would be better off dead or of hurting yourself in some way	0	1	2	3

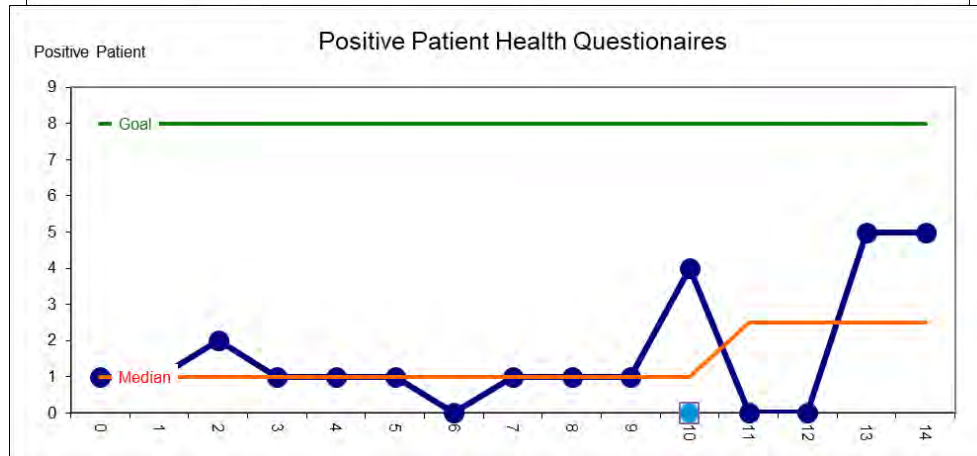
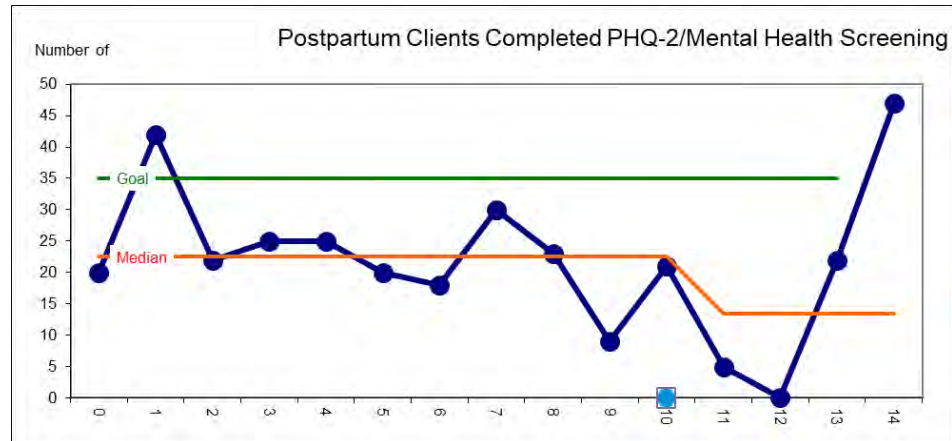
File or use saved: * Total Score:

If you checked off any problems, how difficult have those problems made it for you to do your work, take care of things at home, or get along with other people?

Not difficult at all	Somewhat difficult	Very difficult	Extremely difficult
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Results of QI Project

Results



- 14% (n=23) of patients screened received a positive score
 - An increase of 64% compared to preimplantation rates.
- Utilization of the PHQ-2 and PHQ-9 resulted in increased depression screening rates
- Utilization of the PHQ-2 and PHQ-9 resulted in increased identification of positive screenings
- Trends on the run chart identified that staff reminders and check-ins throughout implementation lead to increased screening rates the next week.

Discussion/Take-Away

Consider the populations, Social Determinants of Health when administering screening tools and implementing referrals



Postpartum Depression Screening and Referral in Low-income and Diverse Communities Implementation

Marilyn Berchie-Gialamas, DNP, CRNP, NP-c; Linda Costa, PhD, RN, NEA-BC, FAAN;
Kimberly Callendar, DNP, CRNP, APRN-BC

Abstract

Background: Women in the United States most at risk for postpartum depression (PPD) are disproportionately impoverished racial/ethnic minorities. The prevalence of PPD increases from affecting 1 in 8 mothers in the nation compared to 1 in 3 mothers in low-income communities. Unfortunately, women from low-income neighborhoods tend to face barriers to quality mental healthcare due to financial resources and socio-economic challenges. At a home visiting clinic in Baltimore City, there have been lower numbers of positive depression screenings (9%) than referrals for mental health services for depression in postpartum women (31.7%) (showing a discrepancy between screening and referring for postpartum depression). Given the vast effects of PPD on the entire family and the disproportionate distribution of PPD among women from lower socio-economic backgrounds, clinicians should formulate a plan to decrease the rate of untreated PPD. This plan should include consistent screening for PPD until at least 12 months postpartum.

Purpose: This quality improvement project aimed to implement an evidence-based screening and referral process for postpartum depression for women from low-income areas in Baltimore City using the Patient Health Questionnaires (PHQ) 2 and 9.

Method: This project occurred at a home visiting clinic in Baltimore city over 15 weeks. Women ages 17-44 in a low-income area identified by U.S. census data. Staff education was conducted with the community health workers on postpartum depression and administering and scoring the patient health questionnaires PHQ-2 and PHQ-9. Education was done via lecture, case studies, and roleplaying. Postpartum women within 12 months of delivery had a documented monthly screening for postpartum depression using the PHQ by the community health worker. Women who were positively screened for postpartum depression using the PHQ-2 (a score of two or more) were then screened with the PHQ-9. If the score of the PHQ-9 was four or higher (indicating mild depression), the woman received a direct referral for mental health services. Project data was collected on the data management spreadsheet using medical records audits. This data included a patient code to protect confidentiality. In addition, the PHQ scores, client's month postpartum, referral to mental health services, and disposition were collected. Finally, a run chart of the data was completed to identify trends in the data collected.

Results: The procedure and process map were changed before implementation. Electronic and printed forms were available 100% of the project days for documentation purposes.

100% of staff educated (18 staff members) before implementation. Fourteen percent (n=23) of clients screened positive for PPD. An increase of 64% compared to preimplantation rates. In addition, 100% of clients with a positive score had a referral for mental health services.

Conclusions: Results from this Q.I. project demonstrated that routine depression screening