

Depression Screening Algorithm for Obstetric Providers

The EPDS should be administered during:

- Initial intake or first obstetrics visit
- Visit following Glucola test
- *If high-risk patient, * 2 weeks postpartum*
- 6 weeks postpartum visit

If first EPDS screen

If subsequent EPDS screen

Clinical support staff explains EPDS

Woman completes the EPDS. Staff tallies score and enters into medical record. Staff informs OB provider of score prior to patient appointment.

Give EPDS to woman to complete

EPDS Score

Score <10

Score ≥ 10

Positive score on question 10

Does not suggest depression

Clinical support staff educates woman about the importance of emotional wellness

Provide information about community resources (e.g., support groups, MCPAP for Moms website) to support emotional wellness.

Contact clinical support staff to arrange follow-up care if needed. Give woman information about community resources (e.g., support groups, MCPAP for Moms website – www.mcpapformoms.org), and we encourage women to engage in social supports. If woman is already in treatment, ensure follow up appointment is scheduled.

Suggests patient is depressed

1. Assess to determine most appropriate treatment (refer to **Assessment of Depression Severity and Treatment Options** and **Key Clinical Considerations** documents)

Always consider comorbid psychiatric illnesses (e.g., psychosis, substance use) and medical cause of depression (e.g., anemia, thyroid disorders).

If antidepressant medication is indicated

1. Screen for bipolar disorder (refer to **Bipolar Depression Screen**)
2. Refer to **Recommended Steps before Beginning Antidepressant Medication Algorithm** and **Antidepressant Treatment Algorithm**
3. Offer psychotherapy

Suggests patient may be at risk of self-harm or suicide

Do NOT leave woman/baby in room alone until further assessment or treatment plan has been established.

Immediately assess further:

1. *In the past two weeks, how often have you thought of hurting yourself?*
2. *Have you ever attempted to hurt yourself in the past?*
3. *Have you thought about how you could harm yourself?*

Document assessment and plan in medical record.

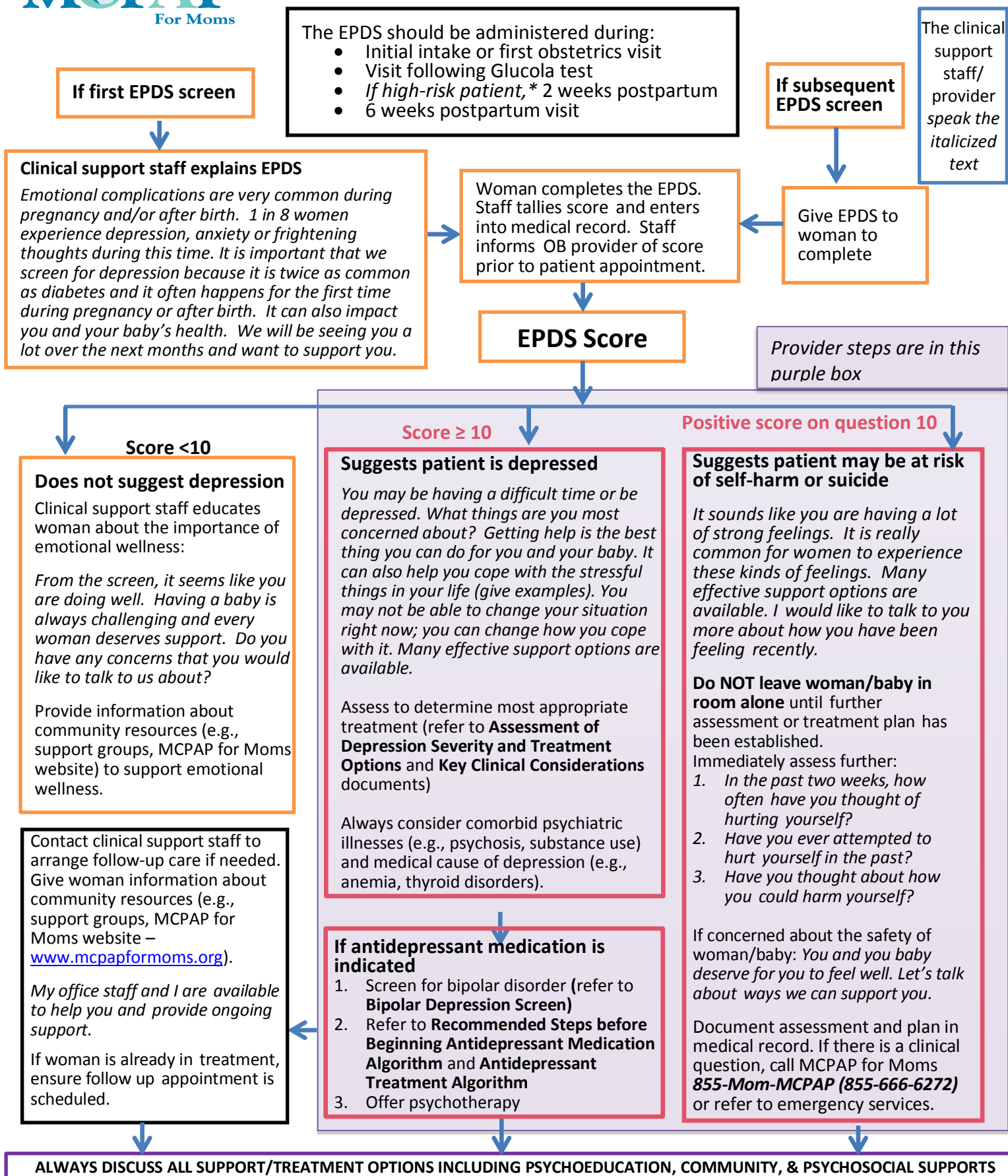
If there is a clinical question, call MCPAP for Moms **855-Mom-MCPAP (855-666-6272)** or refer to emergency services.

ALWAYS DISCUSS ALL SUPPORT/TREATMENT OPTIONS INCLUDING PSYCHOEDUCATION, COMMUNITY, & PSYCHOSOCIAL SUPPORTS

* High-risk = women with a history of Depression or a positive EPDS Score, or those taking or who have taken psychiatric medications.

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(with suggested talking points)



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