

Postpartum Depression Screening Algorithm for Pediatric Providers During Well-Child Visits (with suggested talking points)

Parent completes the SWYC with EPDS screen during the following well child visits and during other visits as indicated:

- Within first month
- 2 month visit
- 4 month visit
- 6 month visit

If first screen for depression

If subsequent screen for depression

Clinical support staff explains screen

Emotional complications are very common during pregnancy and or after birth. 1 in 8 women experience depression, anxiety or frightening thoughts during this time. It is important that we screen for depression because it is twice as common as diabetes and it often happens for the first time during pregnancy or after birth. It can also impact you and your baby's health. Dads can also experience depression or anxiety before or after the baby is born. We will be seeing you and your baby a lot over the next few months/years and want to support you.

Give SWYC screen (with EPDS) to parent to complete in the waiting room or in a private exam room.

Parent completes the SWYC (with EPDS). See primer for other screening tools.

EPDS < 10

EPDS ≥ 10

Score does not suggest depression

Clinical support staff educates parent about the importance of emotional wellness:

From the screen, it seems like you are doing well. Having a baby is always challenging and every parent deserves support. Do you have any concerns that you would like to talk to us about?

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

Provider steps for positive screens

Score suggests depression

You may be having a difficult time or be depressed. What things are you most concerned about? Getting help is the best thing you can do for you and your baby. It can also help you cope with the stressful things in your life (give examples). You may not be able to change your situation right now; you can change how you cope with it. Many effective support options are available.

If positive score on self-harm question

For all positive screens

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

It sounds like you are having a lot of strong feelings. It is common for parents to experience these kinds of feelings. Many effective support options are available. I would like to talk to you about how you have been feeling recently.

Do NOT leave parent/baby in room alone until further assessment or treatment plan is 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?

If concerned about the safety of parent/baby: *You and your baby deserve for you to feel well. Let's talk about ways that we can support you.*

If there is a clinical question, call MCPAP regional hub. For safety concerns, refer to emergency services. Document in medical record.

1. If parent is already in mental health treatment or has previous provider, refer to/notify* parent's provider.
 2. If parent seems ok to follow through:
 - You may call MCPAP for Moms care coordinator for community resource (know mom's insurance).
 - Give parent community resource information (e.g., MCPAP for Moms card and website).
 - Refer to/notify* parent's PCP and/or OB/GYN for monitoring and follow-up.
 3. If the parent does not meet any of above criteria or if you are concerned about safety, call MCPAP for Moms for consultation.
 4. Engage natural supports* and encourage parent to utilize them.
- *Obtain parent's consent

Provider documents clinical plan based on screening results. Not required to include screen as part of the medical record.

If there are clinical questions (including questions about medications that may be taken during lactation), call MCPAP for Moms.

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