

# POSTPARTUM DEPRESSION SCREENING; ARE WE DOING ENOUGH?

## A QUALITY IMPROVEMENT PROJECT

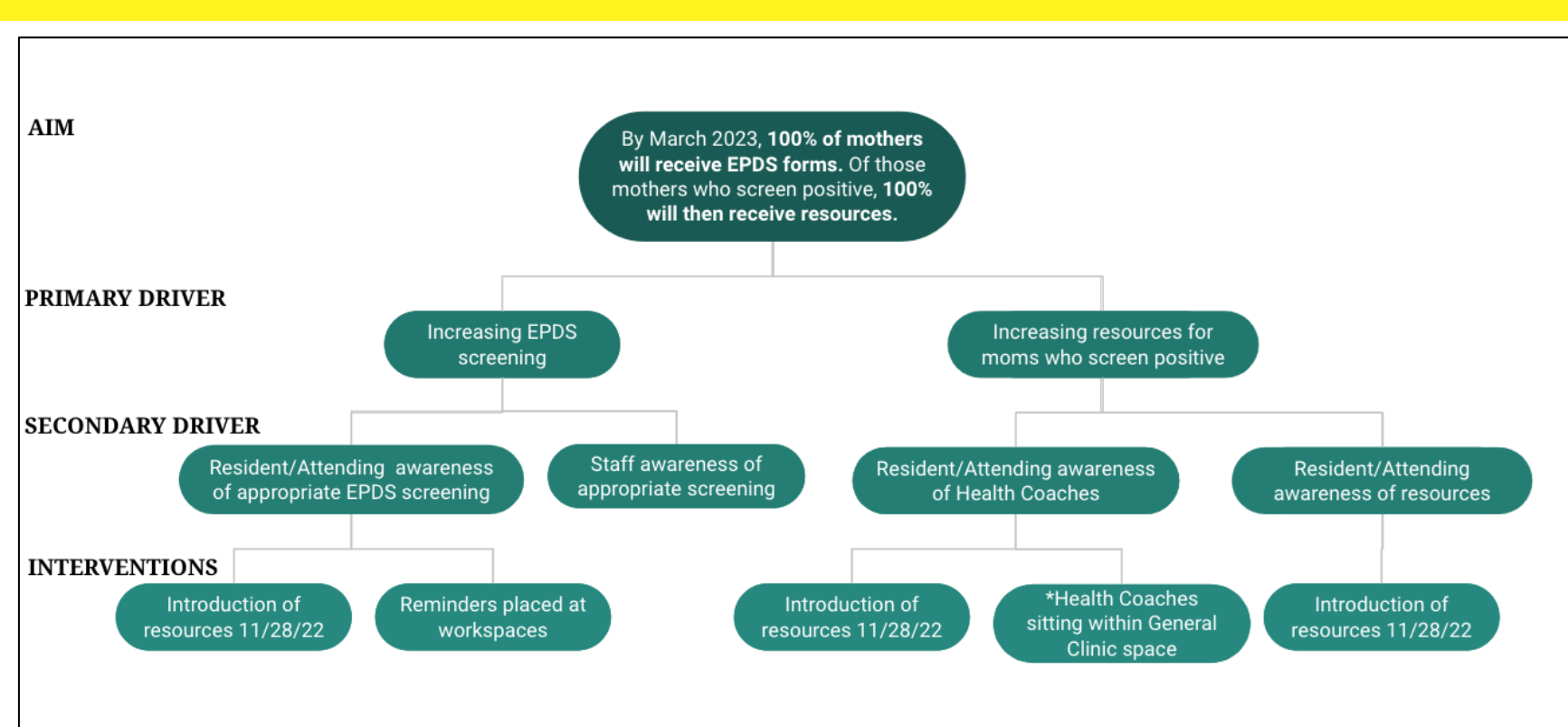


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### BACKGROUND AND AIM

- Postpartum depression (PPD) affects nearly 20% of mothers
- **Untreated PPD is linked to:**
  - Increased risk of abuse and neglect
  - Increased medical cost for mother and infant
  - Early discontinuation of breastfeeding
  - Family dysfunction, potentially creating an unsafe home environment
- The American Academy of Pediatrics recommends caretakers be screened for PPD with a validated screening tool at **two-week, two-month, four-month, and six-month well child visits**
- Aim Statement: By March 30th, 2023, 100% of mothers will be given EPDS forms at two week to six month well child visits, and 100% of mothers with EPDS scores  $\geq 8$  or with concerns, will be provided appropriate PPD resources

### METHODS



#### Measures:

- Systemic chart review of well-child visits (2-week to 6-month) from October 2022 to March 2023
  - % with screening documented
  - % with positive screen and resources given
  - Preferred language
- Created EPIC SmartPhrase with available resources
  - Contact numbers of local support groups, international hotlines and information on our clinic Health Coaches who are experienced in PPD
- **PDSA Cycle 1:** Email to all pediatric residents notifying them of resources SmartPhrase
- **PDSA Cycle 2:** Prompt on each clinic workstation in pediatric outpatient clinic and an additional email reminder about SmartPhrase

#### Resources:

**Edinburgh Postnatal Depression Scale (EPDS)**

Since you are either pregnant or have recently had a baby, we want to know how you feel. Please place a CHECK MARK (✓) on the blank by the answer that comes closest to how you have felt **IN THE PAST 7 DAYS**—not just how you feel today. Complete all 10 items and find your score by adding each number that appears in parentheses (P) by your checked answer. This is a screening test, not a medical diagnosis. If something doesn't seem right, call your health care provider regardless of your score.

Below is an example already completed:

1. I have been able to laugh and see the funny side of things:  
As much as I always could (P)  Yes, most of the time  Yes, some of the time  Yes, not very often  No, not very often  No, not at all

2. I have lost interest in doing things:  
As much as I ever did (P)  Yes, quite often  Yes, most of the time  Yes, some of the time  Yes, not very often  No, not very often  No, not at all

3. I have blamed myself unnecessarily when things went wrong:  
Yes, most of the time (P)  Yes, some of the time  Yes, not very often  No, not very often  No, not at all

4. I have been anxious or worried for no good reason:  
No, not at all (P)  Hardly ever  Yes, sometimes  Yes, very often  No, not at all

5. I have felt scared or panicky for no good reason:  
Yes, quite a lot (P)  Yes, sometimes  No, not much  No, not at all

6. Things have been getting to me:  
Yes, most of the time I haven't been able to cope at all (P)  Yes, sometimes I haven't been coping as well as usual  No, most of the time I have coped quite well  No, I have been coping as well as ever

7. I have been so unhappy that I have had difficulty sleeping:  
Yes, most of the time (P)  Yes, sometimes  No, not very often  No, not at all

8. I have felt sad or miserable:  
Yes, most of the time (P)  Yes, quite often  Not very often  No, not at all

9. I have been so unhappy that I have been crying:  
Yes, most of the time (P)  Yes, quite often  Only occasionally  No, never

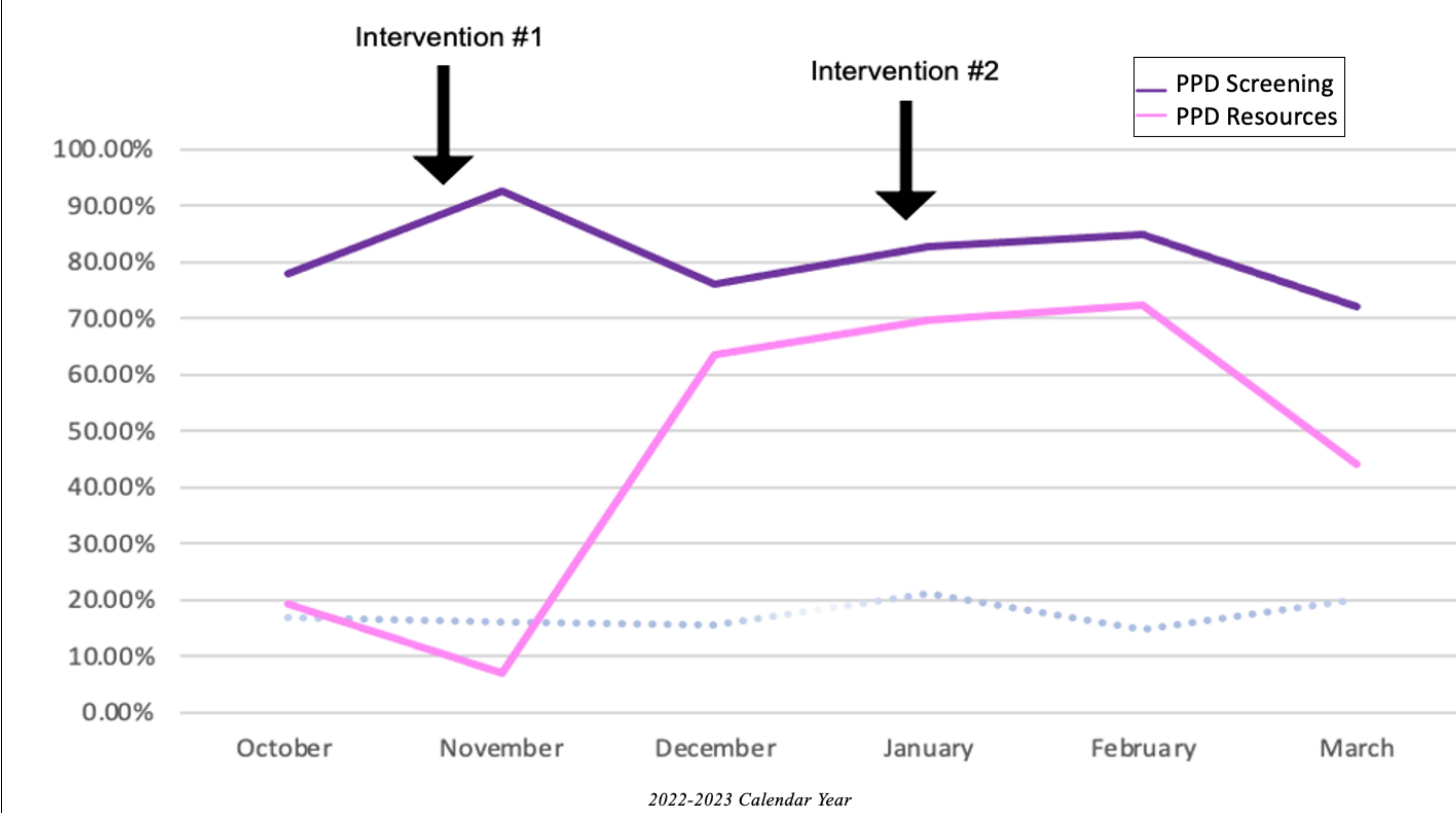
10. The thought of harming myself has occurred to me:  
Yes, quite often (P)  Sometimes  Hardly ever  Never

**TOTAL YOUR SCORE HERE**

Thank you for completing this survey. Your doctor will score this survey and discuss the results with you.  
Verbal consent to contact above mentioned MD witnessed by: \_\_\_\_\_

Edinburgh Postnatal Depression Scale (EPDS). Adapted from the British Journal of Psychiatry, June, 1987, vol. 150 by J.L. Cox, J.M. Holden, R. Sagovsky

### PPD screening and resources



### RESULTS

- Screening: Baseline, 78% screened, increased to 92% after the first intervention and declined to 85% after the second intervention
- Resources: Baseline, 8% received PPD resources; increased to 65% after the first intervention and 70% after the second intervention
- Spanish speaking mothers were screened at a slightly lower rate than English speaking with no documented positive screens

### LIMITATIONS

- Only English and Spanish translated versions available in our clinic
- Non-pediatric residents did not receive email interventions
- Lack of consistent longitudinal follow-up with mothers
- Small sample size of positive PPD screens in non-English speaking mothers

### CONCLUSIONS

- **Screening rates and provision of resources improved with the creation of a resource list and incorporating on-site health care coaches into patient care**
- Screening rate was high throughout the project but did not increase significantly
- Provision of resources improved but was not maintained
- Ongoing reminders are likely necessary to maintain improvement

### ACKNOWLEDGEMENTS

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### REFERENCES

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