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 >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

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

REFERENCES

