

# Early Screening and Treatment of Postpartum Depression

Northern Light Health

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## Background

- Postpartum depression, now called perinatal depression by the DSM-5, and has an onset during the third trimester or during the postpartum period
- There are significant risks associated with perinatal depression
- Identifying high-risk women presents a priority medical intervention
- 5 major risk-factors have been identified including: history of postpartum depression, ages 13-19, multiparity, and lack of support person

## **Practice Change**

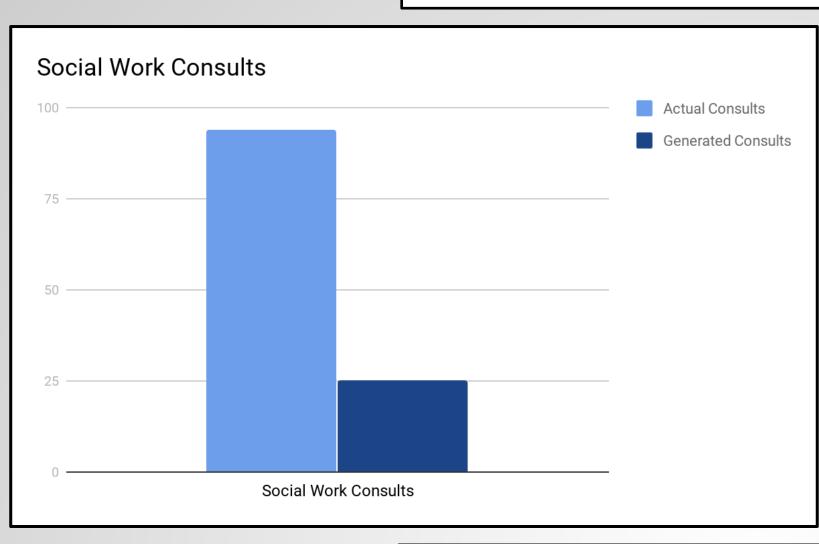
Increase registered nurses (RN's) knowledge of postpartum depression relevance, in hopes to offer earlier support, patient teaching and early diagnosis of PPD.

### Methods

- Create and implement a Postpartum
   Depression Screening Tool
- Distribute tool for the month of January,
   2020
- Collect completed screening tool
   February 1st, 2020

### **Measures and Results**

### **January Screening Results**





### **PPD Screening Tool**

#### Screening Tool for High Risk of Postpartum Depression

- ☐ 1. History of drug/alcohol abuse
- History of Postpartum depression/ depression/ anxiety
- 3. Ages 13-19
- 4. Multiparous
- Lack of support person

#### □N/A

- If the patient meets criteria for questions 1 or 2: High risk for Postpartum Depression
- If the patient meets criteria for any two or more questions: Risk for Postpartum Depression

Please fill out for every patient admitted into Labor and Delivery and leave in folder in Nicci Clark's cubby.

## **Summary/Discussion**

- Next Steps:
  - Assess RN compliance in completing tool on admission of laboring patient
  - Assess number of social work consults generated from screen tool
- **Barriers of this Study:** 
  - RN compliance of screening tool
  - Lack of accessibility to previous statistics (Social work consults pre screening tool)

### Conclusion

- > 129 tools were distributed
- > **68.9% RN compliance** rate (n=89)
- Of the 89 screening tools completed, 25
   (28%) generated a social work consult
   based on screening criteria
- ➤ In January 2020, Social work consulted 94 (72.8%) postpartum patients for various reasons, including NICU and NAS babies, DHHS custody cases, history of postpartum depression, etc.

#### References

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Serati, M., Redaelli, M., & Buoli, M. (2016). Perinatal Major Depression Biomarkers: A systematic review, 193(15), 391-404.doi.org/10.1016/j.jad.2016.01.027.