Early Screening and Treatment of Postpartum Depression

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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

Social Work Consults

Social Work Consults

PPD Screening Tool

Screening Tool for High Risk of Postpartum Depression

- 1. History of drug/alcohol abuse
- 2. History of postpartum depression/ depression/ anxiety
- 3. Ages 13-19
- 4. Multiparous
- 5. 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

RN Signature __________ Date ______

Please fill out for every patient admitted into Labor and Delivery and leave in folder in Nicole 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)

References


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.