

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

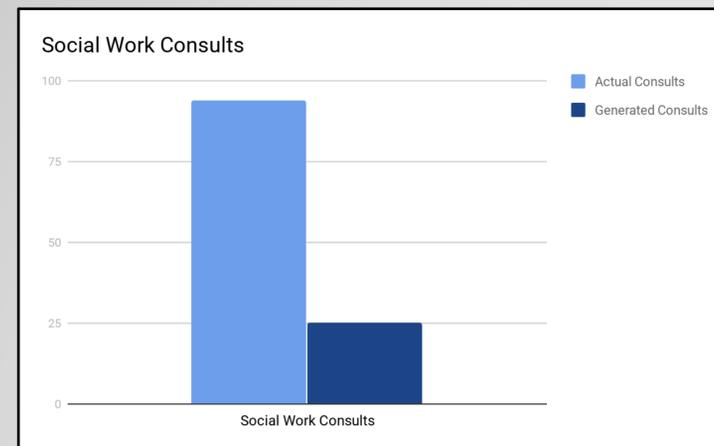
Increase registered nurses (RN's) knowledge of postpartum depression relevance, in hopes to offer earlier support, patient teaching and early diagnosis of PPD.

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
- 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 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

LaCourriere, D. Y., Host, K. P., & Barrett-Comor, E. (2011). Depression and Pregnancy Stressors Affect the Association Between Abuse and Postpartum Depression. Retrieved from <https://link.springer.com/article/10.1007/s10995-011-0816-7>.

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