Ideal Work Flow: Screening for Postpartum Depression/Anxiety in Well-Child Visits using EPDS

Parent and child arrive

Every parent accompanying a child to a well child check for the 6 month visit or earlier visit receives a EPDS tool to fill out while waiting for appointment.

Rooming staff collects the tool, and helps parent to complete it if needed. Then rooming staff scores the tool and gives it, with score and notation on #10 (harm) to the provider. Provider reviews before beginning visit.

Is there a risk of self-harm or infant harm OR positive on # 10?

YES

Risk of self harm or infant harm:

Implement clinic crisis plan:

- Staff call for mental health urgent appointment.
- Collaborate with parent to find supportive adult to join them, and secure childcare.
- Contact parent's primary care provider.
- Document.

* If no clinic crisis plan exists call 911

- Follow up with parent to see if they have received care within 3 days.
- Help problem solve issues with accessing appropriate care.
- Document response.

NO

EPDS Score

5 or less

Parent does not seem depressed/ anxious. Administer EPDS at next appropriate visit.

5-9

5-9: Parent at risk for depression or anxiety.

-Educate about PPD/A.

-Give access to EPDS, for self screen and know 9 or higher warrants visit to primary care.

- Give My Wellbeing Plan.

Result negative: routine care

10 or more

10 or more: Likely parent is depressed/anxious. Needs further evaluation.

- Make warm referral back to parent's primary care provider and/OR previous mental health care provider OR OB/GYN– for appointment in next 2 weeks.
- If no existing care provider, make referral to a new primary care provider, and/or behavioral health (if to behavioral health, notify primary care).
- Make warm referral to family home visiting.

- Follow up with parent to make sure they have received care within two weeks.
- Help problem solve with accessing care.
- Document response and follow up.

MINNESOTA MDH DEPARTMENT OF HEALTH

Maternal and Child Health Section
http://www.health.state.mn.us/divs/cfh/topics/ppda
Phone: (651) 201-3760

Oct 2015