Disclosures

• Perinatal Psychiatry Consultation Line/PAL for Moms

• UW Perinatal Psychiatry Clinic
PAL (Partnership Access Line) for MOMS

Free telephone consultation for providers

Weekdays 1-5pm

206-685-2924 OR 877-PAL4MOM
OBJECTIVES

• After this session, participants will be able to:
  • Discuss the range of mental health problems that can occur in the postpartum period
  • Outline an algorithm for postpartum depression screening
  • Discuss the use of specific depression screening questionnaires
  • Outline a plan for providing treatment/referrals for women with postpartum mental health problems
Postpartum Depression
Postpartum Depression

• Prevalence – 10 to 25% (5-15% major depression); higher in low income women, parenting adolescents

• Peak prevalence 6 weeks postpartum (2-3 months for minor depression)

• Every day, 15 million children in the US are being raised in homes with depressed mothers

Earls et al, 2017; National Research Council and Institute of Medicine, 2009
The Continuum of Postpartum Mood Changes

Postpartum Blues
• Common (50%), transient (days)

Postpartum Depression
• Weeks-months, treatment is therapy and/or antidepressant medication

Postpartum Psychosis
• Uncommon (1 in 1000), psychiatric emergency, risk for infanticide
Risk factors for postpartum depression

- Antenatal depression (>50%)
- Past history of postpartum depression
- Past history of depression or bipolar disorder
- Family history of depression/other mental illness
- Stressful life events
- Complicated delivery or infant with medical problems
- Lack of social support
- Ambivalence about the pregnancy
- Alcohol or other substance use disorders
- Low income, adolescent
Outcomes

Mothers:
• Problems with bonding/attachment
• Lower rates of breastfeeding
• Less initiation of safety and child development practices
• Greater use of healthcare system, emergency services for children

Children:
• Impaired attachment and social interaction
• Higher rates of failure to thrive and developmental delay
• Higher rates of internalizing and externalizing disorders
• Depression risk increased through adolescence

McLearn et al, 2006; Weissman et al., 2006
Other postpartum mental health disorders

- Anxiety (10-15%)
- Post-traumatic stress disorder (10-25%)
  - Pre-existing
  - Due to pregnancy/labor/delivery
- Obsessive compulsive disorder
- Psychosis (1%)
- Bipolar disorder
Prenatal and Postpartum Care is Inadequate

Met Criteria

- Prenatal Care Initiated in First Trimester
- Recommended Number of Prenatal Visits Attended
- Timely Postpartum Care

Weir et al, 2011
Where to screen moms?

- 60% attend postpartum OB visit at 6 weeks
- 83% attend well child visits with their infants in first year of life

Weir et al., 2011; Selden et al., 2006
• Do you screen for maternal depression in your practice?

• If yes, what screening instrument do you use and what is your screening workflow?
Screening Process
Recommendations to Screen


- AAP Bright futures – recommends maternal depression screening at well-child visits as a best practice for pediatricians.
Acceptability

- Patients - 80-90% women find depression screening to be acceptable, especially if:
  - they had prior notification of the process
  - screening done by paper/questionnaire rather than interview
  - they felt their healthcare professional was engaged and empathetic
  - Results of screening discussed verbally

- Walker et al., 2013; Olson et al, 2006
Provide/refer for counseling:

- Past history of depression
- Current depressive symptoms
- Low income
- Adolescent/single parent
- Recent intimate partner violence
- Elevated anxiety symptoms
- Adverse life events
USPSTF recommendation

- US Preventive Services Task Force
- Recommendation Statement, February 12, 2019
- Interventions to Prevent Perinatal Depression
- Cognitive-behavioral therapy (CBT) or interpersonal therapy (IPT)

http://www.mothersandbabiesprogram.org/

https://www.publichealth.msu.edu/flint-research/the-rose-sustainment-study
Liability

• “Standard of care” becoming more clearly defined
• Training in postpartum depression screening tools
• Systematic, standardized approach
• Documentation of screening for maternal depression as a risk factor for the child
Documentation

• Minimum – record that screening took place and that referral/recommendation was made
• Ideal – parent in same EMR system
• Options for documentation:
  - In child’s record (obtain consent)
  - In a stand alone file
  - Send to parent’s provider (obtain consent)
Billing

• Screening for maternal depression could be conducted as part of an overall risk assessment for children and pregnant women under the Early and Periodic Screening, Diagnosis, and Treatment (EPSDT) component of Medicaid

• SENATE BILL REPORT E2SHB 1713 “HCA must require provider payment for maternal depression screening for mothers of children aged birth to six months, subject to funding, effective January 1, 2018.”

• CPT code 99420: administration and interpretation of health risk assessment instrument (e.g., health hazard appraisal), can be used for a postpartum screening administered to a mother as part of a routine newborn check and can be billed under the child’s name.
Ideal Screening Workflow

- Screen, triage, refer
- Interdisciplinary approach
When to Screen

- 75% have symptoms in first 3 months
  - If no screening after 3 months, miss 25% of cases

- Bright Futures recommendation
  - Well child visits at 1, 2, 4 and 6 months

- Every visit
  - Parents with previous or current mental health symptoms

Chaudron et al., 2006; http://brightfutures.aap.org
Minnesota Department of Health, 2015
Screening Tools
How to Screen: Screening Tools

- PHQ-2 – brief; needs follow up
- EPDS-validated; not generalizable
- PHQ-9 – validated; high somatic symptom loading; generalizable
Screening tools

• Other considerations – languages? EHR?
  • https://www.phqscreeners.com/select-screener/36
  • http://www.perinataleservicesbc.ca/health-professionals/professional-resources/health-promo/edinburgh-postnatal-depression-scale-(epds)
Screening with the PHQ-2

- 2 items
- In the last 2 weeks, how often have you been bothered by:
  - Little interest or pleasure in doing things
  - Feeling down, depressed, or hopeless
- Not at all (0), several days (1), more than half the days (2), nearly every day (3)
- Score of 3 or more has sensitivity of 83%, specificity of 92% for major depression
- <1 minute to administer
Screening with the PHQ-2 (continued)

- Parental Wellbeing Project (Dartmouth)
- 1398 mothers screened at well child visits
- Accepted by parents; 6% nonresponse rate
- 17% of mothers had positive response to one item; 6% had score of 3 or above
- 56.5% of mothers with score of 3 or above thought they might be depressed; 83.5% of these willing to take action
- In 85-90% of cases, required <3 minutes extra pediatrician time; >10 mins in 2% of cases
  - Olson et al., 2006
## PHQ - 9: How To Score

**Over the last 2 weeks, how often have you been bothered by any of the following problems?**
(Use ✓ to indicate your answer)

<table>
<thead>
<tr>
<th></th>
<th>Not at all</th>
<th>Several days</th>
<th>More than half the days</th>
<th>Nearly every day</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Little interest or pleasure in doing things</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>2. Feeling down, depressed, or hopeless</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>3. Trouble falling or staying asleep, or sleeping too much</td>
<td>0</td>
<td>1</td>
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<td>3</td>
</tr>
<tr>
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<td>0</td>
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<td>3</td>
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<td>6. Feeling bad about yourself — or that you are a failure or have let yourself or your family down</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>7. Trouble concentrating on things, such as reading the newspaper or watching television</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>8. Moving or speaking so slowly that other people could have noticed? Or the opposite — being so fidgety or restless that you have been moving around a lot more than usual</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>9. Thoughts that you would be better off dead or of hurting yourself in some way</td>
<td>0</td>
<td>1</td>
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</tr>
</tbody>
</table>

**For office coding** 0 + 2 + 8 + 6
**Total Score:** 16

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Kroenke et al, 2001
### Understanding PHQ-9 Scores

<table>
<thead>
<tr>
<th>Score</th>
<th>Severity</th>
</tr>
</thead>
<tbody>
<tr>
<td>0 – 4</td>
<td>No Depression</td>
</tr>
<tr>
<td>5 – 9</td>
<td>Mild Depression</td>
</tr>
<tr>
<td>10 – 14</td>
<td>Moderate Depression</td>
</tr>
<tr>
<td>≥ 15</td>
<td>Severe Depression</td>
</tr>
<tr>
<td>Statement</td>
<td>Options</td>
</tr>
<tr>
<td>--------------------------------------------------------------------------</td>
<td>-------------------------------------------------------------------------</td>
</tr>
<tr>
<td>I have been able to laugh and see the funny side of things.</td>
<td>__ As much as I always could</td>
</tr>
<tr>
<td></td>
<td>__ Not quite so much now</td>
</tr>
<tr>
<td></td>
<td>__ Definitely not so much now</td>
</tr>
<tr>
<td></td>
<td>__ Not at all</td>
</tr>
<tr>
<td>I have looked forward with enjoyment to things.</td>
<td>__ As much as I ever did</td>
</tr>
<tr>
<td></td>
<td>__ Rather less than I used to</td>
</tr>
<tr>
<td></td>
<td>__ Definitely less than I used to</td>
</tr>
<tr>
<td></td>
<td>__ Hardly at all</td>
</tr>
<tr>
<td>I have blamed myself unnecessarily when things went wrong.</td>
<td>__ Yes, most of the time</td>
</tr>
<tr>
<td></td>
<td>__ Yes, some of the time</td>
</tr>
<tr>
<td></td>
<td>__ Not very often</td>
</tr>
<tr>
<td></td>
<td>__ No, never</td>
</tr>
<tr>
<td>I have been anxious or worried for no good reason.</td>
<td>__ No, not at all</td>
</tr>
<tr>
<td></td>
<td>__ Hardly ever</td>
</tr>
<tr>
<td></td>
<td>__ Yes, sometimes</td>
</tr>
<tr>
<td></td>
<td>__ Yes, very often</td>
</tr>
<tr>
<td>I have felt scared or panicky for not very good reason.</td>
<td>__ Yes, quite a lot</td>
</tr>
<tr>
<td></td>
<td>__ Yes, sometimes</td>
</tr>
<tr>
<td></td>
<td>__ No, not much</td>
</tr>
<tr>
<td></td>
<td>__ No, not at all</td>
</tr>
<tr>
<td>Things have been getting on top of me.</td>
<td>__ Yes, most of the time</td>
</tr>
<tr>
<td></td>
<td>__ Yes, sometimes</td>
</tr>
<tr>
<td></td>
<td>__ Not very often</td>
</tr>
<tr>
<td></td>
<td>__ No, not at all</td>
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<tr>
<td>I have been so unhappy that I have had difficulty sleeping.</td>
<td>__ Yes, most of the time</td>
</tr>
<tr>
<td></td>
<td>__ Yes, sometimes</td>
</tr>
<tr>
<td></td>
<td>__ Not very often</td>
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<tr>
<td></td>
<td>__ No, not at all</td>
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<tr>
<td>I have felt sad or miserable.</td>
<td>__ Yes, most of the time</td>
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<td></td>
<td>__ Yes, quite often</td>
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<td></td>
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<tr>
<td>I have been so unhappy that I have been crying.</td>
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<td></td>
<td>__ Yes, quite often</td>
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<tr>
<td></td>
<td>__ Only occasionally</td>
</tr>
<tr>
<td></td>
<td>__ No, never</td>
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<tr>
<td>The thought of harming myself has occurred to me.</td>
<td>__ Yes, quite often</td>
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<td></td>
<td>__ Sometimes</td>
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<td></td>
<td>__ Hardly ever</td>
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EPDS scores

• Items 1 and 2 are reverse-scored

• Score of 10 or more at 6-8 weeks postpartum has 93% sensitivity, 83% specificity for major depression
Triage/intervention
Maternal Depression Screening: the Pediatrician’s Role

- To motivate screen positive parents to get help
- To enable discussions of the effect of maternal depression on child development
- To provide lactation decision support

- NOT to diagnose or treat depression or other mental health conditions
Screening Implemented: What Next?

Screen and refer

Screen, educate and refer

Screen, educate, refer and track

Screen, brief intervention

Screen, provide treatment
Protocols

- Suicidality
- Severe depression
- Crisis intervention
PHQ - 9 and Suicidal Ideation

**PATIENT HEALTH QUESTIONNAIRE-9 (PHQ-9)**

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For office coding □ + □ + □ + □ = Total Score: □

If you checked off any problems, how difficult have these problems made it for you to do your work, take care of things at home, or get along with other people?

<table>
<thead>
<tr>
<th>Not difficult at all</th>
<th>Somewhat difficult</th>
<th>Very difficult</th>
<th>Extremely difficult</th>
</tr>
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</table>
1. Do you feel like life is not worth living?
   - Yes
   - No

2. Do you have thoughts about harming yourself?
   - Yes
   - No

Write down what the patient was thinking when they answered Q9. Communicate with PCP if possible.
2. Do you have thoughts about harming yourself?

Yes

No

- write down patient's comments.
- Communicate with PCP if possible

3. Do you have plans for how you would harm yourself?

Yes

4. Do you plan to act on this soon?

Yes

5. Do you have the means to harm yourself?

No
Interventions for positive screens

• Mild depression
  • Education – common, not mother’s fault, will improve
  • Extra visits/follow up call
  • Address sleep deprivation; exercise

• Moderate depression
  • Refer for mental health treatment (psychotherapy and/or medication)
  • Contact OB/PCP

• Suicidal thoughts/psychosis
  • Refer to crisis/emergency services
Resources: UW Perinatal Psychiatry Consultation Line (PAL for Moms)

• Free consultation telephone service for providers in Washington State caring for pregnant or postpartum woman with mental health issues

• Staffed by perinatal psychiatrists 1-5pm weekdays

• 206-685-2924 or 877-725-4666 (PAL4MOM)
Community Resources

- Perinatal Support of Washington
  - 1-888-404-7763
  - Warm line, peer support
  - Support groups
- Early intervention programs
- Home visiting programs
Promoting First Relationships in Pediatric Primary Care

• A university (UW Barnard Center for Infant Mental Health) based program adapted by pediatricians to help pediatric primary care providers support stable and secure early parent-child relationships

• A framework that operationalizes attachment and child development theory into applied practice and intervention strategies specifically for the pediatric office visit

• A curriculum that also provides well-child check handouts for each visit (newborn - three years old) for pediatricians to share with parents
Resources for Patients and Partners

- http://www.postpartum.net/family/overview/
- www.postpartum.org
- https://www.womenshealth.gov/mental-health/mental-health-conditions/postpartum-depression
Questions?