



Select  
Health

# Post-Partum Depression

Select Health | Fall 2023 Best Practice Conference  
September 27, 2023

Joseph M. Johnson, MD  
Johnson Pediatrics

# Patient-Centered Medical Home

## A place where:

- Parents can feel safe.
- Complex care is coordinated.
- The needs of all family members are met.
- Patients come back if they have problems with specialists.
- All staff members work together towards the same goals.
- All staff members feel their voices matter in making the office better.
- Accurate records are kept and available when needed.

# Scope of the Problem<sup>1</sup>

- Reported rates of post-partum depression (PPD) range from **11-18%** of all women, and of those with low income, rates are:
  - **25%** of adult mothers
  - **40-60%** of adolescent mothers.
- There are two peak times for occurrence: at **6 weeks** and at **6 months**.
- PPD is costly:
  - **\$44 billion** due to absence and lost productivity on the job
  - **\$12.4 billion** in healthcare costs
  - **For fathers:**
    - PPD range is 2-25% (50% higher if maternal PPD).
    - Fathers less likely to be screened or seek help.
- PPD is considered an Adverse-Childhood Experience (ACE).

# Range of the Problem<sup>1</sup>

## Post-partum “blues”

- 50-80% of mothers
- Up to 2 weeks post-partum
- Symptoms
  - Crying
  - Sad
  - Irritable
  - Anxious
  - Confusion

## Post-partum depression

- 11-18% of mothers
- 6 weeks to 6 months post-partum
- Symptoms
  - SIGECAPS (DSM-V)
  - Anxiety
  - More common in subsequent pregnancies if experienced previously

# Post-Partum Psychosis<sup>1</sup>

- Most severe manifestation of PPD
- 1-2 per 1000 mothers
- Starts within the first 4 weeks post-partum
- Symptoms
  - Paranoia
  - Mood swings
  - Hallucinations
  - Delusions
  - Suicidal/homicidal thoughts
- **Considered a medical emergency**

# Toxic Stress<sup>1</sup>

**Definition: Prolonged activation of stress response unbuffered by a caregiver**

Sequelae:

- Impaired social interactions (parents, siblings, others)
- Language delays
- Cognitive delays
- Emotional activation and/or delays
- Abuse
- Failure to thrive
- Mental health disorders when older

# Recommended Postpartum Visits<sup>1</sup>

## Pediatrician

- 2-3 days
- 2 weeks
- 2 months
- 4 months
- 6 months
- 9 months
- 12 months

## Obstetrician

- 2 weeks (if C-section)
- 6 weeks
- PRN for post-partum depressive symptoms

# Screening

## Edinburgh Postpartum Depression Scale (EPDS)<sup>2</sup>

- 10 questions (scored 0-3).
- Positive score is 10 or higher.
- If suicidal thoughts—positive screen.
- American Academy of Pediatrics (AAP) recommends screening at 1-, 2-, 4-, and 6-month well-child visits.
- Has also been validated in men.
- Can be billed with baby's visit using **CPT code 96161**:  
“Administration of caregiver-focused health risk assessment instrument (e.g., depression inventory) for the benefit of the patient, with scoring and documentation, per standardized instrument.”



# Follow-up Recommendations<sup>1</sup>

## Phone call:

Within 1-2 weeks

## Meds:

- SSRIs
- SNRIs
- Bupropion

## Referrals:

- PCP/OB
- In-office mental health professional
- Welcome Baby
- Stabilization and Mobile Response in the Home (**833-SAFE-FAM**)
- ED (for suicidal thoughts or post-partum psychosis)
- 211 (United Way)
- Lactation consultants

# Summary

- Postpartum depression is very common—affects 10-20% of mothers.
- Children of mothers with untreated PPD can suffer significant sequelae—developmental, physical, and emotional.
- Screening by the pediatrician can be done much more frequently than by the obstetrician.
- Women with positive screens should be referred for treatment and closely followed.
- Don't forget—dads can have PPD as well!

# References

1. Rafferty J, Mattson G, Earls MF, Yogman MW; Committee on Psychosocial Aspects of Child and Family Health. Incorporating recognition and management of perinatal depression into pediatric practice. *Pediatrics*. 2019; 143(1):e20183260.
2. American Academy of Pediatrics (AAP). Edinburgh Postpartum Depression Scale (EPDS). AAP website. 2023. <https://www.aap.org/en/patient-care/screening-technical-assistance-and-resource-center/screening-tool-finder/edinburgh-postpartum-depression-scale-epds/>. Accessed September 12, 2023.

# QPP Updates

Amanda Aloia, BSN, RN

Stephanie Hildebrandt, BSN, RN



# 2024 Program Updates

---

## Postpartum Depression Screening

This will be a “Reporting only” measure if participating with Castell.



# Thank you!