

Post-Partum Depression

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

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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 Problem¹

- 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

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 Psychosis¹

- 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 Stress¹

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 Visits¹

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 postpartum depressive symptoms



Screening Edinburgh Postpartum Depression Scale (EPDS)²

- 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 6month well-child visits.

- Has also been validated in men.
- Can be billed with baby's visit using CPT code 96161: "Administration of caregiverfocused health risk assessment instrument (e.g., depression inventory) for the benefit of the patient, with scoring and documentation, per standardized instrument."



Follow-up Recommendations¹

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 postpartum 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.
- 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

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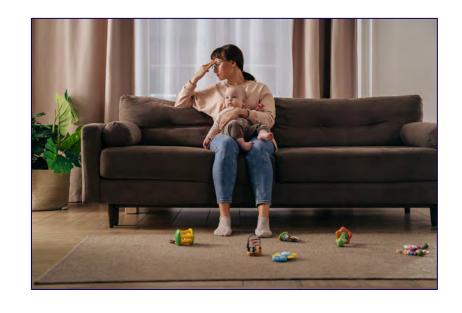




2024 Program Updates

Postpartum Depression Screening

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





Thank you!

