

Quality Provider Program

Maternal Mental Health Screening Algorithm

Make postpartum depression screening a priority in your practice to identify women who may benefit from mental health interventions.

The American College of Obstetricians and Gynecologists (ACOG) recommends depression screening **twice during pregnancy and once in the postpartum period** using a standardized and validated screening tool. These tools typically take **less than 5 minutes** for a patient to complete and help normalize mental health discussions with their provider.

The algorithm on the next page guides you through using the Edinburgh Postnatal Depression Scale (EPDS) in your practice.

Acronyms used in this algorithm include:

- EMR: Electronic medical record
- EPDS: Edinburgh Postnatal Depression Scale
- ED: Emergency Department
- C-SSRS: Columbia Suicide Severity Rating Scale
- PCP: Primary Care Provider
- RN: Registered Nurse
- OB/GYN: Obstetrics/Gynecology Provider
- PPD - Postpartum Depression
- CPT: Current Procedural Terminology

Focus on follow-up care when screening is positive.

According to the American Psychiatric Association, “Upwards of 75% of pregnant persons affected by mental health symptoms remain untreated” and are often termed “therapeutic orphans.”³

Access these other stand-alone resources to help with follow-up care:

- **[Depression Resources for Providers](#)**: Overview of organizations that support care management, referrals, best practices, and education
- **[Depression Resources for Patients and Parents](#)**: A downloadable, standalone resource to connect patients and families with local, national, and online support

As your partner in maternal mental health, the Women's Health Quality Provider Program provides referral resources, educational opportunities, and workflow solutions to make follow-up care possible. Also consider referring patients with maternal mental health needs to the **[Select Health Healthy Beginnings](#)** program for assistance with care management.

REFERENCE:

- 1, American Psychiatric Association. *Perinatal Mental and Substance Use Disorders*. [psychiatry.org. https://www.psychiatry.org/getmedia/344c26e2-cdf5-47df-a5d7-a2d444fc1923/APA-CDC-Perinatal-Mental-and-Substance-Use-Disorders-Whitepaper.pdf](https://www.psychiatry.org/getmedia/344c26e2-cdf5-47df-a5d7-a2d444fc1923/APA-CDC-Perinatal-Mental-and-Substance-Use-Disorders-Whitepaper.pdf). Accessed April 24, 2024.

Find out how the **Quality Provider Program** can help your clinic implement maternal mental health screenings and follow-up care by contacting either:

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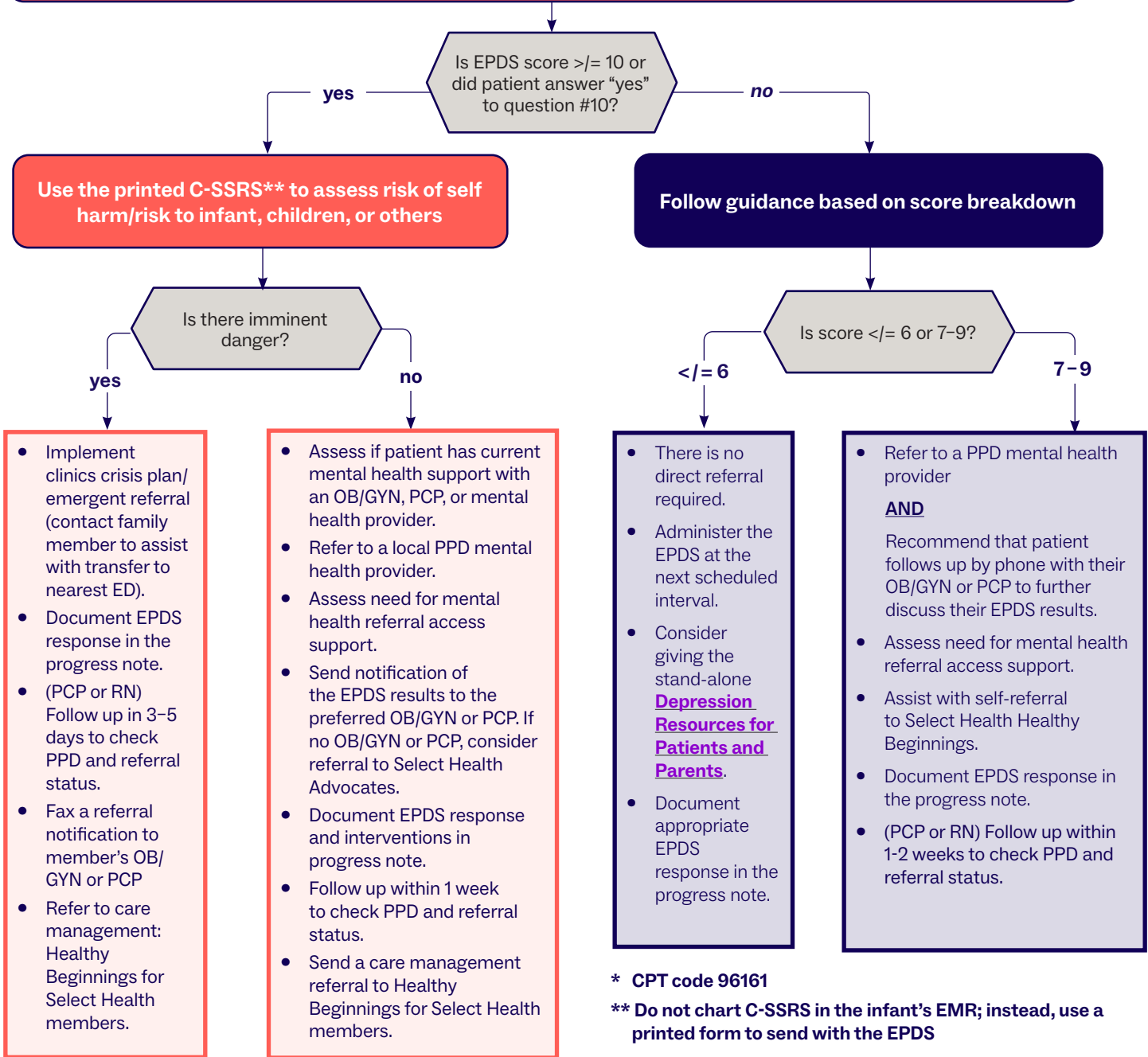


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► **ALGORITHM:** SCREENING WITH EDINBURGH POSTNATAL DEPRESSION SCALE (EPDS)

Administer EPDS (paper questionnaire)* at Well-Child Care Visits (2 weeks and 2, 4, and 6 months)



* CPT code 96161

** Do not chart C-SSRS in the infant's EMR; instead, use a printed form to send with the EPDS

NOTE: Access [Depression Resources for Providers](#) when EPDS scores are positive.