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

1. **Parent and child arrive**
   - Every parent accompanying a child to a well-child check for the 6 month visit or earlier visit receives an 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.

2. **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**
     - 5 or less
       - EPDS Score
         - 10 or more
           - Parent does not seem depressed/anxious. Administer EPDS at next appropriate visit.
           - 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.
         - 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.
     - 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.

- 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.

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