# Edinburg Postpartum Depression Scale (EPDS) Referral Algorithm

<table>
<thead>
<tr>
<th>EPDS Score &lt;10</th>
<th>EPDS Score 10-12</th>
<th>EPDS Score ≥ 13</th>
<th>Question #10 ≥ 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Normal fluctuations in mood at this time</td>
<td>At risk for depression or anxiety at this time</td>
<td>Likely suffering from depression or anxiety at this time</td>
<td>Thoughts of self-harm; at risk to self or others</td>
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</tbody>
</table>

## ACTION PLAN

- **Low:**
  - Provide education regarding risks, signs and symptoms, avoidance, and incidence (written, verbal)
  - Continue to monitor regardless of score
  - Discuss results
  - Provide education
  - Notify OB provider
  - Social Worker referral

- **Moderate:**
  - Discuss results
  - Provide education
  - Notify OB provider
  - Social Worker referral

- **High:**
  - Discuss results
  - Provide education
  - Notify OB provider
  - Social Worker referral

- **Crisis:**
  - Immediately:
    - Notify OB provider
    - Notify Social Worker and enter referral
    - Notify Operations Supervisor