Edinburgh Postnatal Depression Scale Referral Algorithm

All postpartum patients will be screened prior to discharge. Edinburgh Postnatal Depression Scale (EPDS) is completed and score documented in the medical record.

**EPDS Score < 10**
- **Normal/Negative Screen** - likely not suffering at this time
  - Provide verbal and written education about risks/incidence
  - Use clinical judgement regardless of EPDS score

**EPDS Score 10 - 12**
- **At-Risk for Depression and/or Anxiety**
  - Discuss results and provide education
  - Social Work referral and notify OB Provider
  - Social Worker – screen patient for additional needs

**EPDS Score ≥ 13**
- **Positive Screen** - likely suffering from depression and/or anxiety
  - Discuss results and provide education
  - Social Work referral and notify OB Provider
  - Social Worker – complete Maternal Child Assessment

> 0 on Question #10
- **Maternal Crisis** - At risk of harm to self or others
  - Social Work referral and notify OB Provider immediately
  - Social Worker – complete Mental Health Assessment

A variety of community resources may be available, from support groups to psychiatric treatment for mothers suffering from a perinatal mood and anxiety disorder. Please refer to your facility’s Maternal Mental Health Resource Guide.