

Perinatal Mood and Anxiety Disorders Inpatient Screening Program

June 2017

Goal

Dignity Health is committed to addressing maternal mental health and will begin with a standardized multidisciplinary approach to screening and improving awareness during a mother's hospital stay at delivery. Prior to discharge, mothers will be provided with information to recognize symptoms and improve access to resources.

Background

Perinatal Mood and Anxiety Disorders, including Postpartum Depression, are the most common medical complication associated with pregnancy and childbirth. It's estimated that, at minimum, 15 percent of pregnant and postpartum women and an even higher percentage of women of low socio-economic status, experience anxiety, depression, or psychosis. If left undetected and untreated, these conditions can lead to serious health risks for the mother, can negatively affect the mother/child bond and the child's long-term physical, emotional and developmental health, and ultimately, can be devastating for families.



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Inpatient Screening Program

Dignity Health will implement system-wide universal Perinatal Mood and Anxiety Disorders risk screening utilizing an evidence-based tool, the Edinburgh Postnatal Depression Scale (EPDS). Nursing staff will be responsible for administering the screening and initiating follow-up as needed. Training, screening forms, and follow-up guidance will be provided to providers and staff, and brochures with local and national resources will be provided to patients.

References

1. Committee on Obstetric Practice. Screening for Perinatal Depression: Committee Opinion no. 630. Washington, DC: American Congress of Obstetrics and Gynecology; 2015:1-4.
2. Kendig S, Keats JP, Hoffman MC, et al. Consensus Bundle on Maternal Mental Health: Perinatal Depression and Anxiety. *Obstet Gynecol.* 2017 March; 129 (3): 422-430.

National Recommendations

In May 2015, the American College of Obstetricians and Gynecologists published *Committee Opinion Number 630* recommending that clinicians screen patients at least once during the perinatal period for depression anxiety symptoms using a standardized, validated tool.¹

In February 2016, the National Council on Patient Safety in Women's Health Care issued the Maternal Mental Health Bundle, providing high-level direction to health care providers in office and hospital settings on how to implement maternal mental health screening and treatment.²

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Share Point Site

<https://dignityhlth.org/MaternalMentalHealthProject>