



An Anthem Company

Postpartum screening

An overview of improved care initiatives



Agenda

- What is postpartum depression (PPD)?
- Overview
- Risk factors
- Outcomes
- Treatment
- Screening for PPD
- Resources
- Questions

What is clinical PPD?

According to the *Diagnostic Statistical Manual (DSM-V)*:

- It is a major depressive episode with the onset of pregnancy or within four weeks of delivery. The nine symptoms below are present almost every day and represent a change from the previous routine. The diagnosis should include either depression or anhedonia (loss of interest), in addition to the five symptoms to be diagnosed.

Depressed mood (subjective or observed) present most of the day	Loss of energy or fatigue
Loss of interest or pleasure, most of the day	Suicidal ideation or attempt and recurrent thoughts of death
Insomnia or hypersomnia	Impaired concentration or indecisiveness
Psychomotor retardation or agitation	Change in weight or appetite (weight change of 5% over one month)
Worthlessness or guilt	

Maternal depression

- According to the National Institute of Health, roughly one in seven women develop PPD.
- Upwards of half of those with PPD go undiagnosed for a myriad of reasons (for example, stigma, lack of support, lack of screening).
- Maternal depression can occur at any trimester of pregnancy or after birth.



Risk factors

Risk factors include:

- Past psychological history
- Lifestyle (for example, eating habits, smoking)
- Race
- Socioeconomic status
- Obstetric issues (for example, emergency/traumatic birth)
- Social support
- Domestic violence

Potential outcomes

- Child development is impacted by untreated, persistent maternal depression.

Prenatal	Infant
Low birth rates	Poor attention
Preeclampsia	Anger
Preterm birth	Passivity
Poor nutrition	Withdrawal
Poor parental care	Self-regulatory behavior

- Development is impacted throughout a child's life.

Treatment

- Screen for PPD
- Educate
- Talk therapy
- Pharmacological intervention
- Community support/referrals



Screening tools

Several tools available:

- [Edinburgh Postnatal Depression Scale \(EPDS\)](#)
- [Patient Health Questionnaire - Depression \(PHQ-9\)](#)
- [The Center for Epidemiological Studies Depression Scale \(CESD\)](#)

Edinburgh Postnatal Depression Scale (EPDS)

Instructions:

As you are pregnant or have recently had a baby, we would like to know how you are feeling. Please check the answer that comes closest to how you have felt IN THE PAST 7 DAYS, not just how you feel today.

1	I have been able to laugh and see the funny side of things
0	As much as I always could
1	Not quite so much now
2	Definitely not so much now
3	Not at all
2	I have looked forward with enjoyment to things
0	As much as I ever did
1	Rather less than I used to
2	Definitely less than I used to
3	Hardly at all
3	I have blamed myself unnecessarily when things went wrong
3	Yes, most of the time
2	Yes, some of the time
1	Not very often
0	No, never
4	I have been anxious or worried for no good reason
0	No, not at all
1	Hardly ever
2	Yes, sometimes

Patient Health Questionnaire - Depression (PHQ-9)

Instructions:

Over the last 2 weeks, how often have you been bothered by any of the following problems?

	Not at all	Several days	More than half the days	Nearly every day
1	0	1	2	3
2	0	1	2	3
3	0	1	2	3
4	0	1	2	3
5	0	1	2	3
6	0	1	2	3
7	0	1	2	3
8	0	1	2	3
9	0	1	2	3

Center for Epidemiologic Studies Depression Scale - Revised (CESD-R)

Instructions:

For each statement, please indicate how often you have felt this way in the past week or so by selecting the option you most agree with.

	Not at all / Less than 1 day	1 - 2 days	3 - 4 days	5 - 7 days	Nearly every day for 2 weeks
1	0	1	2	3	4
2	0	1	2	3	4
3	0	1	2	3	4
4	0	1	2	3	4
5	0	1	2	3	4
6	0	1	2	3	4
7	0	1	2	3	4
8	0	1	2	3	4
9	0	1	2	3	4
10	0	1	2	3	4

Resources

- [New York City postpartum resources](#)
 - Call **888-NYC-WELL (888-692-9355)**
 - [NYC Department of Health and Mental Hygiene Nurse-Family Partnership](#): For the wellbeing of the mother and baby throughout the program, nurse home visitors conduct nursing assessments during each home visit.
- [Empire BlueCross BlueShield HealthPlus assistance](#)
- [CDC Hear Her campaign](#)
- [Maternal depression \(ny.gov\)](#)
- [New York State anxiety and depression resources](#)

Questions

- Email Stephen Elsis, Process Improvement Consultant, at Steve.Elsis@empireblue.com.



<https://providerpublic.empireblue.com>

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NYBCBS-CD-011240-22 December 2022