Perinatal Mood and Anxiety Disorders (PMAD) Program at Dignity Health

Reflection
What are we doing?

Training & Education
- Provider education
- Patient education
- Two-day clinical training in October

Community Engagement
- Quarterly stakeholder meetings
- Clinic rounding

Tools
- Referral algorithm
- Community resource directory

Brochures & 2-1-1 Cards

Available in English and Spanish
Edinburgh Postnatal Depression Scale (EDPS)

**GOAL:** Women receiving perinatal services will be screened at least once during and after pregnancy.

**Available in English and Spanish**

### Negative Screen

- **EPDS Score**
  - **< 10:** At risk for depression and/or anxiety
  - **10 - 12:** Likely suffering from depression and/or anxiety
  - **≥ 13:** Positive Screen

**Maternal Crisis**
- At risk of harming self or others

#### How is RISK determined?

Each question is scored with 0, 1, 2 or 3 points.

**The higher a score is, the more likely the woman is experiencing some level of perinatal depression.**

<table>
<thead>
<tr>
<th>Statement</th>
<th>0</th>
<th>1</th>
<th>2</th>
<th>3</th>
</tr>
</thead>
<tbody>
<tr>
<td>I have felt happy</td>
<td></td>
<td>Yes, all the time</td>
<td>Yes, most of the time</td>
<td>No, not at all</td>
</tr>
<tr>
<td>I have felt sad or worried for no good reason</td>
<td>No, not at all</td>
<td>Hardly ever</td>
<td>Yes, sometimes</td>
<td>Yes, very often</td>
</tr>
<tr>
<td>I have been able to laugh and see the funny side of things</td>
<td>No, not at all</td>
<td>Not very often</td>
<td>Never</td>
<td>At all</td>
</tr>
</tbody>
</table>

**Sample Question:** Yes, most of the time

This would mean, “I have felt happy most of the time” during the past week.

Please circle the number that comes closest to how you have felt in the past seven days, not just how you feel today.

**Example:**

**Statement:** I have felt happy

**Options:**
- Yes, all the time
- Yes, most of the time
- No, not at all

**Score:** 2

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8/2/2019
**EPDS Referral Algorithm** (Dignity Internal Acute Setting)

**ACTIONS**

- PROVIDE educational material
- OFFER basic resources
- ASK “Do you want to see someone?”
- GIVE basic resources
- RECOMMEND seeing someone
- CONNECT to resources/care
- NEED to see someone

**Recommendations**

- **ACOG**: Screen at least once during pregnancy
- **AAFP**: Screen at least once during pregnancy
- **AAP**: Screen at each Well-Baby visit during 1st year
Recent Legislation

**AB 2193**
- Minimum one screening during pregnancy
- Insurance companies: develop PMAD program
- Eff: 7/1/19

**AB 3032**
- Hospitals required to train staff on PMAD
- Hospitals must inform women about PMAD & services
- Eff: 1/1/20

**FYI**
- PHQ-9 screening tool (see handout)
- Medi-Cal CPT codes (see handouts)
- Other reimbursement opportunities
  - CPSP
  - Pediatric providers
Screening and Referral Algorithm

Next Steps... Stay Informed!
- PMAD Stakeholder Meeting
  - Monday, November 25
- Perinatal Wellness Coalition
  - Wednesday, August 28
  - Wednesday, September 25
  - Wednesday, October 30
  - Wednesday, November 27
- Postpartum Support International, Two-day clinical training
  - Friday, October 11 – Saturday, October 12
  - CE credits provided
Thank You!