

# Screening for Maternal Depression at Rainbow Pediatrics

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# Conflict Disclosure

- I am involved in the following activities
  - Rainbow Pediatrics: President
  - BCBS: CAC/VAC Advisory Committee, SBIRT Pilot
  - Porter Hospital: Board Member and Contract work
  - VITL: Medical Director
  - One Care: Pediatric Advisory Committee
  - GMCB: Primary Care Advisory Committee
- I will discuss no unapproved or off-label pharmaceuticals

# Post-Partum Depression

- Is very common
  - CDC estimates between 11-20% of women have postpartum depression symptoms
  - This means 600,000 women get PPD in the US.
- Women with PPD are often embarrassed to tell their OB providers
  - Only 15% of women with PPD ever receive professional treatment
- Women try very hard to put on a brave face with their pediatric providers as well.

# Post-Partum Depression affects infants

- Maternal depression is a risk factor for abnormal development in children
  - Socioemotional
    - Infants experience the mother's anger
    - They turn away to limit the anger
    - Can become passive, withdrawn, self-protecting
    - Can have *substantially* altered interactions
      - I once referred an infant that I thought was blind. It turned out the mother had PPD.
  - Cognitive
    - More likely to have dysregulated attention and arousal
    - Lower abstract intelligence and reasoning



# Maternal Depression Screening

## (Edinburgh Screening for Post-Partum depression)

- At 1 month of age
- Filled out by the mother-
- Scanned into the chart
- Billed under
  - ICD-10 Depression Screening Z13.89
  - CPT 99420 Edinburgh Depression Screening

# Maternal Depression Screening

## (Edinburgh Screening for Post-Partum depression)

- The consent for release of mother's information to her OB is on the back of the form
- If the screen is greater than 13, we fax the form to the OB's office.
- If the mother's score or situation is highly concerning, we call the OB and request that she be seen immediately.

# Children's Integrated Services (CIS) Referrals

- With permission, we are trying to get in the habit of notify WIC regarding our mothers on WIC who screen positive for PPD
- CIS referral form to the Parent Child Center
  - preloaded into our letter templates
  - automatically files to the chart
- CPT code: 99080 for filling out the form
- Close working relationship with WIC, Home Health, and Parent Child Center



# The Brave New World of Population Health Management

- Wrap around mental health services pre-  
→ post-partum
- Combined Women/Children's clinic to provide pre and post partum
  - Counseling
  - Nutrition
  - Parenting support
  - WIC services



# Part of Population Health is tackling Adverse Childhood Events

- Experiencing a mother with severe Post-Partum depression is an ACE
- Part of keeping people healthy as adults is trying to improve their experience as infants and children