Screening for Maternal Depression at Rainbow Pediatrics

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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
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.
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  - Can become passive, withdrawn, self-protecting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
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.
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