

Postpartum Depression Screening and Follow-Up (PDS-E)



Use this tip sheet to enhance your HEDIS¹ rates for the postpartum depression screening and follow-up measure. It outlines key aspects of the measure, scheduling access to care, documentation and best practices.

Measure

The percentage of deliveries in which members were screened for clinical depression during the postpartum period and if screened positive, received follow-up care. This measure focuses on:

- **Depression screening:**
The percentage of deliveries in which members were screened for clinical depression using a standardized instrument during the postpartum period, 7–84 days following the delivery date.
- **Follow-up on positive depression screening:**
The percentage of deliveries in which members received follow-up care or were dispensed an antidepressant within 30 days of a positive depression screen finding.

Measurement period: January 1 – December 31

Support new moms with timely depression screening. Better care starts here.

Scheduling access to care

- Ensure patients are scheduled for postpartum visits.
- Schedule during one of the final prenatal care appointments or before hospital discharge after delivery.
 - Offer flexible appointment options to accommodate patient needs.
 - Telehealth visits are acceptable and count toward postpartum care.

¹HEDIS – Healthcare Effectiveness Data and Information Set.

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Postpartum Depression Screening and Follow-Up (cont.)

| Best Practices | |
|--------------------------|--|
| Provider workflow | <ul style="list-style-type: none">• Conduct a thorough assessment of each patient's mood and emotional well-being during the comprehensive postpartum visit.• Pediatric practices should screen mothers for depression preferably at every well-baby visit in the pediatrician's office.• If a patient is screened for depression and anxiety during pregnancy, additional screening should then occur during a comprehensive postpartum visit.• Be prepared to initiate medical therapy, refer patients to appropriate behavioral health resources when indicated, or both. |
| Resources | <p>Develop a resource task for staff which equips them with knowledge of local and emergency services. This empowers patients to access support when needed and increases the likelihood of them successfully engaging with these services.</p> <p>Local services; community organization/support groups</p> <ul style="list-style-type: none">• Healthy Mother, Healthy Babies (The Montana Coalition) - Perinatal Mental Health• Health Resources and Services Administration (Maternal & Child Health) - National Maternal Mental Health Hotline• American College of Obstetricians & Gynecologists - Perinatal Mental Health Toolkit• Centers for Disease Control and Prevention - Symptoms of Depression• California Department of Public Health - Maternal Mental Health <p>Additional resource</p> <ul style="list-style-type: none">• Women's Preventive Services Initiative - Screening for Anxiety |

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Postpartum Depression Screening and Follow-Up (cont.)

Screening tool

Depression screening instrument: A standardized tool used by health care professionals to identify patients who may be experiencing symptoms of depression. These instruments are typically self-reported questionnaires or clinician-administered scales that assess the presence, frequency and severity of depressive symptoms. The tables below are eligible screening instruments with a threshold for positive findings.

The preferred or recommended tools are: EPDS, PHQ-2, PHQ-9.

| Standardized depression screening instruments | ≤ 17 years | 18+ years | LOINC codes | Positive finding |
|---|------------|-----------|-------------|------------------|
| Beck depression inventory II (BDI-II) | | ✓ | 89209-1 | Total score ≥ 20 |
| Beck depression inventory-fast screen (BDI- FS) ^{®2,3} | ✓ | ✓ | 89208-3 | Total score ≥ 8 |
| Center for epidemiologic studies depression scale—revised (CESD-R) | ✓ | ✓ | 89205-9 | Total score ≥ 17 |
| Clinically useful depression outcome scale (CUDOS) | | ✓ | 90221-3 | Total score ≥ 31 |
| Duke anxiety-depression scale (DUKE-AD) ^{®3} | | ✓ | 90853-3 | Total score ≥ 30 |
| Edinburgh postnatal depression scale (EPDS) | ✓ | | 99046-5 | Total score ≥ 10 |
| My mood monitor screen (M-3) [®] | | ✓ | 71777-7 | Total score ≥ 5 |
| Patient health questionnaire (PHQ-9) [®] | ✓ | ✓ | 44261-6 | Total score ≥ 10 |
| Patient health questionnaire modified for teens (PHQ-9M) [®] | ✓ | | 89204-2 | Total score ≥ 10 |
| Patient health questionnaire-2 (PHQ-2) ^{®2} | ✓ | ✓ | 55758-7 | Total score ≥ 3 |
| PROMIS depression | ✓ | ✓ | 71965-8 | Total score ≥ 60 |

²Brief screening instrument. All other instruments are full-length.

³Proprietary; may be cost or licensing requirement associated with use.