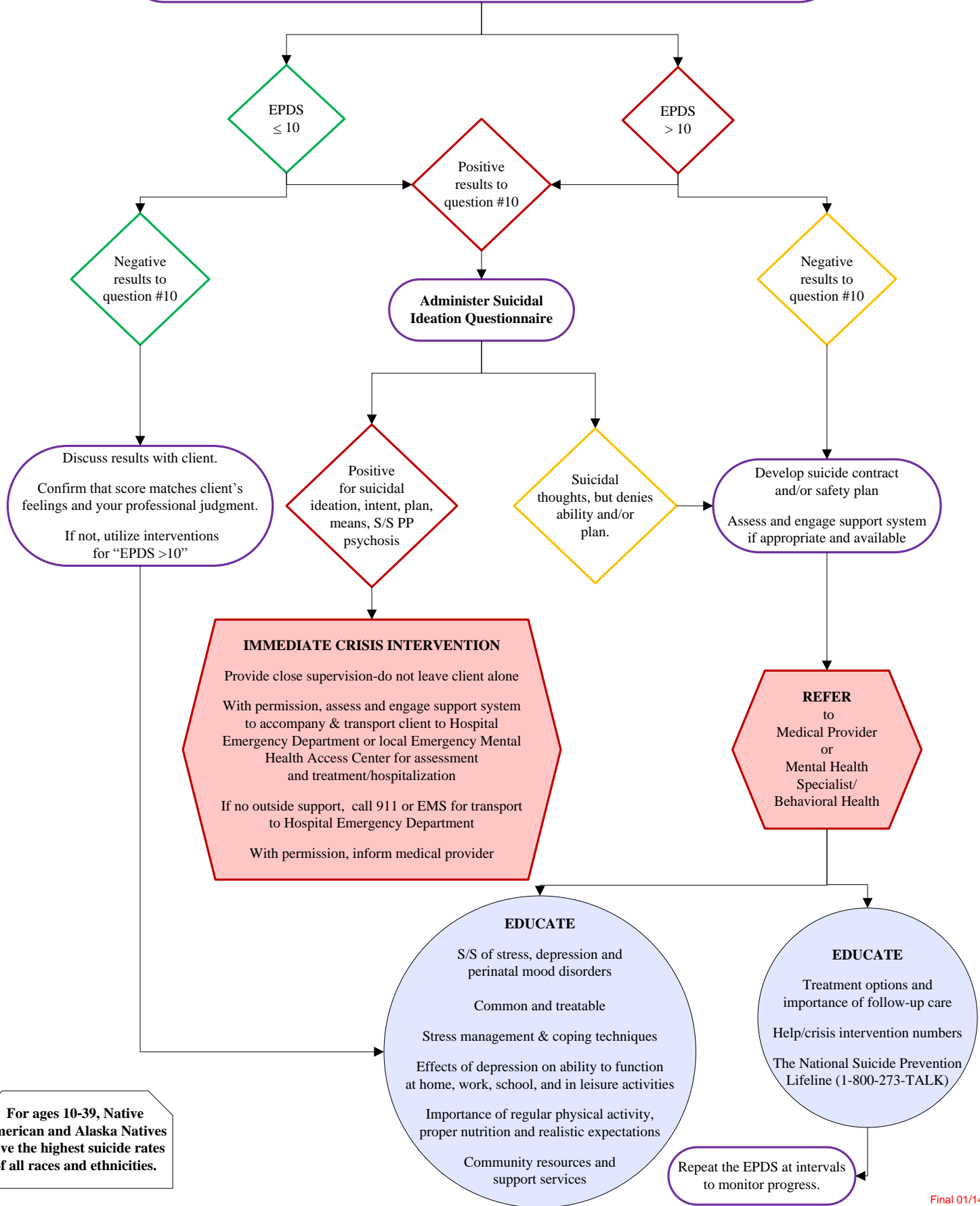# Depression Screening

The Edinburgh Postnatal Depression Scale (EPDS) is to be properly administered to the client and scored by a staff member upon enrollment, at the first postpartum visit, at the three month postpartum visit, at annual assessment visits, upon exit from the program, and more often frequently if warranted.

EPDS ≤ 10

EPDS > 10

Positive results to question #10

Negative results to question #10 (left)

Administer Suicidal Ideation Questionnaire

Negative results to question #10 (right)

Discuss results with client.

Confirm that score matches client's feelings and your professional judgment.

If not, utilize interventions for "EPDS >10"

Positive for suicidal ideation, intent, plan, means, S/S PP psychosis

Suicidal thoughts, but denies ability and/or plan.

Develop suicide contract and/or safety plan

Assess and engage support system if appropriate and available

IMMEDIATE CRISIS INTERVENTION

Provide close supervision-do not leave client alone

With permission, assess and engage support system to accompany & transport client to Hospital Emergency Department or local Emergency Mental Health Access Center for assessment and treatment/hospitalization

If no outside support, call 911 or EMS for transport to Hospital Emergency Department

With permission, inform medical provider

REFER
to
Medical Provider
or
Mental Health Specialist/
Behavioral Health

EDUCATE

S/S of stress, depression and perinatal mood disorders

Common and treatable

Stress management & coping techniques

Effects of depression on ability to function at home, work, school, and in leisure activities

Importance of regular physical activity, proper nutrition and realistic expectations

Community resources and support services

EDUCATE

Treatment options and importance of follow-up care

Help/crisis intervention numbers

The National Suicide Prevention Lifeline (1-800-273-TALK)

For ages 10-39, Native American and Alaska Natives have the highest suicide rates of all races and ethnicities.

Repeat the EPDS at intervals to monitor progress.