

## Introduction

- Postpartum depression (PPD) is reported in 1 in 7 mothers, with increasing numbers for mothers with babies in the neonatal intensive care unit (NICU). Symptoms of PPD can manifest within the first week of a child's birth and can last up to a year after birth without treatment. Mothers of NICU babies experience psychiatric concerns at a higher rate than other newly postpartum mothers including post-traumatic stress disorder, anxiety, and depression.
- Mothers are screened for postpartum depression (PPD) at their ObGyn 6-week visit. However, it has not been common practice to systematically screen mothers for PPD in the NICU, despite being at higher risk for loss to follow up.
- This study aims to investigate the feasibility of implementing depression screenings in two busy, urban hospitals with a level 4 NICU. The study takes a multidisciplinary approach with screenings, algorithms and resources for mothers at risk for depression.

## Methods: Edinburgh Postpartum Depression Scale

Since you are either pregnant or have recently had a baby, we want to know how you feel. Please place a **CHECK MARK (✓)** on the blank by the answer that comes closest to how you have felt **IN THE PAST 7 DAYS**—not just how you feel today. Complete all 10 items and find your score by adding each number that appears in parentheses (#) by your checked answer. This is a screening test; not a medical diagnosis. If something doesn't seem right, call your health care provider regardless of your score.

Below is an example already completed.

I have felt happy:  
Yes, all of the time \_\_\_\_\_ (0)  
Yes, most of the time  (1)  
No, not very often \_\_\_\_\_ (2)  
No, not at all \_\_\_\_\_ (3)

This would mean: "I have felt happy most of the time" in the past week. Please complete the other questions in the same way.

1. I have been able to laugh and see the funny side of things:  
As much as I always could \_\_\_\_\_ (0)  
Not quite so much now \_\_\_\_\_ (1)  
Definitely not so much now \_\_\_\_\_ (2)  
Not at all \_\_\_\_\_ (3)

2. I have looked forward with enjoyment to things:  
As much as I ever did \_\_\_\_\_ (0)  
Rather less than I used to \_\_\_\_\_ (1)  
Definitely less than I used to \_\_\_\_\_ (2)  
Hardly at all \_\_\_\_\_ (3)

7. I have been so unhappy that I have had difficulty sleeping:

Yes, most of the time \_\_\_\_\_ (3)  
Yes, sometimes \_\_\_\_\_ (2)  
No, not very often \_\_\_\_\_ (1)  
No, not at all \_\_\_\_\_ (0)

8. I have felt sad or miserable:  
Yes, most of the time \_\_\_\_\_ (3)  
Yes, quite often \_\_\_\_\_ (2)  
Not very often \_\_\_\_\_ (1)  
No, not at all \_\_\_\_\_ (0)

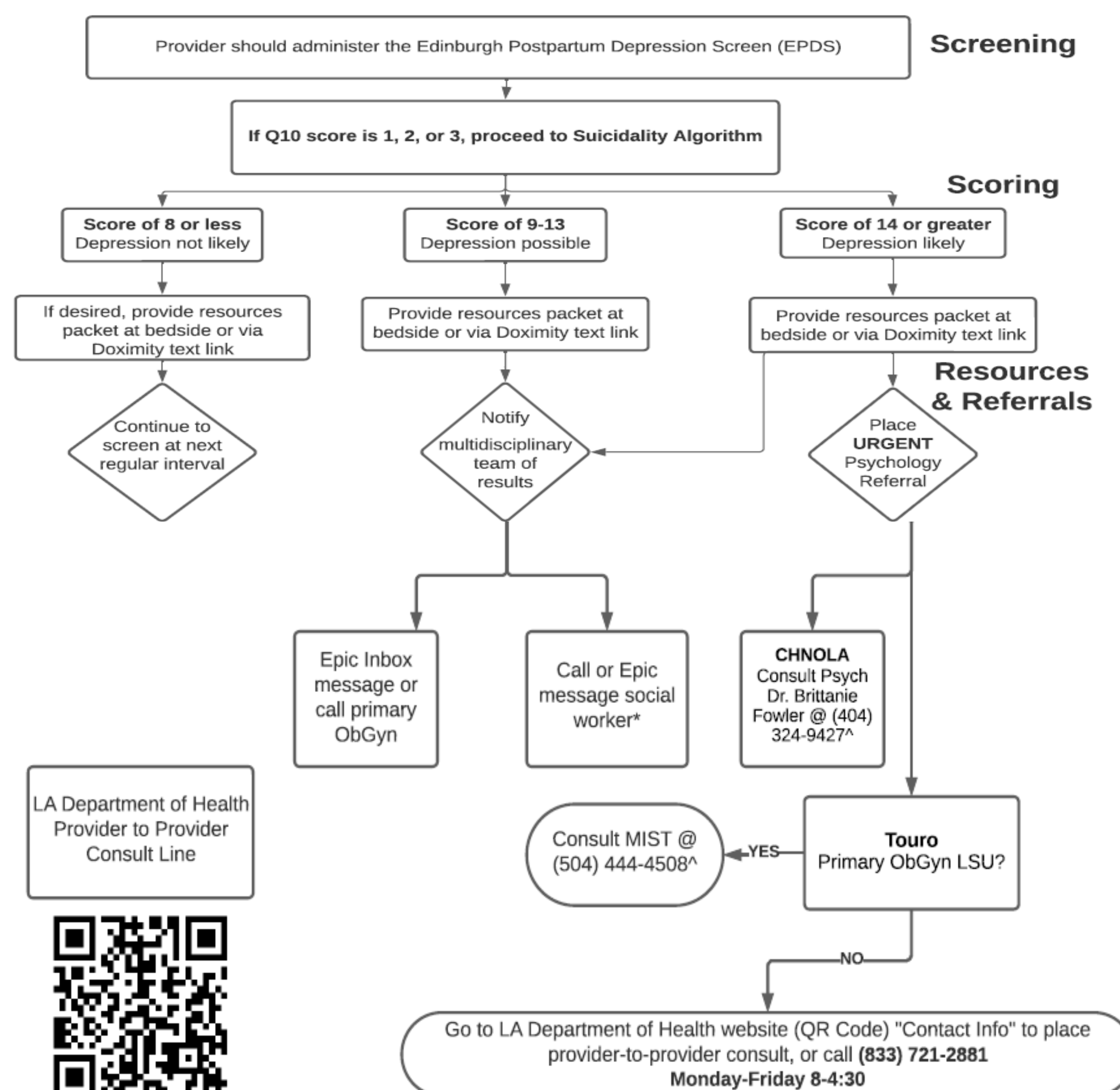
9. I have been so unhappy that I have been crying:  
Yes, most of the time \_\_\_\_\_ (3)  
Yes, quite often \_\_\_\_\_ (2)  
Only occasionally \_\_\_\_\_ (1)  
No, never \_\_\_\_\_ (0)

10. The thought of harming myself has occurred to me:  
Yes, most of the time \_\_\_\_\_ (3)  
Sometimes \_\_\_\_\_ (2)  
Hardly ever \_\_\_\_\_ (1)  
Never \_\_\_\_\_ (0)

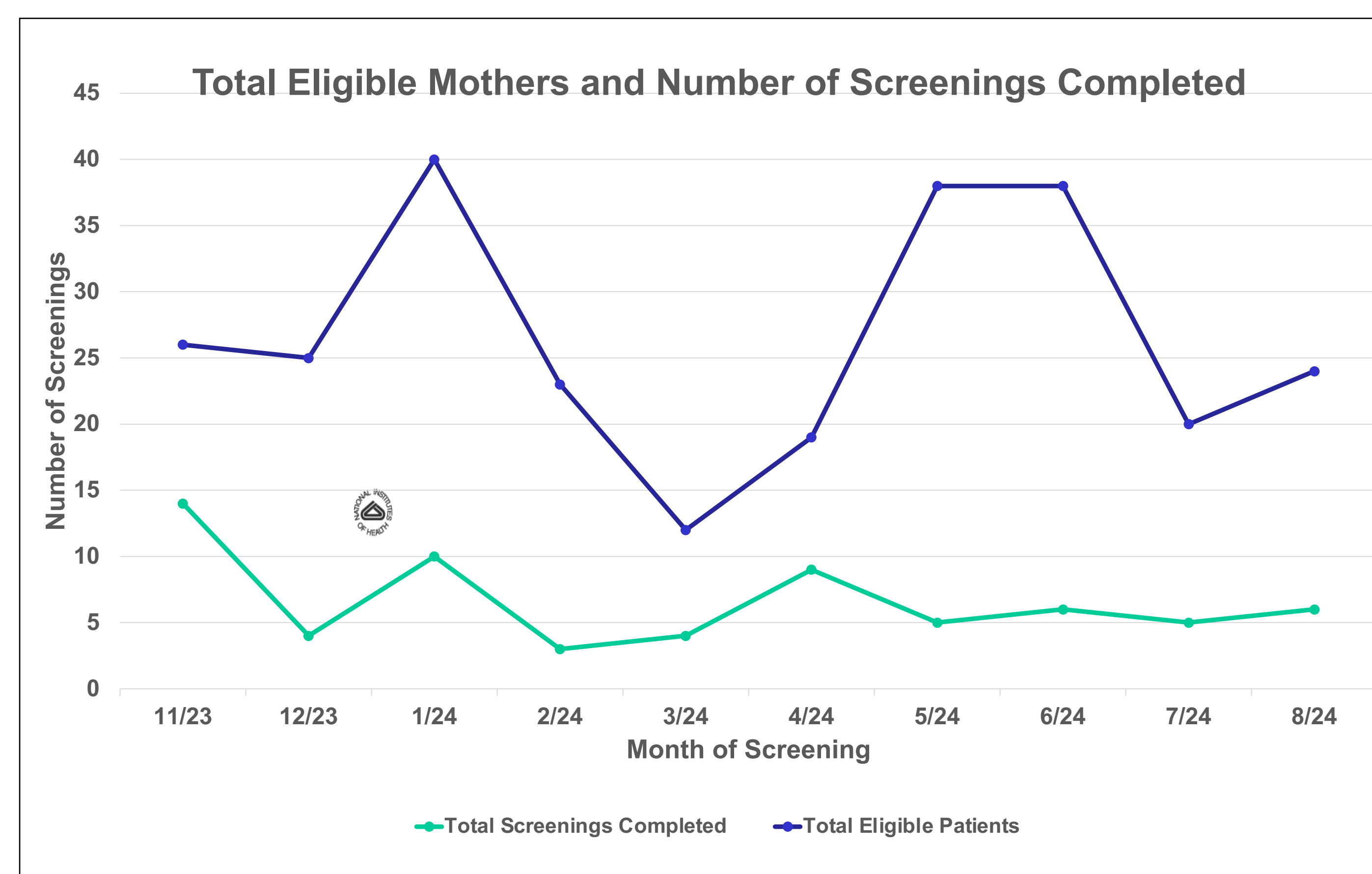
## Methods: Post Partum Depression Screening Algorithm

### Postpartum Depression Screening Score Algorithm

Mothers should be screened at 1, 2, 4, and 6 months following birth at bedside 8:00-4:30 Monday thru Friday ONLY +



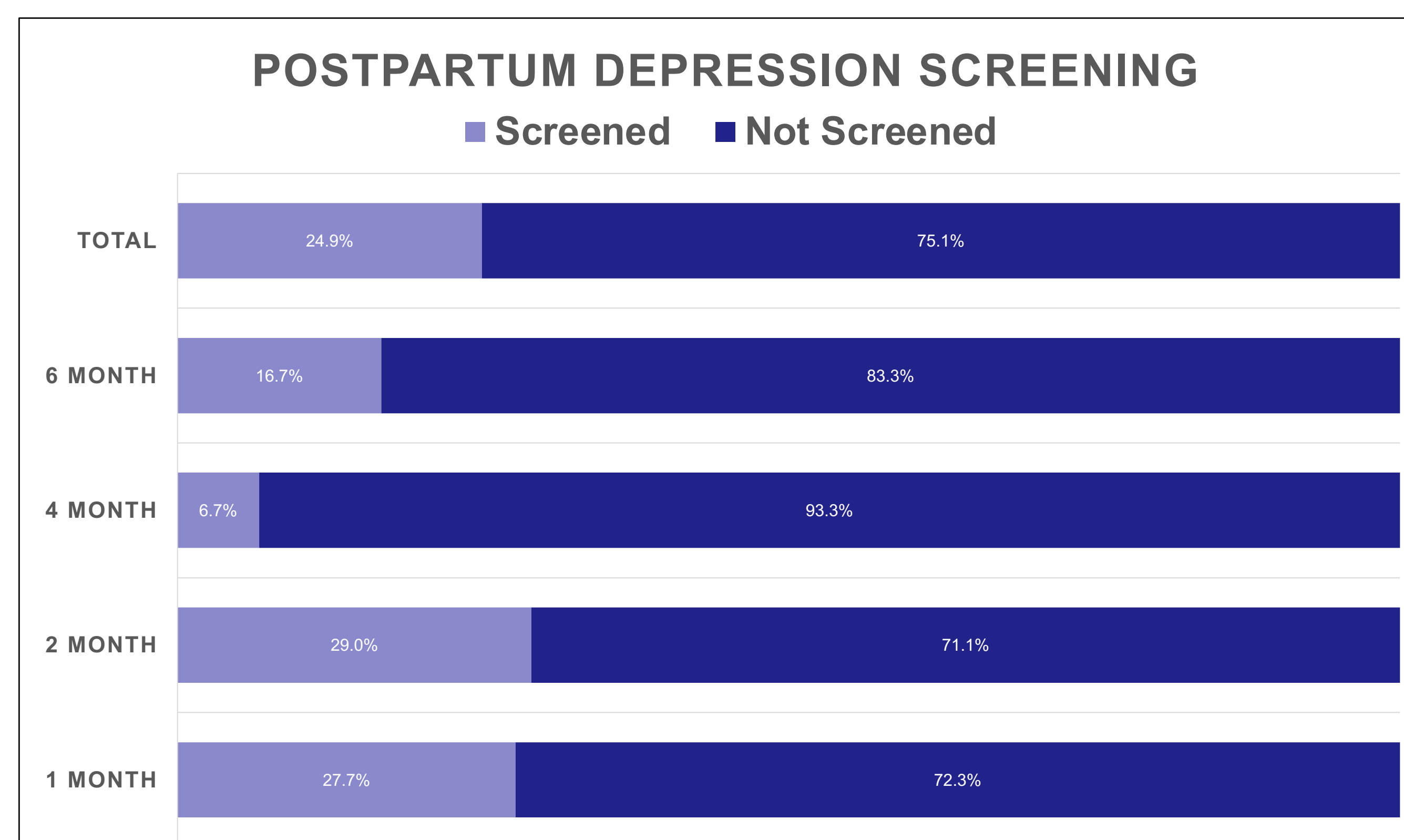
## Results: Screenings Completed Throughout the Study



## Results

- Of the eligible 265 maternal screens, 66 were completed (25%).
- Of the screenings that were completed, 13 mothers (20%) scored 13 or above indicating a high likelihood of postpartum depression.
- Only 1 of the 13 high scores (1.5%) also had a concurrent positive endorsement of self-harm.

## Results: Percentage of Screenings Completed



	Completed	Total	% Completed	% High Risk for Depression
1 month	39	141	27.7%	20.51%
2 month	22	76	29.0%	13.64%
4 month	2	30	6.7%	50.00%
6 month	3	18	16.7%	33.33%
<b>Total</b>	<b>66</b>	<b>265</b>	<b>24.9%</b>	<b>19.70%</b>

## Conclusions

- A multidisciplinary approach to postpartum depression screening is feasible in multiple busy academic urban NICUs, though not without significant limitations.
- Barriers to this study include parental availability, availability of mental health support staff, providers' clinical workload, providers' comfort with screening sensitive information, and limited availability of local, timely mental health resources.
- Many NICU mothers screened were given resources or had an intervention from the medical team for PPD in a timely manner.
- Future Steps: to educate staff on the protocol and PPD, so that more screenings can be completed, and mothers can receive necessary interventions.