

Postpartum Depression (PPD) Screening

CHILD AND TEEN CHECKUPS (C&TC) FACT SHEET FOR PRIMARY CARE PROVIDERS

Postpartum depression screening is recommended during C&TC visits up to 13 months of age. Mental health concerns in the postpartum period (up to one year from the end of pregnancy) are a leading cause of maternal mortality; universal screening and quality follow-up make a meaningful difference for families.

C&TC Requirements

General

Universal postpartum depression (PPD) screening is recommended for any accompanying caregiver at the 0-1 month, 2-month, 4-month, and 6-month C&TC visit.

Screening may be offered more frequently or at other infant visits as needed up to 13 months of age, as outlined in the [Minnesota Health Care Programs \(MHCP\) Provider Manual – C&TC Section](#).

Personnel

Screening personnel qualifications are instrument-specific; refer to each instrument's instruction manual for more information. A licensed health care provider must interpret the results and ensure appropriate follow-up: physician, nurse practitioner, physician assistant, or registered or public health nurse (RN, PHN) who has completed the C&TC Comprehensive Screening training through the Minnesota Department of Health (MDH).

Documentation

Record the name of the completed screening instrument and that you performed the screening as a “risk assessment” in the child’s medical record. Including the screening score results or a copy of the screening instrument in the child’s record is not required.

For documentation examples or for use as a template with your electronic medical record, refer to the [C&TC Provider Documentation Forms](#).

Procedure

Use one of three approved screening tools:

- [Edinburgh Postnatal Depression Scale \(EPDS\)](#)
- [Patient Health Questionnaire-9 \(PHQ-9\)](#)
- [Beck Depression Inventory \(BDI\)](#)
- Refer to [Perinatal Mental Health – Information for Health Professionals](#)

Review the screening results with the caregiver. When concerns are identified, prompt referral for management is indicated.

Referral

[Pregnancy and Postpartum Support Minnesota \(PPSM\)](#) offers resources and training for healthcare professionals. Any health provider can call 1-877-499-4773 to set up a free consultation with a reproductive psychiatrist about mental health care for pregnant and postpartum patients and pre-conception planning. It can take up to a business day to set up an appointment. When a screen generates a serious concern, the healthcare provider should do more than provide a referral. The healthcare provider should actively facilitate the next level of care for the individual, recognizing that depression itself makes seeking care much more difficult (Walker, Megan, & Wika, 2019).

Importance Screening

Mental health concerns in the postpartum period (up to one year from the end of pregnancy) are a leading cause of maternal mortality (Centers for Disease Control and Prevention, 2022). Twenty-five percent of birthing persons with low incomes report PPD symptoms, and rates are likely higher. Up to 25% of partners suffer from PPD. Early intervention of PPD is urgent as long-term effects on the child include adverse health, social, and educational outcomes (Earls, Yogman, Mattson, & Rafferty, 2019).

Professional Recommendations

American Academy of Pediatrics

The American Academy of Pediatrics (AAP) recommends postpartum depression screening at the 1-, 2-, 4-, and 6-month well-child visits. The EPDS and PHQ-9 are

feasible and effective measures (Earls, Yogman, Mattson, & Rafferty, 2019).

United States Preventive Services Task Force

The United States Preventive Services Task Force (USPSTF) recommends postpartum depression screening for pregnant and postpartum birthing persons (Siu, 2016)

Resources

Minnesota Department of Human Services

- [C&TC Schedule of Age-Related Screening Standards](#)
- [Minnesota Health Care Programs \(MHCP\) Provider Manual - C&TC Section](#)

Minnesota Department of Health

- [Child and Teen Checkups \(C&TC\)](#)
- [Depression or Anxiety During and After Pregnancy](#)

Other Resources

Mother-Baby Hope Line at Hennepin County Medical Center

- Statewide phone services: 612-873-5692. In-person services are only available in Hennepin County.

Perinatal Support

- [National Maternal Health Hotline](#): call or text 1-833-943-5746 (1-833-9-HELP4MOMS).

References

Centers for Disease Control and Prevention. (2022, September). *Four in 5 pregnancy-related deaths in the U.S. are preventable*. Retrieved from Centers for Disease Control and Prevention: <https://www.cdc.gov/media/releases/2022/p0919-pregnancy-related-deaths.html>

Earls, M., Yogman, M., Mattson, G., & Rafferty, J. (2019). Incorporating Recognition and Management of Perinatal Depression Into Pediatric Practice. *Pediatrics*, *143*(1). doi:10.1542/peds.2018-3259

Siu, A. (2016). Screening for Depression in Adults: US Preventive Services Task Force Recommendation Statement. *JAMA*, *315*(4), 381-387. doi:10.1001/jama.2015.18392

Walker, K., Megan, A., & Wika, J. (2019). Consolidation of Guidelines of Postpartum Care Recommendations to Address Maternal Morbidity and Mortality. *Nursing for Women's Health*, 508-517. doi:10.1016/j.nwh.2019.09.004

For More Information

The Child and Teen Checkups (C&TC) program is administered through a partnership between the Minnesota Department of Human Services and the Minnesota Department of Health.

For questions about this fact sheet or to obtain this information in a different format, call 651-201-3650 or email health.childteencheckups@state.mn.us.

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Resource Links

- [Minnesota Health Care Programs \(MHCP\) Provider Manual – C&TC Section](http://www.dhs.state.mn.us/main/idcplg?IdcService=GET_DYNAMIC_CONVERSION&RevisionSelectionMethod=LatestRelease&dDocName=dhs16_150092#maternal)
(www.dhs.state.mn.us/main/idcplg?IdcService=GET_DYNAMIC_CONVERSION&RevisionSelectionMethod=LatestRelease&dDocName=dhs16_150092#maternal)
- [C&TC Provider Documentation Forms](https://mn.gov/dhs/partners-and-providers/policies-procedures/minnesota-health-care-programs/provider/types/ctc-resources)
(<https://mn.gov/dhs/partners-and-providers/policies-procedures/minnesota-health-care-programs/provider/types/ctc-resources>)

- [Edinburgh Postnatal Depression Scale \(EPDS\)](http://capp.ucsf.edu/sites/g/files/tksra6871/f/Edinburgh%20Postpartum%20Depression%20Scale%20(English).pdf)
([capp.ucsf.edu/sites/g/files/tksra6871/f/Edinburgh%20Postpartum%20Depression%20Scale%20\(English\).pdf](http://capp.ucsf.edu/sites/g/files/tksra6871/f/Edinburgh%20Postpartum%20Depression%20Scale%20(English).pdf))
- [Patient Health Questionnaire-9 \(PHQ-9\)](http://www.phqscreeners.com)
(www.phqscreeners.com)
- [Beck Depression Inventory \(BDI\)](http://www.ismanet.org/doctoryourspirit/pdfs/Beck-Depression-Inventory-BDI.pdf)
(www.ismanet.org/doctoryourspirit/pdfs/Beck-Depression-Inventory-BDI.pdf)
- [Perinatal Mental Health – Information for Health Professionals](http://www.health.state.mn.us/people/womeninfants/pmad/professionals.html)
(www.health.state.mn.us/people/womeninfants/pmad/professionals.html)
- [Pregnancy and Postpartum Support Minnesota \(PPSM\)](https://ppsupportmn.org)
(<https://ppsupportmn.org>)
- [C&TC Schedule of Age-Related Screening Standards](https://edocs.dhs.state.mn.us/lfserver/Public/DHS-3379-ENG)
(<https://edocs.dhs.state.mn.us/lfserver/Public/DHS-3379-ENG>)
- [Minnesota Health Care Programs \(MHCP\) Provider Manual - C&TC Section](http://www.dhs.state.mn.us/main/idcplg?IdcService=GET_DYNAMIC_CONVERSION&RevisionSelectionMethod=LatestRelease&dDocName=dhs16_150092)
(www.dhs.state.mn.us/main/idcplg?IdcService=GET_DYNAMIC_CONVERSION&RevisionSelectionMethod=LatestRelease&dDocName=dhs16_150092)
- [Child and Teen Checkups \(C&TC\)](http://www.health.state.mn.us/divs/cfh/program/ctc/index.cfm)
(www.health.state.mn.us/divs/cfh/program/ctc/index.cfm)
- [Depression or Anxiety During and After Pregnancy](http://www.health.state.mn.us/people/womeninfants/pmad/pmadsfs.html)
(www.health.state.mn.us/people/womeninfants/pmad/pmadsfs.html)
- [National Maternal Health Hotline](https://mchb.hrsa.gov/national-maternal-mental-health-hotline)
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