Central Oregon Screening and Referral Algorithm
Postpartum Depression/Anxiety
September 2012

**Abbreviations**
- **EPDS**: Edinburgh Postpartum Depression Screen
- **PHQ-2**: two question depression screen
- **PSI**: Postpartum Support International
- **MMH**: Maternal Mental Health
- **PCP**: primary care provider
- **PP**: postpartum

**Client delivery** → 2-5 wks PP

Regular Postpartum, well child, or other service appointment

Administer *PHQ-2

- PHQ-2 score ≥ 1 yes answer?
  - yes: (Positive Screen)
    - Ask client to complete EPDS
    - Positive item #10 risk of harm to self or others?
      - yes: (Positive Screen)
        - Implement agency guidelines for suicide/self harm
          - Do not leave client by herself or alone with baby
          - Assess/engage client’s support system and develop safety plan
            - Crisis line 1-866-638-7103
            - Child protection 1-541-693-2700
        - (Negative Screen)
          - Give/review MMH brochure,
          - Routine care
      - no: (Negative Screen)
        - Discuss results/plan with client,
          - If PCP, assess need for medication or refer to PCP,
          - Give/review MMH brochure
          - Assess client support system
          - Refer for support/counseling:
            - PSI warm line 541-728-3427
    - EPDS score ≥ 10?
      - yes: (Positive Screen)
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    - Next appointment
      - client accessed services?
        - yes: Facilitate access to referrals
          - Care/Rescreen as indicated
        - no: Routine Care,
          - Rescreen at 12 months and as indicated

Day following appointment

6-8 wks and 4 months Postpartum

6f8 wks and 4 months Postpartum

Day following appointment

(Clinic delivery 2-5 wks PP)

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