

Notice Date: December 2, 2020
To: Indiana Medicaid Providers
From: CareSource
Subject: Maternal Depression Screening Resources

Summary

Perinatal depression is one of the most common complications of pregnancy. CareSource would like to offer providers information and resources about perinatal depression to use in your practice as you see members experiencing PPD.

What is perinatal depression?

- Studies show that untreated perinatal depression can cause inappropriate medical treatment of the infant, discontinuation of breastfeeding, family dysfunction, and an increased risk of abuse and neglect.
- Perinatal depression has an adverse effect on the critical early period of brain development in infants and is an example of adverse childhood experiences.
- An effective protocol begins with expectant mothers receiving updated education about perinatal depression and its effects on mothers and infants.
- Screening for depression can be a great opportunity for women and providers to begin the discussion about women's well-being following childbirth.

What is recommended for perinatal depression screening?

- American College of Obstetricians and Gynecologists (ACOG) recommends using one of four screening tools for perinatal depression: Edinburgh (EPDS), PHQ9, Postpartum Screening Scale, and Beck Depression Inventory.
- American Academy of Pediatrics (AAP) supports routine screening for perinatal depression as a part of well-child visits at 1, 2, 4, & 6 months of age.
- Clinicians should discuss the EPDS scores with women who self-administer to clarify any ambiguous items and confirm accuracy.
- Clinicians in obstetrics, pediatrics and primary care can incorporate screening into the patient interview.
- A nurse can do screenings on the phone during registration or when confirming appointments.
- Fathers can also receive screenings and referrals.
- Screening alone is insufficient to identify women with depression and treat appropriately. We recommend that any patient who screens positive for depression be further assessed for the severity of depression and counseled regarding her options for care. Referrals to behavior health specialists should be made as necessary.
- Although these screenings are occurring, they are not always captured accurately by our analytic platforms because of errors or omissions in coding. Please refer to our coding guidance

for any questions that you may have. There is a reimbursement to the provider for each screening completed and coded.

Resources

CareSource has developed a [Perinatal Depression Quick Reference Guide](#) for more information. Please also visit our Depression Toolkit at **CareSource.com** > Providers > Behavioral Health > [Depression Toolkit](#) for more resources on depression, including maternal depression screening worksheets.

IN-MED-P-337685 Issued Date: 11/25/20

OMPP Approved: 11/25/20