

A stylized illustration in shades of blue and white. It depicts a healthcare setting. On the left, a man in a white lab coat is gesturing with his hand while talking to a pregnant woman. The woman is seated and looking towards the man. On the right, a woman in a blue patterned lab coat with a stethoscope around her neck is looking down at a clipboard. The background shows a simple room with a window.

# PA PQC: Discussions on Screening and Connection to Care

# Disclosures

None



**1 IN 7**       

**WOMEN THAT GIVE BIRTH EXPERIENCE**

**POSTPARTUM DEPRESSION**



SEPTEMBER IS  
SUICIDE PREVENTION MONTH

# FACT SHEET

## Maternal Mental Health and Suicide

### KEY POINTS

- > Mental health conditions are the **MOST COMMON** complication of pregnancy and childbirth, affecting 1 in 5 women and childbearing people (800,000 new parents each year in the United States).<sup>1,2,3</sup>
- > Suicide and overdose combined are the **LEADING CAUSE** of death for women in the first year following pregnancy.<sup>4,5,6</sup>
- > The peak incidence of suicide is 6-9 months postpartum.<sup>7</sup>
- > New mothers who die by suicide<sup>5,6</sup>
  - Are mostly white and older
  - Use the most violent forms of suicide (hanging, jumping, shooting)
  - Die in the late postpartum period
  - Do not attend a postpartum obstetric visit (<50%)

**33%**

of pregnancy-related  
suicide deaths  
had a documented  
prior suicide attempt<sup>8</sup>

### TOP RISK FACTORS<sup>9</sup>



Personal or family history  
of mental health disorders



Interpersonal violence



Substance use disorder



The American College of  
Obstetricians and Gynecologists  
WOMEN'S HEALTH CARE PHYSICIANS

# ACOG COMMITTEE OPINION

Number 757

*(Replaces Committee Opinion No. 630, May 2015)*

## **Committee on Obstetric Practice**

*This Committee Opinion was developed by the American College of Obstetricians and Gynecologists' Committee on Obstetric Practice.*

**INTERIM UPDATE:** This Committee Opinion is updated as highlighted to reflect a limited, focused change in the language and supporting evidence regarding prevalence, benefits of screening, and screening tools.

## **Screening for Perinatal Depression**

**Screen patients at least once during perinatal period**

**Complete a full assessment of mood & emotional well-being at postpartum visit**



JAMA | US Preventive Services Task Force | RECOMMENDATION STATEMENT

# Interventions to Prevent Perinatal Depression

## US Preventive Services Task Force Recommendation Statement

US Preventive Services Task Force

**IMPORTANCE** Perinatal depression, which is the occurrence of a depressive disorder during pregnancy or following childbirth, affects as many as 1 in 7 women and is one of the most common complications of pregnancy and the postpartum period. It is well established that perinatal depression can result in adverse short- and long-term effects on both the woman and child.

- ← [Editorial page 550](#)
- + [Author Audio Interview](#)
- ← [Related article page 588 and JAMA Patient Page page 620](#)
- + [CME Quiz at jamanetwork.com/learning and CME Questionnaire 606](#)

# USPSTF Recommendation

Provide or refer persons at increased risk of perinatal depression to counseling services





# Access to Care



- **↑ 29.2% over baseline enrollment level in 2002-2003**
- **Target was 30% ↑**
- **What is the issue?**

## Medical School Enrollment to Approach 30 Percent Increase by 2019

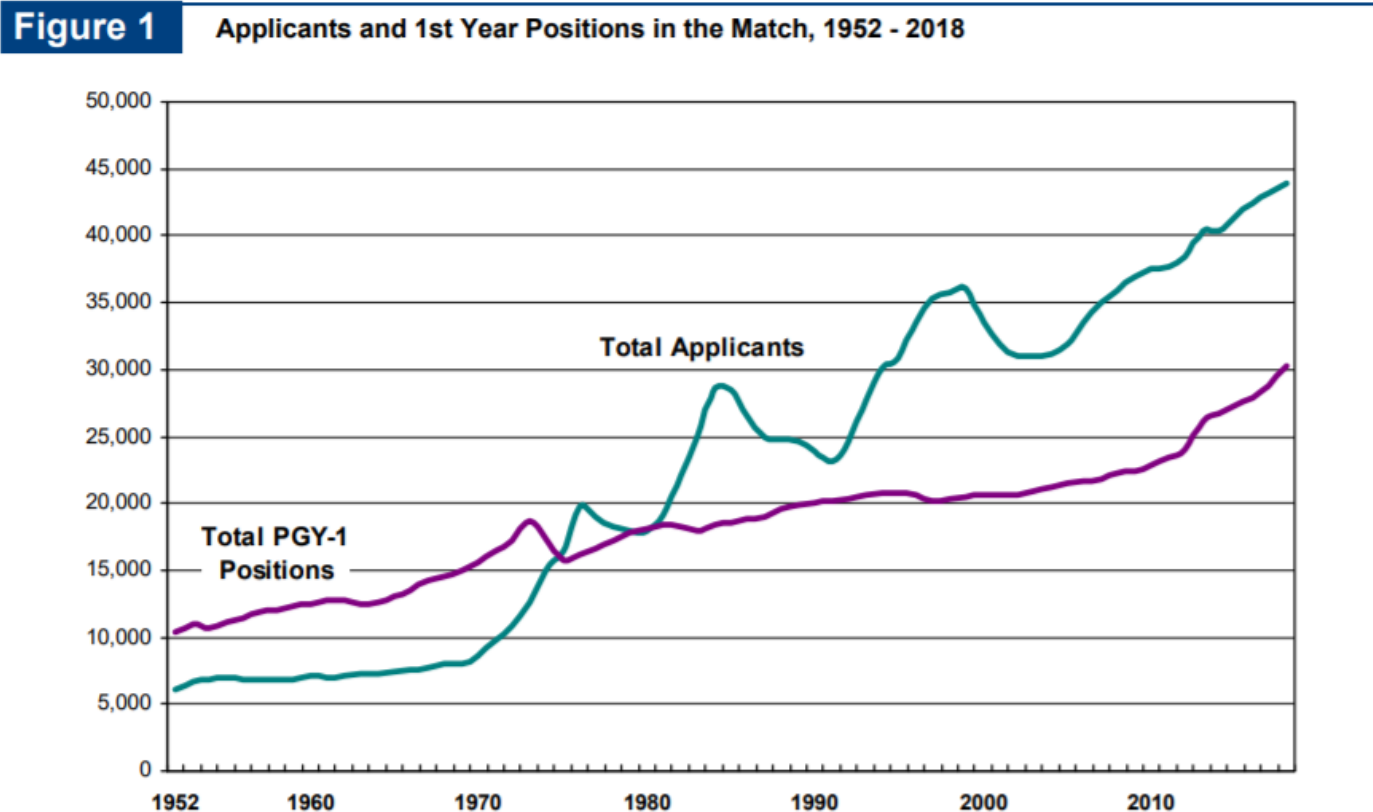
**Washington, D.C., April 30, 2015**—U.S. medical schools are on target to reach a nearly 30 percent increase in enrollment by 2019, according to results of the annual [Medical School Enrollment Survey](#) conducted by the AAMC (Association of American Medical Colleges).

“With the United States facing a shortage of up to 90,000 physicians by 2025, we are pleased to see our nation’s medical schools increasing enrollment, both through the expansion of existing medical schools and the establishment of new ones,” said AAMC President and CEO Darrell G. Kirch, MD. “However, without an increase in federally funded residency training positions, all these new medical school graduates may not be able to complete their training and become practicing physicians.”

The results of the survey by the AAMC [Center for Workforce Studies](#) were released during the center’s [11<sup>th</sup> Annual Health Workforce Research Conference](#). The report shows that first-year medical school enrollment in 2019–20 will reach 21,304—a 29.2 percent increase over the baseline enrollment level in 2002–03 and only 130 positions shy of the 30 percent target. This puts projections on track to meet enrollment increases that the AAMC called for in 2006 to address a projected physician shortage.

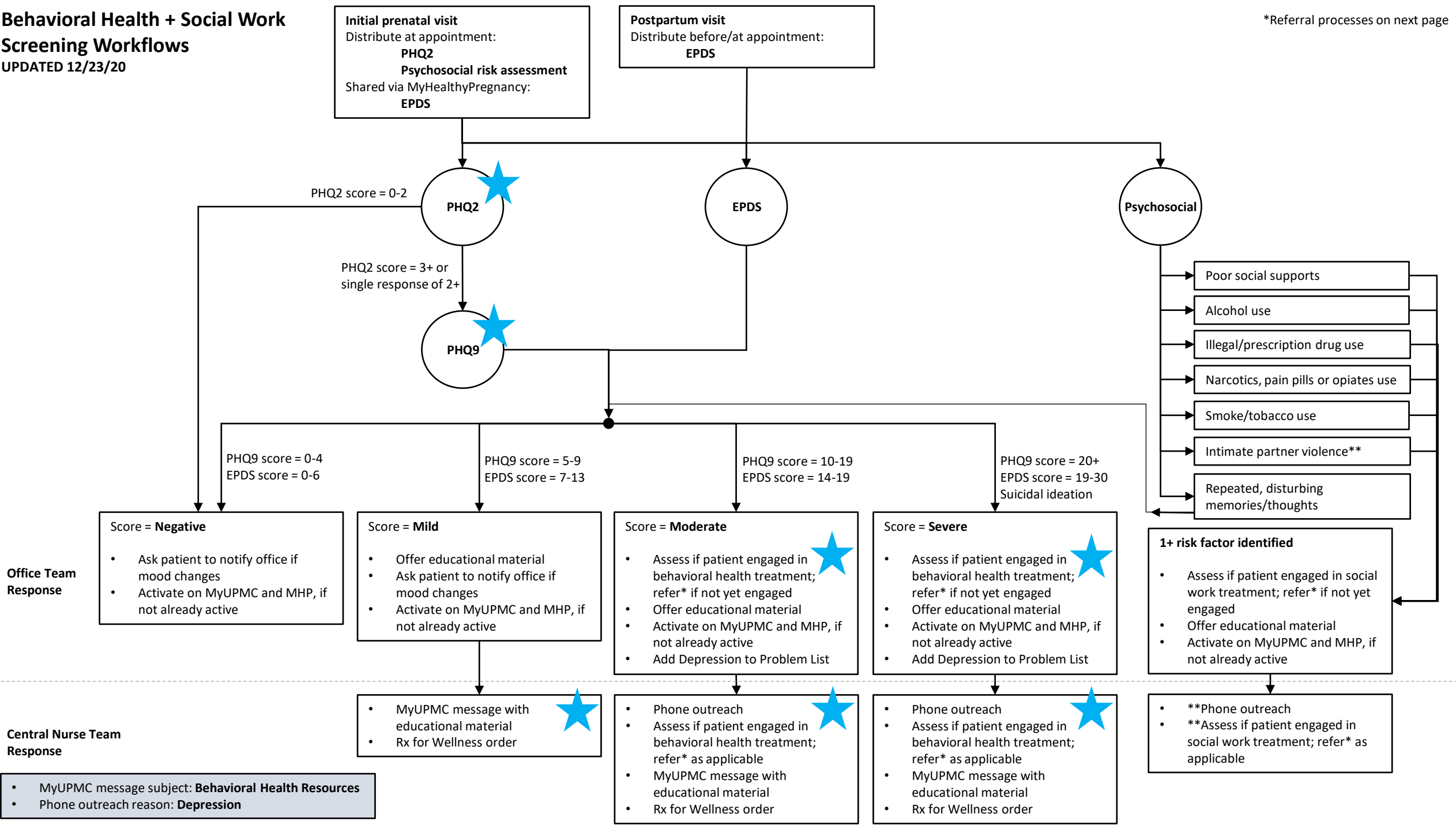
# Physician Shortage (aka Residency Shortage)

- What has happened to residency positions in this time?



Behavioral Health + Social Work  
Screening Workflows  
UPDATED 12/23/20

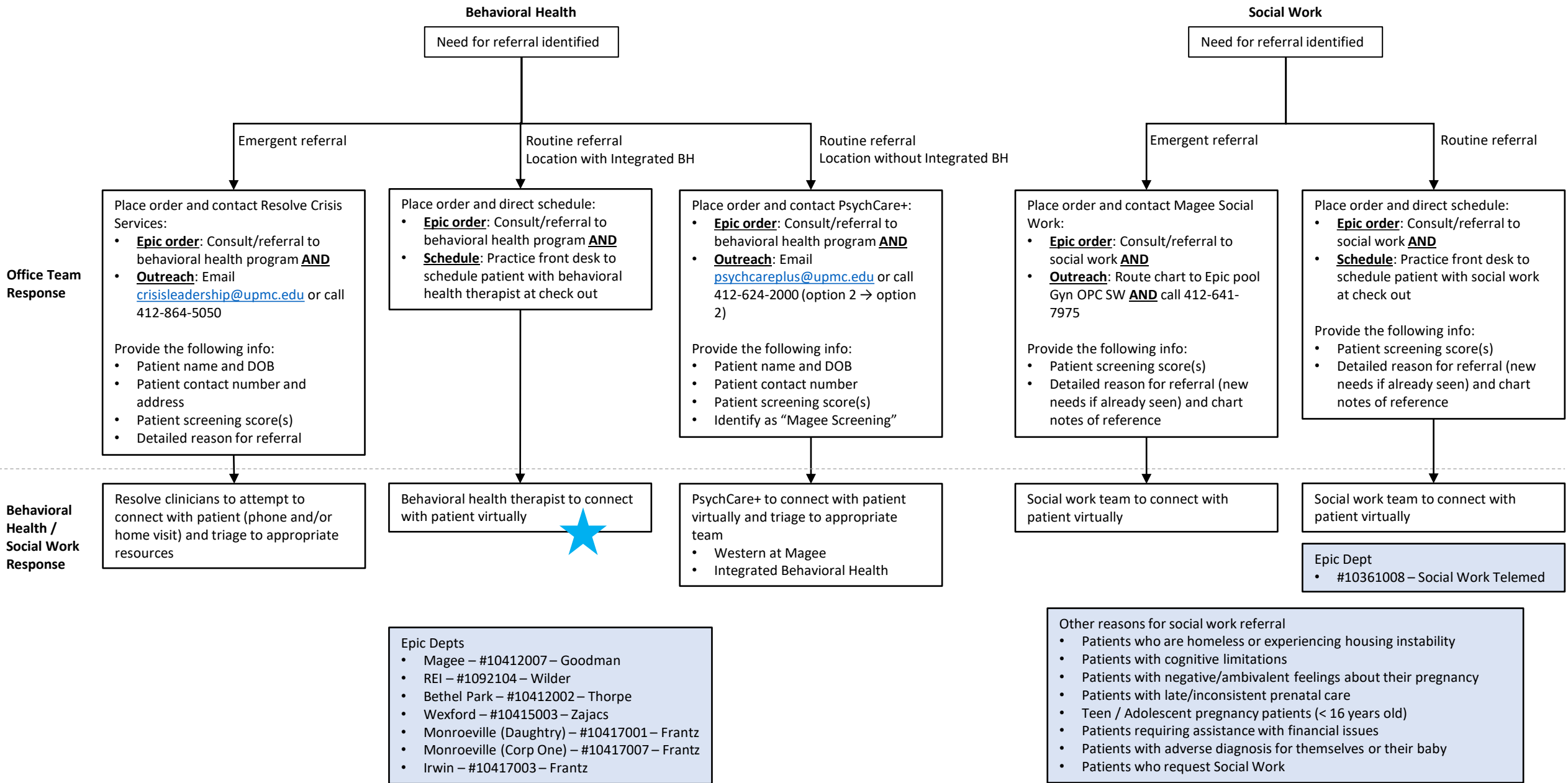
\*Referral processes on next page



Behavioral Health + Social Work

Referral Workflows

UPDATED 12/23/20







**Magee  
Behavioral**

**WPH psychiatrist/  
therapists**

**Location: Magee-  
Womens Hospital**

**Led by Kelly  
O'Toole and Dr.  
Eydie Moses-  
Kolko**

**NEST IOP**

**WPH psychiatrist/  
therapists**

**Location:  
Wexford**

**MWH Pars for  
Postpartum  
funded childcare  
room & childcare**

**CPCDS**

**WPH psychiatrist/  
therapists**

**Location: 3501  
Forbes Ave**

**Led by Kelly  
O'Toole and Dr.  
Jody Glance**

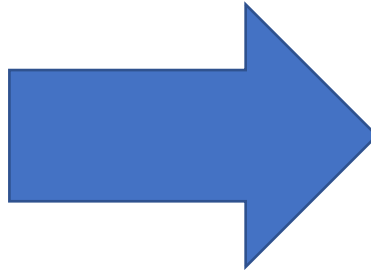
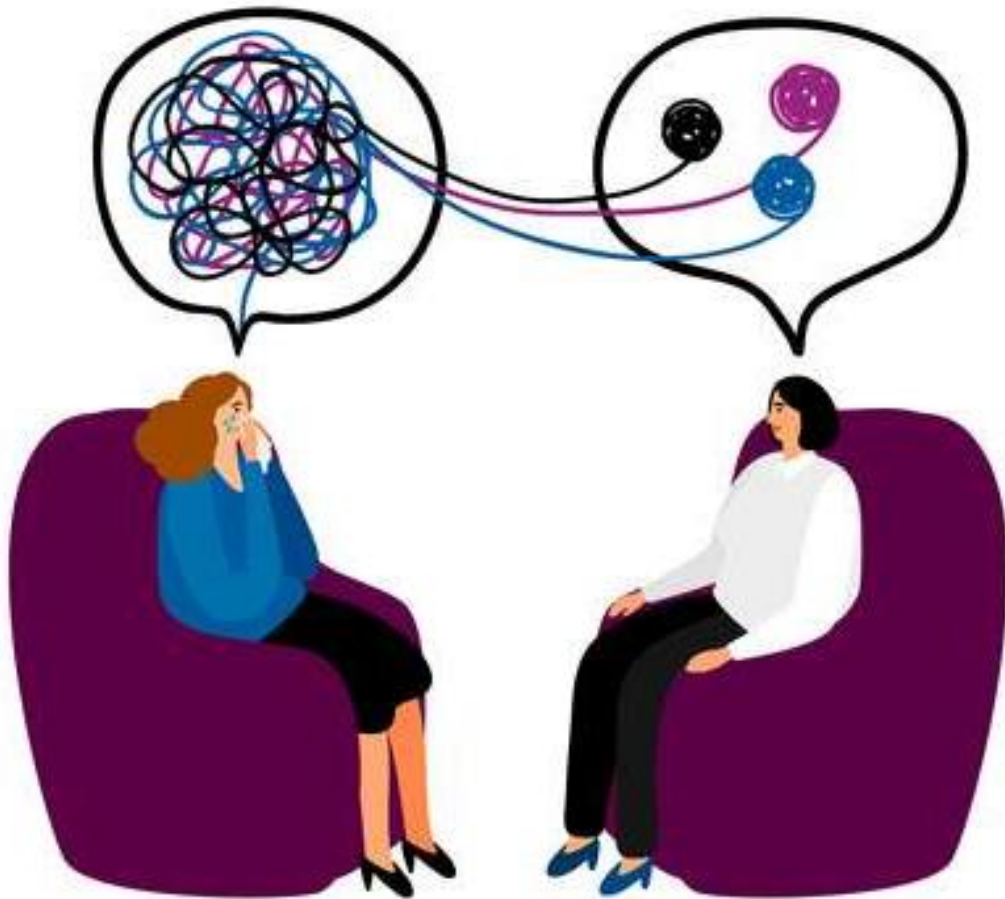
**Narcotics  
Addiction  
Treatment  
Program**

**WPH psychiatrist/  
therapists**

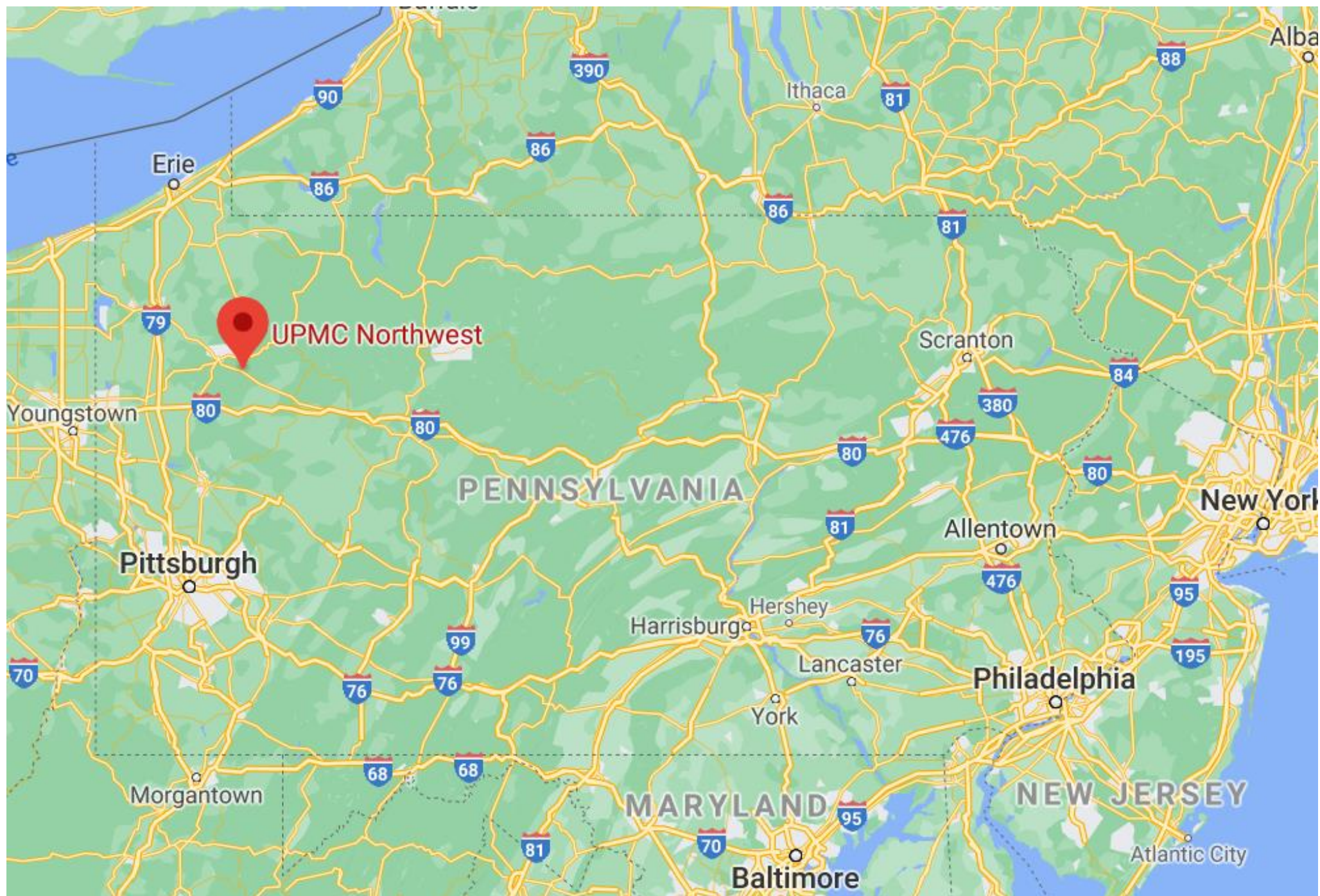
**Location:  
Wilkinsburg**

**Methadone and  
Suboxone**

# Integrated Care







Depression / anxiety during pregnancy *
Prescription of psychiatric meds during / before pregnancy *
Prior history of postpartum depression, anxiety or psychosis *
History of trauma or current intimate partner violence
Substance use / MAT program
Low social support
Complications during delivery / baby transferred / IUFD
PHQ-2 screen =/> 3

**Consult offered if patient answers / chart review is yes =/> 2 questions**

**Consult offered automatically if patient answers / chart review is yes to (\*) questions**

***PHQ-2 Questions***

Over the last 2 weeks how often have you been bothered by the following problems:	Not at all	Several days	More than half the days	Nearly every day
Little interest or pleasure in doing things	0	1	2	3
Feeling down, depressed or hopeless	0	1	2	3

**Questions?**



Action	Volume
PHQ2 Screening	6,366 unique pts
PHQ9 Screening	1,043 unique pts
Referral to Behavioral Health	416 documented orders
Referral to Health Plan maternity team	371 documented referrals
Phone or MyUPMC outreach by Central Monitoring Team	871 documented outreaches
Completed Appt with BH Team Through Algorithm	169 unique pts (but 270 completed integrated BH pts)