

## Greenwich Hospital Education Department

### Teaching Plan

Program Title: Postpartum Depression Screening using the Edinburgh Postnatal Depression Scale Tool

Target Audience: Maternity RN staff

Date: Start March 1- March 31, 2019

Location: Greenwich Hospital, Maternity

Speakers: Loretta Jacobs, MSN RNC-OB, Kelsey Marioni, BSN RN; Nicole Riehm, BSN RN

Purpose: Incorporate new evidence based practice for completion of postpartum depression screening prior to discharge.

Topic	Objective	Content	Method/Resources
Postpartum Depression	1. Identify signs and symptoms of postpartum depression	<ol style="list-style-type: none"> <li>1. Prevalence of postpartum depression in childbirth population</li> <li>2. Current status of screening for PPD in U.S.</li> <li>3. Signs and symptoms of PPD in comparison to Baby Blues</li> </ol>	Powerpoint slides Poster
EPDS Screening Tool	2. Describe elements of Edinburgh Postnatal Depression Scale	<ol style="list-style-type: none"> <li>1. Format of tool               <ol style="list-style-type: none"> <li>a. 10 multiple choice questions</li> <li>b. Patient to self respond, on paper</li> <li>c. All questions to be answered</li> <li>d. Available in Spanish</li> </ol> </li> <li>2. Scoring               <ol style="list-style-type: none"> <li>a. Questions 1-9</li> <li>b. Question 10: for any response other than never: needs prompt evaluation (social work &amp; psyche consult)</li> </ol> </li> <li>3. Total Score 10 or greater indicates possible depression</li> </ol>	DVD: "Dark Side of the Moon"  Edinburgh Postnatal Depression Scale Tool <ul style="list-style-type: none"> <li>• English version</li> <li>• Spanish version</li> </ul> Powerpoint slides Poster
Nurse workflow	3. Outline process for administration and review of EPDS screening	<ol style="list-style-type: none"> <li>1. Give to mother evening before discharge</li> <li>2. Facilitate alone time for mother to answer in private</li> <li>3. Nurse to review answers/score</li> <li>4. Survey to be scanned into patient's chart</li> <li>5. Providers, Social work, to be contacted for additional screening and support interventions.</li> <li>6. Documentation of:               <ol style="list-style-type: none"> <li>a. Results</li> <li>b. Communications to providers and social worker</li> <li>c. Resources for mother after discharge</li> </ol> </li> </ol>	Powerpoint slides Poster

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