## Important Contact information: Postpartum Depression Screening and Treatment Chris Raines pager 919-216-4061 Perinatal Mood Disorders Clinic (PMDC) Postpartum patient presents for 919-966-5217 office visit. Counseling services offered through UNC Psychiatry: **UNC Perinatal Mood Disorders Clinic** Clerk stamps back of Edinburgh Neurosciences Hospital Scheduling: 919-966-5217 Postpartum Depression Screen (EPDS) in appropriate language. Rex Perinatal Mood Disorders Clinic "We are asking all of our patients who Rex Hospital have recently had a baby to complete Scheduling: 919-966-5217 Clerk gives EPDS to patient on this short questionnaire. Please clipboard. complete it and give it to your nurse **UNC Mental Health Specialists** when she calls you back." 110 Connor Drive Suite 4, Chapel Hill Fee-for-service Scheduling: 919-929-7449 Nurse scores sheet, writes score on sheet, circles and initials, and **EPDS Questionnaires** puts on top of patient's papers for English | Spanish provider. Medications for treating PMDD: 1<sup>st</sup> line<sup>3</sup>: Zoloft 25 mg QD x 7d, then 50 mg QD Prozac 10 mg QD x7d, then 20 mg QD Other: Provider reviews questions on Celexa 10 mg QD x7d, then 20 mg QD EPDS and follows-up on any Avoid Paxil4 positive answers. Resources for patients Mood Changes After Giving Birth (mombaby.org) English | Spanish "Have you had any scary thoughts?" Assess for safety Perinatal Support Group Bi-monthly group meetings Call or email Chris Raines, 919-966-3115, Christena\_Raines@med.unc.edu to register Perinatal and Postpartum Depression English | Spanish Score > 121 or Yes symptoms? Intermediate score<sup>1</sup> 10-12 Clinician alarmed by Yes psychiatric situation? No Page Chris Raines Refer for counseling, with Yes or without medications<sup>1,2</sup> If she is not available, call Page Chris Raines PMDC to arrange to have patient seen in Crisis Clinic. Counsel that depression Encourage patient to call if If breastfeeding and is common in the first she feels increasing months following starting medication, print depression. Have patient wait for Chris childbirth, encourage to out and review LactMed Raines in OB clinic, or contact usual provider or monograph. have staff escort patient to PMDC if any concerns. Crisis Clinic (first floor Neuroscience) or to ED. Provide patient with Mood Schedule follow-up in 10-Front desk can Changes After Giving Birth 14 days in OB clinic or with schedule this and handout for Perinatal Chris Raines. appointment Support Group. Provide Perinatal and Postparum Depression pamphlet to all patients Sign EPDS form and document EPDS score in note.