

VCH-North Shore Provider Pathway for Women with Perinatal Depression

Education & Prevention	Creating a culture of knowledge at individual, family & community levels.... <ul style="list-style-type: none"> • Provide realistic beliefs & dispel myths about motherhood • Increase knowledge & awareness of PND & resources 		Resources: <ul style="list-style-type: none"> • <i>BC Reproductive Mental Health Program:</i> www.bcmhas.ca ► Programs & Services ► Reproductive MH • <i>Pacific Postpartum Support Society:</i> www.postpartum.org; 604-255-7999; 1-855-255-7999 • <i>Here to Help:</i> www.here-to-help.bc.ca; 310-6789 (no area code required) • <i>HealthLink BC:</i> www.healthlink.bc.ca; 811 • <i>Motherisk:</i> www.motherisk.org/women/index.jsp 				
Screening & Diagnosis EPDS is available in multiple languages at www.perinatalservicesbc.ca/	BEST PRACTICE - UNIVERSAL SCREENING: Steps 1 - 3.						
	1	Administer the Edinburgh Postnatal Depression Scale (EPDS) at 28-32 weeks of pregnancy & again at 6-8 weeks postnatally.					
	2	Interpret the EPDS (see reverse)	<8 Depression not likely	9-11 Depression possible	12-13 Fairly high possibility; assessment by PCP ¹ recommended	14+ Positive screen for depression	Answer 1,2 or 3 to Qu 10 or S/S of a psychotic disorder or concern re harm to baby
			▼	▼	▼	▼	▼
	3	Take action	Continue support	Support, re-screen in 2-4 wks & consider referral to PCP ¹	Support & refer to PCP ¹ . Diagnostic assessment & treatment by PCP & / or specialist recommended for scores of 14+ (see tx & mgt section)		Immediate discussion required; refer for urgent diagnosis & treatment as needed (see tx & mgt section)
	IF UNIVERSAL SCREENING NOT POSSIBLE &/OR ANYTIME CONCERNS IDENTIFIED, PERFORM TARGETED SCREENING: Steps 4 – 6.						
	4	Are there risk factors &/or concern re mood or behaviour?					
5	If yes, ask 3 questions pertaining to last 2 weeks:	1. Have you often felt sad or depressed? (from PHQ-9) 2. Have you felt a loss of interest in pleasurable activities? (from PHQ-9) 3. Have you felt anxious &/or unable to sleep when the baby sleeps due to racing thoughts or worries?					
6	If yes to ≥ 1 of the 3 questions, administer the Edinburgh Postnatal Depression Scale (EPDS); interpret & take action as above.						

See next page for treatment & self-management resources.

¹ PCP = Primary Care Provider (family physician or nurse practitioner)

Treatment & Self-Mgt (tx & mgt)	Severity ²	Resources	Contact #
	Emergent / urgent risk	24/7 resources: <ul style="list-style-type: none"> • Ambulance • LGH Emergency • LGH Rapid Access Program • MCFD Intake (NS) • Helpline for Children (MCFD afterhours) • Crisis Intervention • Distress Phone & Information Line 	911 604-988-3131, x4500 604-988-3131, x4513 604-981-0008 310-1234 (no area code) 1-800-SUICIDE (784-2433) 604-872-3311 or 1-866-661-3311
Treatment & Self-Mgt cont'd (tx & mgt)	Moderate, severe & / or complex presentation of PND	<ul style="list-style-type: none"> • LGH Rapid Access Program (response required within 72 hrs) • Central Intake/Community MH Services • BC Repro MH Psychiatrist on-call or referral • St Paul's Repro MH referral 	604-988-3131, x4513 604-904-3540 604-875-2025 604-806-8589
	Mild to moderate presentation of PND	<ul style="list-style-type: none"> • Pacific-Post Partum Support Society (groups & phone line) • North Shore Supportive Treatment Group (public/mental health) • Family Services of the North Shore 	604-255-7999 or 1-855-255-7999 604-983-6875 604-988-5281
	All known & suspected PND presentations & / or PND risk factors present	<ul style="list-style-type: none"> • Registered psychologist (private) • Private psychiatrists • Clinical counsellors • NS Public Health Nurses on-call Telephone support lines: <ul style="list-style-type: none"> • Pacific PP Support Society groups (groups & phone line) • Women's Support Line NS Crisis Service • Chinese Helpline (SUCCESS) (1000-2200 hrs, 7d/wk) • HealthLink 	1-800-730-0522; www.psychologists.bc.ca 1-800-909-6306; www.bc-counsellors.org 604-983-6700 604-255-7999 or 1-855-255-7999 604-987-3374 604-270-8222 (Mandarin); 604-270-8233 (Cantonese) 811; www.healthlink.bc.ca
Coping & Support	Pacific-Post Partum Support Society (groups & phone line; Farsi & Punjabi language services available)		www.postpartum.org
	Coping with Depression during Pregnancy & Following the Birth: A CBT-based Self-management Guide for Women with PND (BC Repro MH Program): www.bcrmh.com ► Programs & Services ► Repro MH		

² Determining severity: PHNs may refer to page 3 on interpreting the EPDS scores and Primary Care Providers may complete a depression scale such as the PHQ-9.