

Perinatal Depression Screening Guide

Introduce Yourself to the Client							
Use Relationship-Focused Practice							
Ask open ended questions. ~ Support the woman to tell her story.~ Listen with empathy and reflection.~ Help the woman to gain a different perspective. ~ Support the woman's choice in deciding future action. ~ Be patient as the woman finds her way to emotional well-being							
Ask the following questions when it is appropriate							
<p>History of Depression: <i>In a woman's life, there might be a time when she might feel low, lack energy, or feel that life is not good. How about you? Have you ever felt that way?</i></p> <p>Family History of Depression: <i>In some families, members might have a hard time. They might be sad all the time, or can't seem to get up and go to work. How about in your family? Did this happen?</i></p> <p>Domestic Violence: <i>Some of the other women I see are dealing with abusive partners. I worry about them. Some of them are too afraid or uncomfortable to bring it up themselves, so I've started asking about it routinely. How about you? Have you been hurt or threatened by your boyfriend/ husband or partner?</i></p>							
<p>"I" asks the "M" to complete the Edinburgh Postnatal Depression Scale. Tell her that both of you will score the form together.</p> <p>Tell her to ask any questions about the items. Explain when necessary. The client should complete the form alone unless there is a language or literacy problem.</p> <p style="text-align: center;"><i>"Would you be willing to complete this form so I can get a picture of how you are feeling?"</i></p>							
<p>"I" and "M" score the Edinburgh Postnatal Depression Scale. Discuss together each item, total and discuss the meaning of the score.</p>							
<p>"I" makes evaluative decision on the basis of the risk factor assessment or EPDS score.</p>							
<p>No Risk Factors or EPDS < 10</p>	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th colspan="2" style="text-align: center; padding: 5px;">Positive Risk Factors or EPDS ≥ 10</th> </tr> <tr> <th style="width: 50%; padding: 5px;">Acknowledgement of Depression</th> <th style="width: 50%; padding: 5px;">Denial of Depression</th> </tr> </thead> <tbody> <tr> <td style="padding: 5px; vertical-align: top;"> <p>Acknowledge positive feelings</p> <p>Explore coping and social support sources</p> <p>Encourage health care</p> </td> <td style="padding: 5px; vertical-align: top;"> <p>"Many women like you respond this way. It tells how much she suffers. I worry about how you might be feeling. I wonder when you last felt joy. Tell me about that time. When was that?"</p> <p><i>Report of Joy.</i> Respond appropriately. "That's wonderful." "That was a long time ago." "That was short lived." "How much more joy in your life would you like to have? I wonder if you would work with me to feel more joy in your life."</p> <p><i>Denial of Joy.</i> "Sometimes in every woman's life there are hard times. I know I have been there too. It does not have to be that bad; depression is not all of you. It can be treated. I am wondering if we can work together so that you can begin to feel better."</p> <p><i>Confirmation of Depression:</i> " One of the next steps in feeling better is to make sure how you are feeling to get services and help. Would you be willing to complete a short questionnaire?"</p> </td> </tr> </tbody> </table>	Positive Risk Factors or EPDS ≥ 10		Acknowledgement of Depression	Denial of Depression	<p>Acknowledge positive feelings</p> <p>Explore coping and social support sources</p> <p>Encourage health care</p>	<p>"Many women like you respond this way. It tells how much she suffers. I worry about how you might be feeling. I wonder when you last felt joy. Tell me about that time. When was that?"</p> <p><i>Report of Joy.</i> Respond appropriately. "That's wonderful." "That was a long time ago." "That was short lived." "How much more joy in your life would you like to have? I wonder if you would work with me to feel more joy in your life."</p> <p><i>Denial of Joy.</i> "Sometimes in every woman's life there are hard times. I know I have been there too. It does not have to be that bad; depression is not all of you. It can be treated. I am wondering if we can work together so that you can begin to feel better."</p> <p><i>Confirmation of Depression:</i> " One of the next steps in feeling better is to make sure how you are feeling to get services and help. Would you be willing to complete a short questionnaire?"</p>
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