



## Building Capacity to Address Perinatal Depression in CPSP Medi-Cal Patients

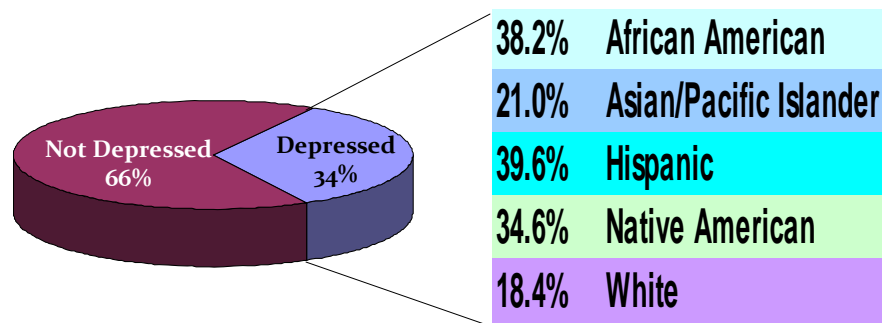
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Reproductive Health



County of Los Angeles  
Public Health

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### Self-Reported Depressive Mood *During* Pregnancy

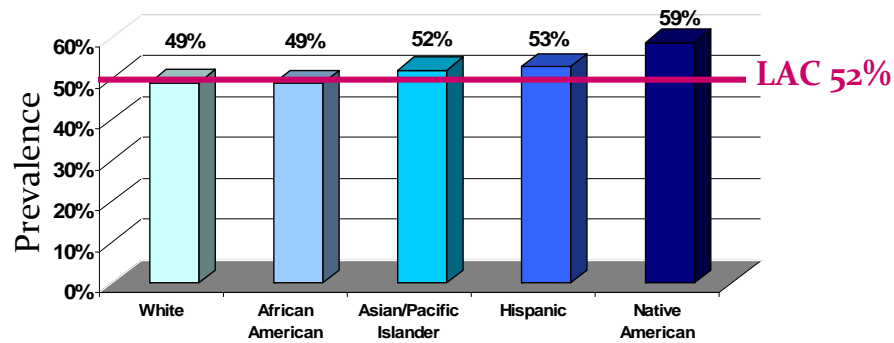


Source: Los Angeles Mommy and Baby Project, Los Angeles County Department of Public Health, 2005.



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## Self-Reported Depression *After* Pregnancy



Source: Los Angeles Mommy and Baby Project, Los Angeles County Department of Public Health, 2005.



## Comprehensive Perinatal Services Program (CPSP)

### Direct services

425 state-certified prenatal care providers

### Enhanced Medi-Cal Program

- obstetrical care
- nutrition, health education, and psychosocial
- initial visit, each trimester, postpartum assessment



## Current Depression Screening Practice Among CPSP Providers

- CPSP Perinatal Depression Survey
  - Email/Hardcopy
  - Any staff in clinic
  - 10 minutes to complete

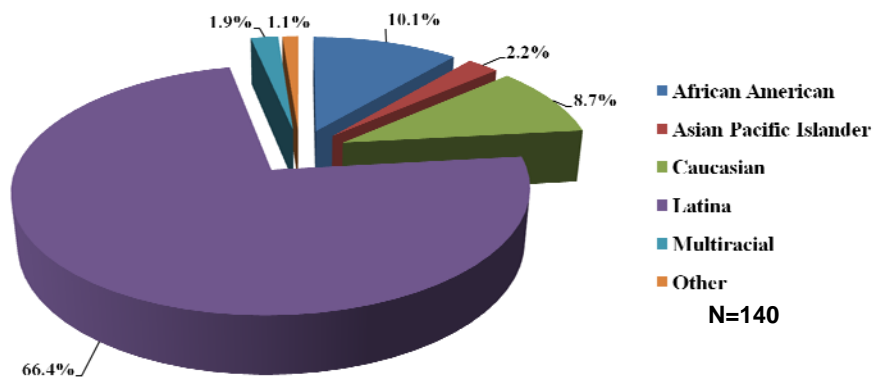


## CPSP Perinatal Depression Survey Questions

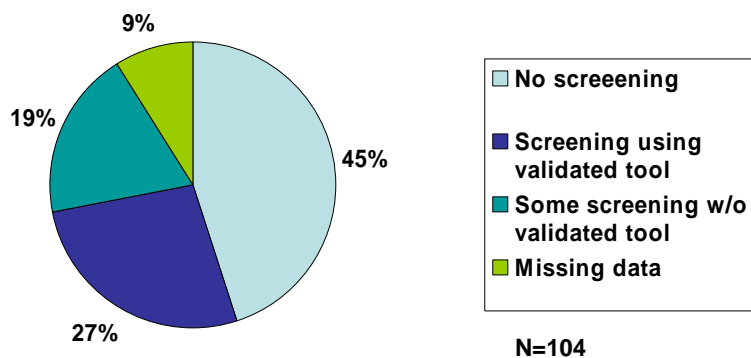
1. Do you use a depression screening tool? If so, which one?
2. How often do you administer the screening tool?
3. If you do not screen for depression, why not?
4. Where do you refer patients who need further diagnosis and treatment?
5. What % of patients follow up with referral?



## CPSP Perinatal Depression Survey: Demographics



## CPSP Perinatal Depression Survey: Current Screening Practices



## CPSP Perinatal Depression Survey: Barriers to Screening

- No depression screening tool (62%)
- No resources to refer patients that are depressed (31%)
- Patients do not like us to ask personal questions (31%)
- We don't have patients that are depressed (31%)



## Strategies to Promote Depression Screening: Perinatal Depression Screening Training

- Two hour didactic and interactive training
- Conducted at provider sites
- Attendees:
  - Physician or Nurse Practitioner, RNs, Comprehensive Perinatal Health Workers, Social Workers and front office staff
- Number of participants varied by size of clinic

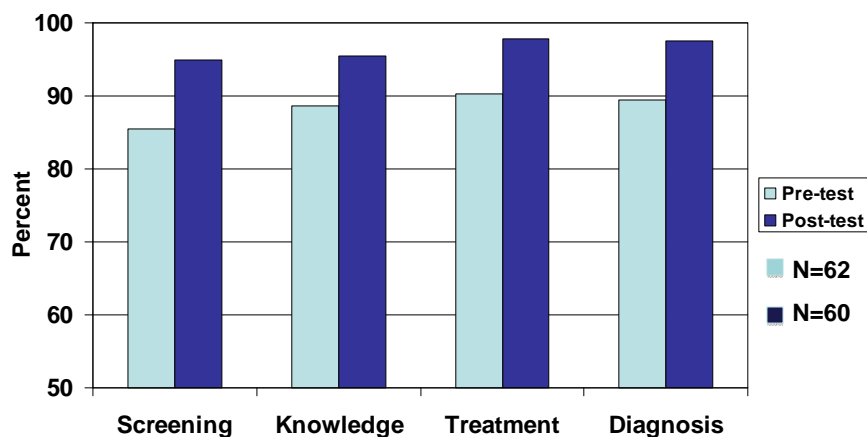


## Strategies to Promote Depression Screening: Perinatal Depression Training Curriculum

- Depression overview
- Types of depression in perinatal spectrum
- Case study using the PHQ-9
- Treatment options based on severity of PHQ-9 score
- Referrals and resources in the community

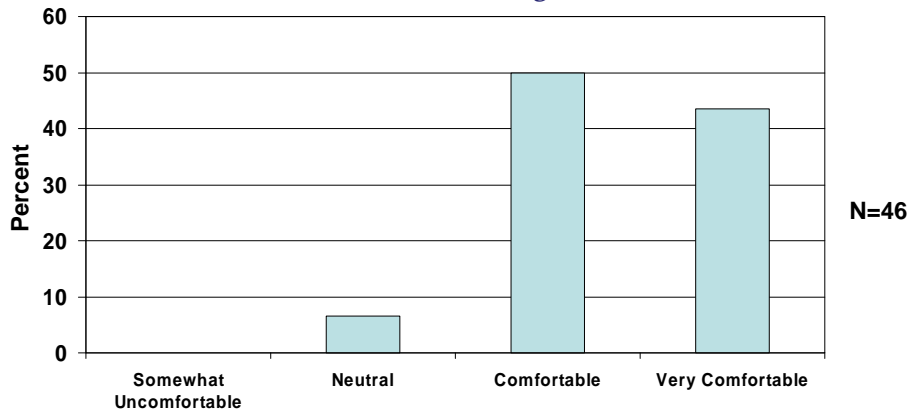


## Perinatal Depression Training Curriculum: Pre and Post Test Results

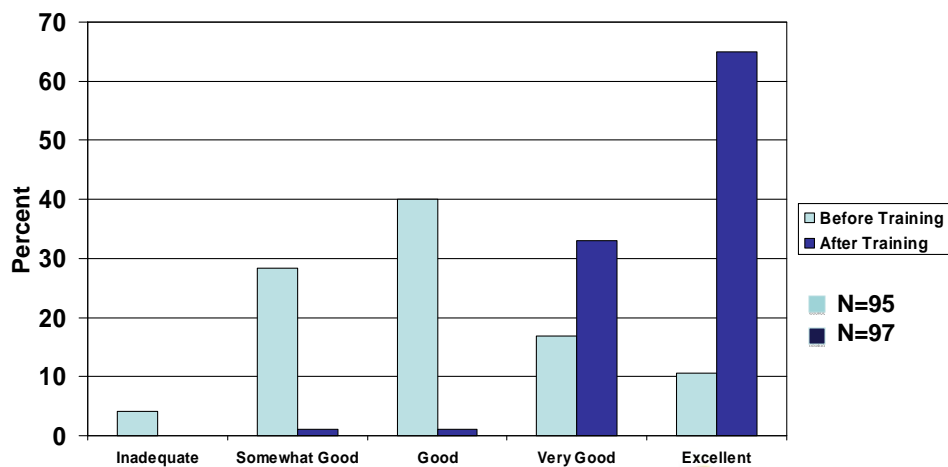


## Perinatal Depression Training Curriculum: Comfort Level Using PHQ-9

After Training



## Perinatal Depression Training Curriculum: Self Reported Knowledge of Depression

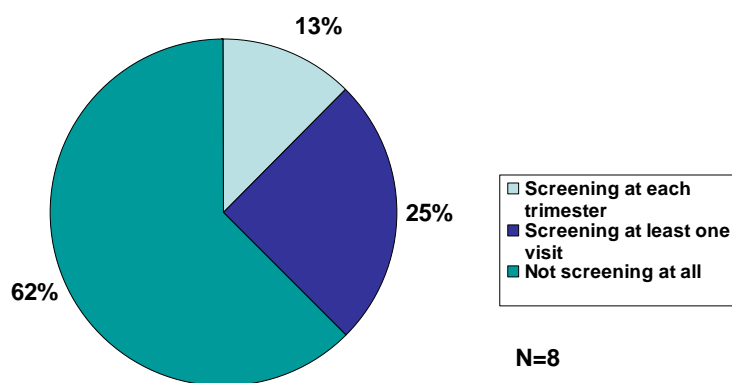


## Perinatal Depression Training Curriculum: Patient Satisfaction Survey

- Assess patients' perceptions and quality of screening
- 6 simple questions – English & Spanish
- 5-point Likert scale
- Sample questions:
  - Do you think it is helpful for the doctor or nurse to ask questions about how you are feeling ?
  - Were the results regarding the mental health questionnaire explained to you?



## Perinatal Depression Training Curriculum Three Month Follow-up Results



## Challenges Reported at Follow Up

- High staff turnover
- Staff downsizing
- Not currently implementing CPSP
- Not an administrative priority
- Misunderstanding about screening recommendations
- Lack of knowledge about available resources



## Lessons Learned

- Obtain commitment to take one step
- Follow-up needs to be done sooner
- Ongoing perinatal depression training needed
- Onsite assistance with local resources





*Thank you !*



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