Postpartum Depression

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Objectives

• Recognize postpartum depression

• Distinguish postpartum depression from baby blues and postpartum psychosis

• Identify screening tools and how to utilize them

• Review treatment options
Burden

- 5-20% of US women during 6 months of delivery\(^1,2\)
  - ~500,000 women a year\(^7\)
- May begin during pregnancy
  - Up to 50% patients\(^15\)
- 20-50% lifetime risk of major depressive disorder (MDD)\(^6\)
- Children at risk for delays and behavioral disturbances

Postpartum Depression (PPD)

- Defined with criteria for MDD
- Onset within 4 weeks of delivery
- Symptoms
  - Despondent mood
  - Feelings of inadequacy
  - Sleep and appetite disturbance
  - Impaired concentration
  - *Ego-dystonic thoughts*
  - *Suicidal ideation*
PPD

• Risk Factors
  – Personal or family history of mood disorder
  – Lack of social support
  – Domestic violence
  – Substance abuse
  – Low-income

• Complications
  – 25-50% recurrence
  – Impact on children
  – Obstetrical complications

• Special Populations
  – Pregnancy loss

I'm completely overwhelmed; the baby is up six times a night; my husband is completely ineffectual at helping; I'm stuck home all day with no time to myself, I'm tired all the time... Postpartum depression, no doubt.
Baby Blues

- Transient state of heightened emotional reactivity\(^1\)
- 50-80% of mothers
- Onset within 3-5 days of delivery
- Symptoms
  - Crying easily
  - Irritability
  - Emotionally labile
  - Poor sleep
  - Nervousness
  - Suicidal ideation NOT present

Postpartum Psychosis

- Presence of delusions and/or hallucinations
- 1:500 to 1:1000\(^15\)
- Onset within first several weeks
- Symptoms
  - Greater disorientation and lability
  - More likely to act on harmful thoughts
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<table>
<thead>
<tr>
<th>Characteristic</th>
<th>Baby Blues</th>
<th>PPD</th>
</tr>
</thead>
<tbody>
<tr>
<td>Onset</td>
<td>Within 2-5 days postpartum</td>
<td>Often within first month; may be up to one year</td>
</tr>
<tr>
<td>Duration</td>
<td>Days-weeks</td>
<td>More than 2 weeks to more than one year</td>
</tr>
<tr>
<td>Prevalence</td>
<td>50-80%</td>
<td>5-20%</td>
</tr>
<tr>
<td>Severity</td>
<td>Mild</td>
<td>Moderate to Severe</td>
</tr>
<tr>
<td>Suicidal Ideation</td>
<td>Not present</td>
<td>May be present</td>
</tr>
<tr>
<td>Psychosis</td>
<td>Not present</td>
<td>May be present</td>
</tr>
</tbody>
</table>

Screening

- Not diagnosis
- System for treatment or referral
- Barriers
  - Physician
  - Patient
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Screening

• Who?
  – Family physicians
  – Pediatricians
  – Obstetricians

• When?
  – Timing
  – Prenatal visits
  – Postpartum visit
  – Well-child visits

• How?

Screening

• Edinburgh Postnatal Depression Scale (EPDS)
• 2-question screening tool
• PHQ-2
• PHQ-9
• Beck Depression Inventory

• Screen for co-existing mood disorders
Diagnosis

- Structured Clinical Interview for DSM
- Referral
- Medical disease
  - TSH, CBC

Treatment

- Antidepressants
  - SSRI
  - SNRI
- Therapy
  - Cognitive-behavioral
  - Interpersonal
- Hospitalization

- Prevention
  - Family planning
  - Screening
- PPD Resources
Resources

7. Shaw P. Identifying postpartum depression during the well-child visit: resources for screening, referral, and treatment. Presentation 2013.
14. DSM-V
Postpartum Depression Resources

Postpartum Depression Toolkit, American Academy of Family Physicians
www.aafp.org/patient-care/nrn/studies/all/trippd/ppd-toolkit.html

LactMed – Drugs and Lactation Database

Maternal Infant Health Coalition
www.mssconline.org

Kansas Association for Infant & Early Childhood Mental Health
PO Box 743, Newton, KS
www.kaimh.org
785-218-8236

The Treehouse
151 N. Volusia, Wichita, KS
www.wichitatrehouse.com
316-686-2600

Healthy Babies – Sedgwick County Health Department
434 N. Oliver, Wichita, KS
www.sedgwickcounty.org
316-660-7433

The Counseling Center at Mental Health Association (Mother’s Embrace, Postpartum Recovery)
555 Woodlawn, Ste 102, Wichita, KS
www.counselingcenteratmha.com
316-652-2590

Associates in Psychological & Family Services
833 Waco, Ste 200, Wichita, KS
316-263-2351

Cana Counseling
437 Topeka, Wichita, KS
316-263-6941
COMCARE-Centralized Intake
934 Water, Wichita, KS
316-660-7540
Walk-in 8:00-8:30 AM

Prairie View
9333 21st N., Wichita, KS
800-992-6292

The Therapy Center
7807 Funston, Wichita, KS
316-636-1188

Wichita Child Guidance Center
415 Poplar, Wichita, KS
316-686-6671, ext. 1613