# Quality Provider Program — Primary Care Working Your Open Gaps List: Maternal Depression Screening

## Instructions

#### STEP1

Create a current gaps-in-care list:

- 1. Open your "Gaps-in-Care for Download" report: **OPP Report Hub.**
- 2. Apply these filters:
  - **Super clinic:** Choose your clinic.
  - Measure: Click on "Maternal Depression Screening 1 (SH\_MDS\_1); Maternal Depression Screening 2 (SH\_MDS\_2); and Maternal Depression Screening 3 (SH\_MDS\_3)"
  - Status: Unclick the "Compliant" box; this will filter for only the achievable and noncompliant members.
- 3. In the dropdown menu on the top right side of the page, change the view from **Member** to **Download.**
- 4. Follow the instructions on the screen to export the data to Excel.

Refer to Report Hub Instructions: Basic User.

#### STEP 2

Format your Excel export.

(Refer to Formatting a Gaps List in Excel.)

### STEP3

Review "Tips for Working your Gaps-in-Care List" (beginning on <u>page 2</u>).

**NOTE**: Example screens used in this document are for instructional purposes only; the dates that appear are only representative of what a user might see.

## **Measure Information**

Maternal depression screening is critical for the health and well-being of both mother and baby. If untreated, this disorder can impact the mother's ability to care for the child, which may contribute to long-term emotional and behavioral problems. For the mother, postpartum depression can strain family relationships and increase the risk of suicide.<sup>1</sup>

The American Academy of Pediatrics (AAP) recommends routinely screening mothers of patients for postpartum depression:<sup>2</sup>

- With a validated screening tool (e.g., Edinburgh Postpartum Depression Scale or Patient Health Questionnaire)
- At first year well-child visits: the one-, two-, four-, and six-months visits

In addition, the AAP Perinatal Depression policy statement indicates that, "Repeated screening aids in overcoming initial reticence in disclosing depressive symptoms."<sup>2</sup>

Tips for Working Your Gaps-in-Care List begin on page 2...



# Maternal Depression Screening, Continued

# Tips for Working Your Gaps-in-Care List

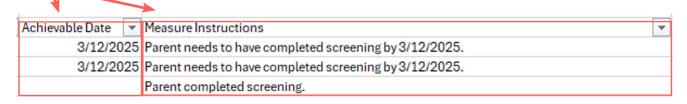
1. Understand the data in your Gap List:

Status: Patients are "Achievable" if they are < 1 year old and their parent/caregiver has not been screened. Patients are "Non-compliant" if they are > 1 year old and their parent/caregiver has not been screened. Patients are "Compliance Date: The date the screening was completed. "Compliant" when SelectHealth has received the claim for the screening before the patient turned 1 year old.

**Status Detail:** Contains information about compliance, including screening date and submitted code.

Measure	Compliance Date 💌	Status 🔻	Status Detail
Maternal Depression Screening 2 (SH_MDS_2)		Achievable	To Be Completed
Maternal Depression Screening 3 (SH_MDS_3)		Non-Compliant	Screening not completed
Maternal Depression Screening 1 (SH_MDS_1)	8/16/2024	Compliant	Recorded screening on Dates: (08/16/24 96161 )

Achievable date and Measure Instructions: The child's 1st birthday and the date by which the 3 screenings must occur to receive payment



- 2. Work the patient list by "Achievable" status. These patients' parents/caregivers are missing one or more screenings. Be sure to:
  - Check to see if the "Achievable" patients have an upcoming well-baby appointment scheduled and contact parents of those who do not to get a visit scheduled.
  - Work with your team to make sure that the Edinburgh Postpartum Depression Screen (EPDS) or other standardized screening tool is part of your well-baby visit template or pre-visit forms.
  - Talk to parents about any barriers to care that they may be encountering (e.g., cost, transportation, remembering to schedule) and provide relevant education and resources.

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# Maternal Depression Screening, Continued

Access these Quality Provider Program maternal mental health resources:

- Maternal Mental Health Screening Guide (includes screening algorithm, depression resources for providers, depression resources for patients and parents)
- Screening Algorithm (standalone)
- Depression Resources for Providers (standalone)
- Depression Resources for Patients and Parents (standalone)

#### **References:**

- 1. Carlson K., Mughal S, Azhar, Siddiqui W. Perinatal Depression. [Updated 2025 Jan 22]. In: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2025 Jan. Available from <a href="https://www.ncbi.nlm.nih.gov/books/nBK519070./">https://www.ncbi.nlm.nih.gov/books/nBK519070./</a>. AccessedMay 11, 2025.
- 2. American Academy of Pediatrics; Croke L, AFP Senior Associate Editor. Perinatal depression: AAP policy statement on recognition and management. *Pediatrics*. January 2019;143(1):e20183259. Available at: <a href="https://www.aafp.org/pubs/afp/issues/2019/1001/p443.html">https://www.aafp.org/pubs/afp/issues/2019/1001/p443.html</a> Accessed May 11, 2025.

