

HEDIS Provider Guide: Postpartum Depression Screening and Follow-Up (PDS-E)

Measure Description

The percentage of deliveries in which members were screened for clinical depression during the postpartum period. If member screened positive they received follow-up care.

- **Depression Screening:** The percentage of deliveries in which members were screened for clinical depression using a standardized instrument during the postpartum period, 7–84 days following the delivery date. List of standardized instruments below.
- **Follow-Up on Positive Screen:** The percentage of deliveries in which members received follow-up care or were dispensed an antidepressant within 30 days of a positive depression screen finding.

Clinical Recommendations:

- The U.S. Preventive Services Task Force (USPSTF) recommends screening for depression among adolescents and adults, including pregnant and postpartum women.
- The American College of Obstetricians and Gynecologists (ACOG) recommends multiple postpartum visits no later than 12 weeks after birth that include a full assessment of psychological well-being, including screening for postpartum depression and anxiety with a validated instrument.
- The American Academy of Pediatrics recommends that pediatricians screen mothers for postpartum depression at the infant's 1-, 2-, 4- and 6-month visits.
- The USPSTF and ACOG also recommend that screening be implemented with adequate systems in place to ensure accurate diagnosis, effective treatment and appropriate follow-up.

Note: A higher rate indicates better performance. The denominator for this measure is based on deliveries, not on members. Deliveries during September 8 of the year prior to the measurement period through September 7 of the measurement period.

Exclusions: Members in hospice.

| Standardized Instruments | Age ≤17 | Age 18+ | LOINC® Code | Positive Finding |
|------------------------------------------------------------------------|---------|---------|-------------|------------------|
| Patient Health Questionnaire Modified for Teens (PHQ-9M) | X | | 89204-2 | Total Score ≥10 |
| Patient Health Questionnaire (PHQ-9) | X | X | 44261-6 | Total Score ≥10 |
| Patient Health Questionnaire-2 (PHQ-2) | X | X | 55758-7 | Total Score ≥3 |
| Edinburgh Postnatal Depression Scale (EPDS) | X | X | 99046-5 | Total Score ≥10 |
| Beck Depression Inventory-Fast Screen (BDI-FS) | X | X | 89208-3 | Total Score ≥8 |
| Center for Epidemiologic Studies Depression Scale – Revisited (CESD-R) | X | X | 89205-9 | Total Score ≥17 |
| PROMIS Depression | X | X | 71965-8 | Total Score ≥60 |
| Beck Depression Inventory (BDI-II) | | X | 89209-1 | Total Score ≥20 |
| Duke Anxiety-Depression Scale (DUKE-AD) | | X | 90853-3 | Total Score ≥30 |
| My Mood Monitor (M3) | | X | 71777-7 | Total Score ≥5 |
| Clinically Useful Depression Outcome Scale (CUDOS) | | X | 90221-3 | Total Score ≥31 |

Using Correct Billing Codes

| Codes to Identify Postpartum Depression Follow-Up | | |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Description & Codes | | |
| Follow Up Visit: CPT: 98960-98962, 98966-98968, 98970-98972, 98980, 98981, 99078, 99202-99205, 99211-99215, 99242-99245, 99341, 99342, 99344, 99345, 99347-99350, 99381-99387, 99391-99397, 99401-99404, 99411, 99412, 99421-99423, 99441-99443, 99457, 99458, 99483 HCPCS: G0071, G0463, G2010, G2012, G2250, G2251, G2252, T1015 | with | Depression or Other Behavioral Health Condition: ICD10CM: F01.511, F01.518, F06.4, F10.180, F10.280, F10.980, F11.188, F11.288, F11.988, F12.180, F12.280, F12.980, F13.180, F13.280, F13.980, F14.180, F14.280, F14.980, F15.180, F15.280, F15.980, F16.180, F16.280, F16.980, F18.180, F18.280, F18.980, F19.180, F19.280, F19.980, F20.0-F20.3, F20.5, F20.81, F20.89, F20.9, F21-F24, F25.0, F25.1, F25.8, F25.9, F28, F29, F30.10-F30.13, F30.2-F30.4, F30.8, F30.9, F31.0, F31.10-F31.13, F31.2, F31.30-F31.32, F31.4, F31.5, F31.60-F31.64, F31.70-F31.78, F31.81, F31.89, F31.9, F32.0-F32.5, F32.81, F32.89, F32.9, F32.A, F33.0-F33.3, F33.40-F33.42, F33.8, F33.9, F34.0, F34.1, F34.81, F34.89, F34.9, F39, F40.00-F40.02, F40.10, F40.11, F40.210, F40.218, F40.220, F40.228, F40.230-F40.233, F40.240-F40.243, F40.248, F40.290, F40.291, F40.298, F40.8, F40.9, F41.0, F41.1, F41.3, F41.8, F41.9, F42.2-F42.4, F42.8, F42.9, F43.0, F43.10-F43.12, F43.20-F43.25, F43.29, F43.81, F43.89, F43.9, F44.89, F45.21, F51.5, F53.0, F53.1, F60.0-F60.7, F60.81, F60.89, F60.9, F63.0, F63.1-F63.3, F63.81, F63.89, F63.9, F68.10-F68.13, F68.8, F68.A, F84.0, F84.2, F84.3, F84.5, F84.8, F84.9, F90.0-F90.2, F90.8, F90.9, F91.0, F91.1-F91.3, F91.8, F91.9, F93.0, F93.8, F93.9, F94.0-F94.2, F94.8, F94.9, O90.6, O99.340-O99.345 |
| Depression Case Management Encounter: CPT: 99366, 99492, 99493, 99494 HCPCS: G0512, T1016, T1017, T2022, T2023 | | |
| Behavioral Health Encounter | | CPT: 90791, 90792, 90832-90834, 90836-90839, 90845-90847, 90849, 90853, 90865, 90867-90870, 90875, 90876, 90880, 90887, 99484, 99492, 99493 HCPCS: G0155, G0176, G0177, G0409-G0411, G0511, G0512, H0002, H0004, H0031, H0034-H0037, H0039, H0040, H2000, H2001, H2010-H2020, S0201, S9480, S9484, S9485 |
| Encounter for Exercise Counseling | | ICD10CM: Z71.82 |

Antidepressant Medications

| Description | Prescription |
|----------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|
| Miscellaneous antidepressants | <ul style="list-style-type: none"> • Bupropion • Vilazodone • Vortioxetine |
| Monoamine oxidase inhibitors | <ul style="list-style-type: none"> • Isocarboxazid • Phenelzine • Selegiline • Tranyloypromine |
| Phenylpiperazine antidepressants | <ul style="list-style-type: none"> • Nefazodone • Trazodone |
| Psychotherapeutic combinations | <ul style="list-style-type: none"> • Amitriptyline-chlordiazepoxide • Amitriptyline-perphenazine • Fluoxetine-olanzapine |
| SNRI antidepressants | <ul style="list-style-type: none"> • Desvenlafaxine • Duloxetine • Levomilnacipran • Venlafaxine |

| Description | Prescription |
|------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| SSRI antidepressants | <ul style="list-style-type: none"> • Citalopram • Escitalopram • Fluoxetine • Fluvoxamine • Paroxetine • Sertraline |
| Tetracyclic antidepressants | <ul style="list-style-type: none"> • Maprotiline • Mirtazapine |
| Tricyclic antidepressants | <ul style="list-style-type: none"> • Amitriptyline • Amoxapine • Clomipramine • Desipramine • Doxepin (>6 mg) • Imipramine • Nortriptyline • Protriptyline • Trimipramine |

How to Improve HEDIS® Scores

- Use standardized clinical depression screening templates in charts and in electronic health records (EHRs). Ensure that these templates capture the score and screening result.
- Schedule follow-up visits for member within 30 days of a positive depression screening before they leave the provider office.
- Contact patients who cancel or miss appointments for reassessment (phone and/or mail).
- Educate members on the importance of follow-up care.
- Avoid missed opportunities by taking advantage of every office visit to provide clinical depression screening.
- An outpatient, telephone, e-visit, or virtual check-in follow-up are also acceptable to meet the measure requirements.
- If your practice/group uses a data aggregator, e.g., Cozeva® or Arcadia®, ensure that they can capture this measure in their system.
- Submit LOINC codes for depression screening to Blue Shield Promise via a supplemental data feed extracted from your electronic health record (EHR). Reach out to your assigned Blue Shield Promise Quality Program Manager for assistance or email HEDISSUPPDATA@blueshieldca.com for questions related to supplemental data feeds.
- Visit the [Behavioral Health Services Program](#) section on the Blue Shield Promise website for information on behavioral health referrals.

HEDIS® is a registered trademark for the National Committee of Quality Assurance (NCQA)

LOINC® is a registered trademark of Regenstrief Institute, Inc.

Cozeva® is a registered trademark of Applied Research Works, Inc.

Arcadia® is a registered trademark of Arcadia Solutions, LLC