Perinatal Depression Screening Pathway

Screen your patient using an approved screening tool, e.g., EPDS, PHQ-9, or PHQ-2,* and score the survey using the tool's scoring instructions.

Negative result: Patient is not

likely to be experiencing depression.

Encourage your patient to contact their provider if their mood or mental state changes, which is very common during and after pregnancy.

Submit to Blue Shield Promise HCPCS code G8510: Indicates screening is negative, and a follow-up plan is not required.

Submit to Blue
Shield Promise
HCPCS code
G8431: Indicates
screening is
positive and a
follow-up plan is

documented.

Positive result:

Patient is likely to be experiencing depression.

If your patient's responses indicate they have considered self-harm, assess for immediate risk. Assess your patient's depression severity to determine appropriate treatment or referral. Resources are listed below. Document a follow-up plan in your patient's chart.

*Screening Frequency

The law requires all licensed health care practitioners who provide prenatal or postpartum care for a patient to screen or offer to screen the patient for maternal mental health conditions.

Blue Shield of California Promise Health Plan recommends that providers follow American College of Obstetrics and Gynecologists (ACOG) clinical guidelines to screen perinatal patients at least once during the prenatal period and once during the postpartum period. Re-screening patients whose previous screening was positive for depression may help care providers assess treatment effectiveness.

Suicide Prevention Resources

If a patient indicates intention to attempt suicide in the following 48 hours, help the patient call the National Suicide Prevention Lifeline, 911 or Emergency Room Transfer.

National Suicide Prevention Lifeline: (800) 273-8255

Crisis Text Line: text HOME to 741741

Local crisis call center: 211

Blue Shield Promise Social Services can help members address psychosocial needs and navigate treatment options. To refer a member, call (877) 221-0208 or complete and fax the <u>referral form</u>. Social Services will reach out to the member.

Beacon Health Options is Blue Shield Promise's behavioral health provider. You can refer members to Beacon using the <u>referral form</u>. You may also consult Beacon for advice on a member's use of psychotropic medication during pregnancy.

