



IMPROVING HEALTH CARE QUALITY

# Prenatal and Postpartum Depression Screening and Follow-up

Blue Cross and Blue Shield of New Mexico (BCBSNM) collects quality data from our providers to measure and improve our members' care. **Prenatal Depression Screening and Follow-up (PND)** and **Postpartum Depression Screening and Follow-up (PDS)** are aspects of care we measure in our quality programs. Quality measures evaluate a prior calendar year performance.

## What We Measure

**PND** and **PDS** are Healthcare Effectiveness Data and Information Set (HEDIS®) measures from the National Committee for Quality Assurance (NCQA). Two percentages are measured and reported for both measures.

**For PND**, we track the percentage of deliveries in which members:

- Were screened for clinical depression during pregnancy using a standardized instrument, and
- Received follow-up care within 30 days if the screening was positive

**For PDS**, we track the percentage of deliveries in which members:

- Were screened for clinical depression using a standardized instrument during the postpartum period, and
- Received follow-up care within 30 days if the screening was positive



## Why It Matters

One in seven women experience major depression during pregnancy or the first year after childbirth, according to the [American College of Obstetricians and Gynecologists](#). The rate is higher for women of color. Untreated depression puts women at risk for premature delivery, severe depression and suicide, according to [NCQA](#).

### Exclusions:

- For PND, deliveries that occurred at less than 37 weeks gestation are excluded from measurement.
- For PND and PDS, deliveries in which members were in hospice or using hospice services any time during the measurement period are excluded.

## Tips to Consider

- Ask patients to complete an age-appropriate depression screener during their visit, such as the Patient Health Questionnaire (PHQ)-9 or -2, or the Edinburgh Postnatal Depression Scale (EPDS).
- Before discharging the member, schedule a follow-up appointment. Contact the member before the visit to remind them.
- A follow-up plan related to a positive screen includes one or more of the following:
  - Additional evaluation for depression
  - Suicide risk assessment
  - Referral to a practitioner qualified to diagnose and treat depression
  - Pharmacological interventions
  - Other interventions or follow-up for the diagnosis or treatment of depression

For more information, see [NCQA's HEDIS Measures and Technical Resources](#).



## Questions?

Contact your BCBSNM Network Representative.

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