



IMPROVING HEALTH CARE QUALITY

## Prenatal and Postpartum Depression Screening and Follow-up

Blue Cross and Blue Shield of Illinois (BCBSIL) 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 BCBSIL Provider Network Consultant.

The above material is for informational purposes only and is not a substitute for the independent medical judgment of a physician or other health care provider. Physicians and other health care providers are encouraged to use their own medical judgment based upon all available information and the condition of the patient in determining the appropriate course of treatment. References to other third-party sources or organizations are not a representation, warranty or endorsement of such organization. The fact that a service or treatment is described in this material is not a guarantee that the service or treatment is a covered benefit and members should refer to their certificate of coverage for more details, including benefits, limitations and exclusions. Regardless of benefits, the final decision about any service or treatment is between the member and their health care provider.

HEDIS is a registered trademark of NCQA. Use of this resource is subject to NCQA's copyright, [found here](#). The NCQA HEDIS measure specification has been adjusted pursuant to NCQA's Rules for Allowable Adjustments of HEDIS. The adjusted measure specification may be used only for quality improvement purposes.