

Prenatal Depression Screening by Certified Nurse Midwives, Oregon, 2014

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PRESENTATION FORMAT: 15 minute oral presentation

TOPIC/TARGET AUDIENCE: Anyone who works (either directly or indirectly) with pregnant women

ABSTRACT: BACKGROUND: Although prenatal depression (depression during pregnancy) is common, most women with prenatal depression are not diagnosed and adequately treated. There is no consensus on when and how often pregnant women should be screened; current screening practices vary widely. The current study evaluates prenatal depression screening among obstetrics providers in Oregon.

METHODS: Within a larger 2014 study of prenatal care providers, we surveyed all 162 Oregon-licensed certified nurse midwives (CNMs) by email. 60 (37.0%) of the CNMs completed the surveys. 53 (32.7%) of the CNMs reported having provided prenatal care in the previous year.

RESULTS: Among the 53 respondents who reported having provided prenatal care in the previous year, 50 (94%) reported screening for prenatal depression and 38 (76%) reported having used a standardized screening tool. The timing of screening was quite variable, including a third of providers with no predefined screening time. Screening was not associated with rurality, patient volume, in-house mental health, practice size, age, or years in practice.

DISCUSSION/CONCLUSION: This is one of the first studies to evaluate CNM prenatal depression screening practices, and the first study of Oregon providers. The proportion of CNMs screening was quite high.

OBJECTIVE(S): Attendees will be able to explain the importance of screening for prenatal depression. Attendees will be able to describe current patterns of screening for prenatal depression by certified nurse midwives in Oregon.

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