Oral Defense Announcement

University of Missouri – St. Louis Graduate School

An oral examination in defense of the dissertation for the degree
Doctor of Nursing Practice with an emphasis in Family Nurse Practitioner

Makenzie K. Garrison

B.S. Nursing, University of Missouri-St. Louis, 2019

Implementation of the Edinburgh Postpartum Depression Screening Tool for Postpartum Depression in a Midwest Primary Care Clinic

Date: July 9th, 2024
Time: 3:00 pm
Place: Seton Hall

Abstract

Problem: Postpartum depression is a prevalent health concern in postpartum women. Screening practices to identify postpartum depression are inconsistent. The purpose of this quality initiative is to determine if the implementation of the Edinburgh Postpartum Depression Screening Tool (EPDS) to screen for postpartum depression in the primary care setting increases the detection of postpartum depression in postpartum women from delivery to one year postpartum.

Methods: This quality improvement project utilizes a descriptive, observational design. A retrospective medical record review was utilized as well as a 12-week data collection period. Retrospective medical record reviews were conducted to assess the rate of depression screening over a 12-week time. Then, medical record reviews were conducted after implementation of the EPDS to assess the rate of depression screening utilizing the EPDS over a period of 12 weeks.

Results: A total of 16 patients received the intervention (n=16). The rate of patients who received the EPDS was 36% (n=4). Of the patients screened for depression with the EPDS, none received a score greater than 12 which is a high indicator for postpartum depression (n=0). However, of those patients screened, 25% were prescribed medication therapy (n=1).

Implications for Practice: Findings support the continued use of a validated depression screening tool to assess depression risk. Prior to this project, there was no formal depression screening for postpartum women. The EPDS was successfully implemented and the family medicine clinic is better prepared to identify postpartum women and screen for depression risk.

Defense of Dissertation Committee
Chairperson, Dr. Elizabeth Segura, DNP, APRN, FNP-C
Committee Faculty Member, Dr. Charity Galgani, DNP, APRN, WHNP-BC
Committee Member, Jessica Goins, MSN, APRN, FNP-C