



# Mon Health System P<sup>3</sup> Program

Progressing Through Postpartum

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**Mon** Health

## Mission

To promote awareness, prevention and treatment related to perinatal depression and anxiety one family at a time.

## Vision

Our team will provide comprehensive care for families experiencing perinatal depression, anxiety, and mood disorders.

## Values

We value each family's unique experience and support them as they progress through the perinatal journey.



# Hard Facts

- 70%-80% of women worldwide will experience some form of perinatal mood disorder
- 10%-20% will experience clinical perinatal depression and anxiety, requiring treatment
- Our P<sup>3</sup> Program provides prevention and treatment of perinatal depression, anxiety, and mood disorders



# Our Program

- Services at
  - Mon Health Medical Medical Center
  - Stonewall Jackson Memorial Hospital
- Universal screening ensures all at-risk mothers are identified
- Early intervention following screenings
- EPDS screening occurs at:
  - Initial OB visit
  - 28 weeks gestation
  - At the time of delivery
  - 6 weeks postpartum
- General support provided to all mothers after delivery



# Our Program

- Mothers who score >10 are contacted by a Perinatal Nurse Navigator
  - Provide educational resources and materials
  - Referral to therapy or psychiatry services if desired
- Support services:
  - Support groups for expecting and new mothers and those dealing with grief and loss
  - Feeding support
  - Connection to community resources



# What makes us unique

- Contact with Nurse Navigators is initiated through text technology
- Nurse Navigators are accessible any time of day and will return texts within 24 hours
- Regardless of EDPS score, every mother is contacted by a Nurse Navigator within 4 days of delivery



# P<sup>3</sup> by the Numbers: 2020



- 971 patients contacted
- 96 referrals sent for therapy
- 79 patients began medication to treat Peripartum Anxiety and/or Depression
- 81% of patients contacted responded at least one text message
- 90 patients seen for outpatient lactation consultations



# P<sup>3</sup> by the Numbers: 2021

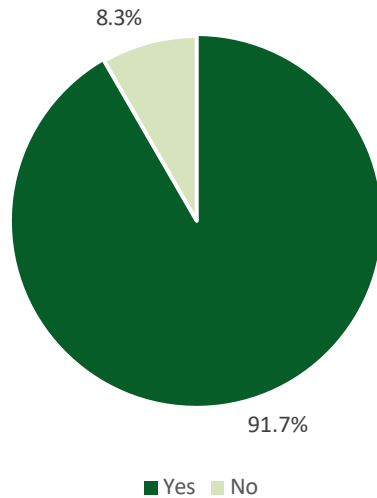
- 1053 patients contacted
- 108 referrals sent for therapy
- 131 patients began medication to treat Peripartum Anxiety and/or Depression
- 93% of patients contacted responded at least once
- 101 patients seen for outpatient lactation consultations



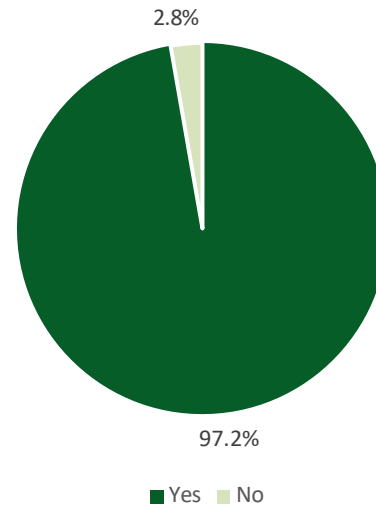


# 2021 Evaluation Survey Data

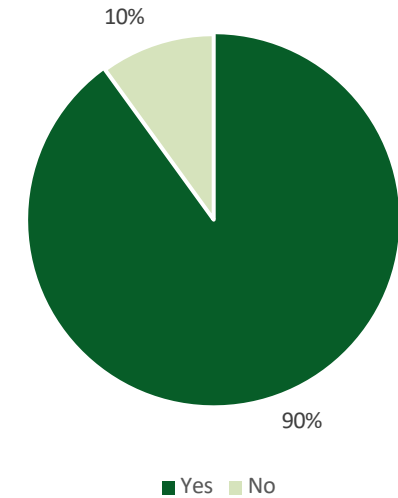
Do you feel that receiving text messages from our nurse navigator helped provide personalized care, including prevention and treatment of post-partum depression, anxiety, and mood disorders?



Did you find text messaging to be an appropriate method of communication, education, and evaluation?



Did receiving text messages help you feel more connected to your health care provider and to Mon Health?



# P<sup>3</sup> by the Numbers: September 2022



- 784 patients contacted
- 101 referrals sent for therapy
- 156 patients began medication to treat Peripartum Anxiety and/or Depression
- 78% responded at least once
- 65 patients seen for outpatient lactation consultations



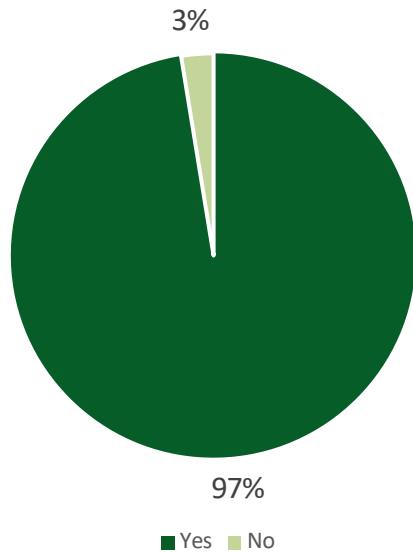
# 2022 Evaluation Survey Data

- January 1<sup>st</sup> 2022 through August 16<sup>th</sup> 2022
- 342 Mothers contacted, 78 Responses
- Response Rate: 22.81%
  - This has outpaced 2021, which reflected a response rate of 20.57%

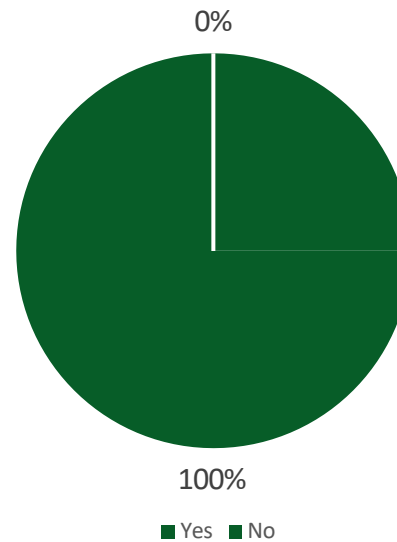


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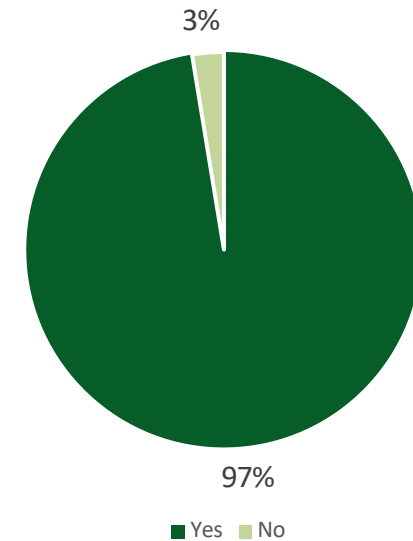
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# Future Directions

- Continue program outreach throughout the region
  - Pediatrician partnership for referral
  - OB Provider education and resources
- Outpatient group therapy sessions - Telehealth
- Additional services
  - Hiring an individual therapist
  - Childcare
  - Wellness classes: yoga, nutrition, exercise



# Process to Start Your Program

- Customize to your population and set realistic goals
- EMR tips and automated notifications
- Appropriate follow-up and referrals
- PSI training for staff members
- Telehealth has been integral
- This gets better – with appropriate assistance, PMAD resolves



