

Supporting Mother's with PMAD'S through Telehealth



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Health

TOMORROW'S HEALTHCARE TODAY



Objectives



- Identify risk factors
- Telehealth advances in PMAD
- Awareness of supports within the community for PMAD



TOMORROW'S HEALTHCARE TODAY



Mission and Vision



- The Nascentia Health goal of maintaining, restoring and promoting the health and independence of those we serve is achieved by utilizing our agency and community resources, by working collaboratively, and by providing the proper environment for the development and retention of caring, competent staff.
- Our goal is to make it as simple as possible for people to receive all the care they need, where they want it most – at home

Awareness of Post Partum Depression

Decreased Shame

According to the CDC 1 in 9 Mom's experience Post Partum Depression (2017)

In New York State 1 in 10 Mom's experience Post Partum Depression

Risk Factors:

- Mom to Multiples
- Feeling angry all of the time
- History of Depression
- Difficulty getting pregnant
- Pregnancy and/ or birth complication



The Post Partum Brain- A. Abramson 2008



" I kept having thoughts of dropping him down the stairs, drowning him...you don't trust yourself because the self you knew would never have that thought. It's a vicious circle"

" Silence takes a toll...social norms dictate that mothers be supreme, wonderful and sacrifice... Any negative thoughts you are like a defective women"

Katherine Stone



Postpartum Program Initiative at Nascentia

Desire to support our community

Facilitate awareness and connection

Support connections and relationships



Post Partum Program- Initiation

- Serve four counties-
Onondaga, Oswego,
Cayuga, Oneida
- Increase the access to
resources within community
- Community partnerships
 - Hospital
 - Physicians Offices
 - Clinics
 - Mental Health support services
with Mobile Crisis Team



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Program Overview

- Referral to Nascentia
 - Diagnosis of PPD
 - Edinburgh Score 9 or above
 - Patient acceptance of Program
- Introduction to Telehealth
 - Hospital or Physician
 - Clinician upon admission to home health services
- Telehealth in the home
 - Installed by Telehealth Tech, Case manager or
 - Delivered to the home
- Clinician responsibility
 - Reinforce use in the home
 - Consistent follow up with patient
- Patient Responsibility
 - Use telehealth as recommended
 - Commitment to self management-Concordance

Patient Survey

General Health Survey

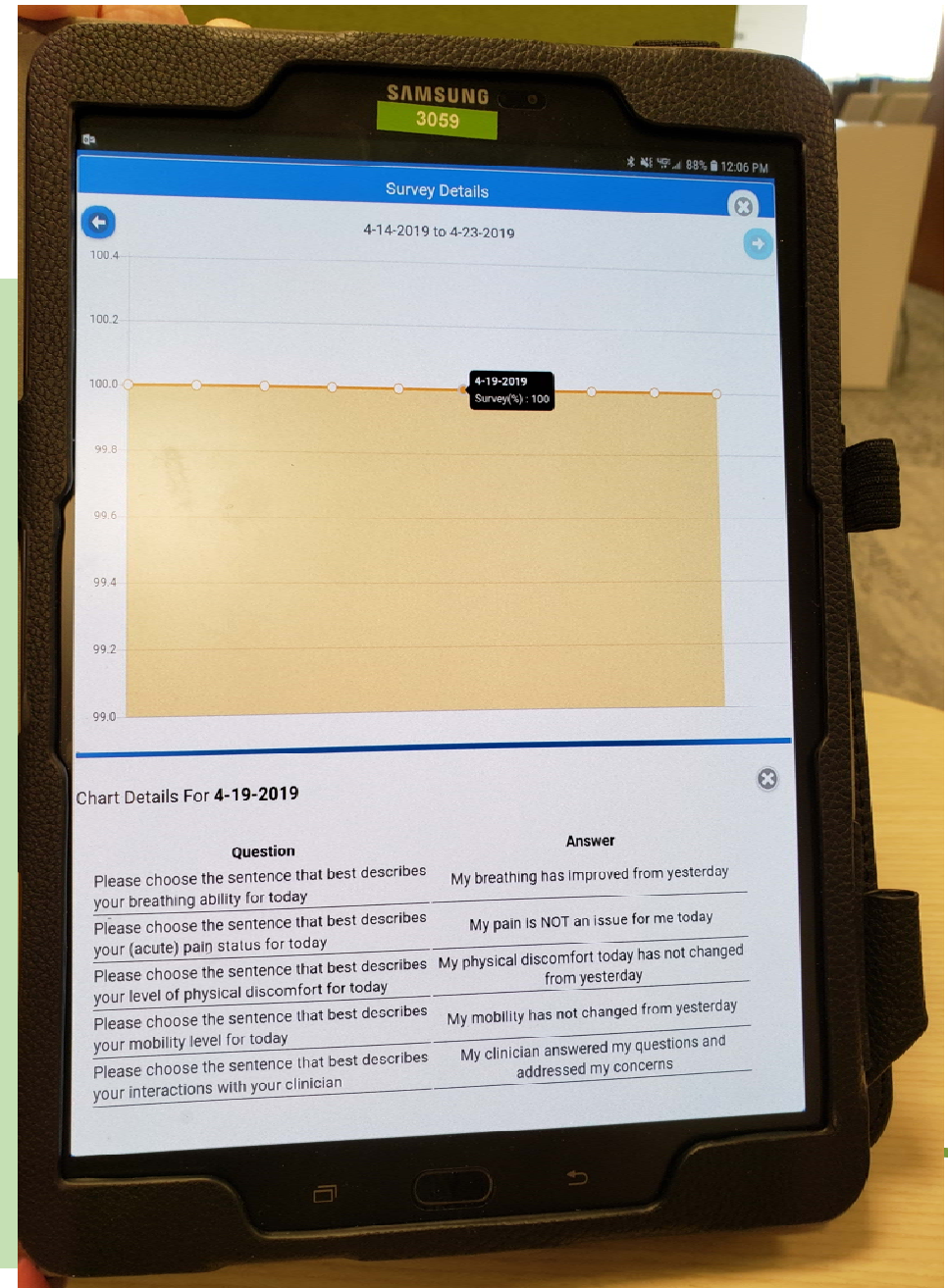
1. Please choose the sentence that best describes your breathing ability for today
 - a. My breathing has improved from yesterday
 - b. My breathing has not changed from yesterday
 - c. My breathing is worse than it was yesterday
 - d. My breathing is NOT an issue for me today

2. Please choose the sentence that best describes your (acute) pain status for today
 - a. My pain has improved from yesterday
 - b. My pain has not changed from yesterday
 - c. My pain is worse than it was yesterday
 - d. My pain is NOT an issue for me today

3. Please choose the sentence that best describes your level of (Chronic pain) physical discomfort for today
 - a. My physical discomfort has improved from yesterday
 - b. My physical discomfort today has not changed from yesterday
 - c. My physical discomfort is worse than it was yesterday
 - d. My physical discomfort is NOT an issue for me today

4. Please choose the sentence that best describes your mobility level for today
 - a. My mobility had improved from yesterday
 - b. My mobility has not changed from yesterday
 - c. My mobility is worse than it was yesterday
 - d. My mobility is NOT an issue for me today

5. Please choose the sentence that best describes your interactions with your clinician-
 - a. My clinician answered my questions and addressed my concerns
 - b. My clinician answered some questions and addressed some concerns
 - c. My clinician did NOT answer my questions and did NOT address my concerns
 - d. Not applicable for today



Edinburgh Tool

1. I have been able to laugh and see the funny side of things
 - As much as I always could
 - Not quite so much now
 - Definitely not so much now
 - Not at all
2. I have looked forward with enjoyment to things
 - As much as I ever did
 - Rather less than I used to
 - Definitely less than I used to
 - Hardly at all
- *3. I have blamed myself unnecessarily when things went wrong
 - Yes, most of the time
 - Yes, some of the time
 - Not very often
 - No, never
4. I have been anxious or worried for no good reason
 - No, not at all
 - Hardly ever
 - Yes, sometimes
 - Yes, very often
- *5. I have felt scared or panicky for no very good reason
 - Yes, quite a lot
 - Yes, sometimes
 - No, not much
 - No, not at all
- *6. Things have been getting on top of me
 - Yes, most of the time I haven't been able to cope at all
 - Yes, sometimes I haven't been coping as well as usual
 - No, most of the time I have coped quite well
 - No, I have been coping as well as ever
- *7. I have been so unhappy that I have had difficulty sleeping
 - Yes, most of the time
 - Yes, sometimes
 - Not very often
 - No, not at all
- *8. I have felt sad or miserable
 - Yes, most of the time
 - Yes, quite often
 - Not very often
 - No, not at all
- *9. I have been so unhappy that I have been crying
 - Yes, most of the time
 - Yes, quite often
 - Only occasionally
 - No, never
- *10. The thought of harming myself has occurred to me
 - Yes, quite often
 - Sometimes
 - Hardly ever
 - Never

Administered/Reviewed by _____ Date _____

¹Source: Cox, J.L., Holden, J.M., and Sagovsky, R. 1987. Detection of postnatal depression: Development of the 10-item Edinburgh Postnatal Depression Scale. *British Journal of Psychiatry* 150:782-786 .

²Source: K. L. Wisner, B. L. Parry, C. M. Piontek, Postpartum Depression N Engl J Med vol. 347, No 3, July 18, 2002, 194-199

Edinburgh Survey Questions



Group: EPDS

Q) In the past 7 days, I have been able to laugh and see the funny side of things

A) Not quite so much now (1)

04/24/2019 8:54:34 PM

Q) In the past 7 days, I have looked forward with enjoyment to things

A) Hardly at all (3)

04/24/2019 8:54:39 PM

Q) In the past 7 days, I have blamed myself unnecessarily when things went wrong

A) Yes, some of the time (2)

04/24/2019 8:54:44 PM

Q) In the past 7 days, I have been anxious or worried for no good reason

A) Yes, very often (3)

04/24/2019 8:54:48 PM

Q) In the past 7 days, I have felt scared or panicky for no very good reason

A) Yes, sometimes (2)

04/24/2019 8:54:55 PM

Q) In the past 7 days, things have been getting on top of me

A) Yes, sometimes I haven't been coping as well as usual (2)

04/24/2019 8:55:04 PM

Q) In the past 7 days, I have been so unhappy that I have had difficulty sleeping

A) Yes, sometimes (2)

04/24/2019 8:55:10 PM

Q) In the past 7 days, I have felt sad or miserable

A) Yes, quite often (2)

04/24/2019 8:55:16 PM

Q) In the past 7 days, I have been so unhappy that I have been crying

A) No, never (0)

04/24/2019 8:55:20 PM

Q) In the past 7 days, the thought of harming myself has occurred to me

A) Never (1)



Score-18

Question 10

*10 The thought of harming myself has occurred to me


- Yes, quite often
- Sometimes
- Hardly ever
- Never

- Scored alone
- Acceptable response is NEVER
- Other responses warrant an intervention

Intermittent Questions



- Are you Feeling down, depressed, or hopeless?
 - a. Not at all
 - b. Several days
 - c. More than half the days
 - d. Nearly everyday

 - Are Feeling bad about yourself, or feeling that you are a failure or have let yourself and your family down?
 - a. Not at all
 - b. Several days
 - c. More than half the days
 - d. Nearly everyday
- 

Recommended Interventions

- Increase Screening for postpartum depression
- Identify symptoms as soon as possible
- Provide emotional support
- Assist with newborn
- Encourage the use of medical help

Clinician Interventions

Score of 9 or below

- Follow up with a video call
- Follow up with other survey questions QOD until risk decreases or until risk increases and triggers high alert response
- Use Patient's identified mental health provider and notify of score/risk

Score of 10 or above or Question 10

- Follow up with a call to the patient and a visit if needed
- Follow up with patient's mental health provider
- Refer to Mobil Crisis Assessment Team for added support
- Unable to locate patient or family
- Unable to make a visit

Clinician Interventions Con't

- Encourage family presence for support
- Provide number to MCAT Team
- 1-844-732-6228 Oneida
- 1-315- 251-0800 Onondaga, Oswego, Jefferson, Madison



TOMORROW'S HEALTHCARE TODAY

Program Stats and Comments

Number of patient enrolled- Since January 2019-

36

Patient responses- *"I felt that I was not alone"*

"My nurse was always available through telehealth when I needed her"

"I was more aware of my feelings after answering the questions"

Clinician responses- *" My patients were more open with questions and their feelings during visits, because the Edinburgh had validated their feelings through telehealth"*