

WIC Patient Health Questionnaire—Staff Protocol

Screen all WIC Enrollments, High Risk, and Recertifications. Staple form to diet sheet. File All Forms with the Dailies.

QUESTIONS 1-4: ADD UP THE COLUMNS FOR THE FIRST 4 QUESTIONS on the Patient Health Questionnaire. . Put that number in the “Total” box marked (office use only). Follow the instructions in the chart below.

0-2	No Depression	<ul style="list-style-type: none"> File thePHQ4 form with the Dailies
3-5	Mild Depression	<ul style="list-style-type: none"> Give client brochure and referrals. File thePHQ4 form with the Dailies Write down any referral you give them in the office use box. In the office use only box, circle <u>TX : Yes or No</u> --if they are in therapy <u>MX: Yes or No</u> --if they are on medication.
6-8	Moderate Depression	<ul style="list-style-type: none"> Give client brochure and referrals Refer to Public Health Nurse for follow-up. File thePHQ4 form with the Dailies Call the crisis line and/or mental health access line, if needed. Circle any other referrals that may help. Put a HOLD on vouchers for next visit to follow up. Write down any referral you give them in the office use box. In the office use only box, circle <u>TX : Yes or No</u> --if they are in therapy <u>MX: Yes or No</u> --if they are on medication.
9-12	Severe Depression	<ul style="list-style-type: none"> Give Perinatal Depression brochure and referral list. File thePHQ4 form with the Dailies. FAX referral, questionnaire, the WIC Family Profile to Public Health Nursing for follow up. Call the crisis line and/or mental health access line, if needed. Put a hold on vouchers for next visit to follow up. Write down any referral you give them in office use box. In the office use only box, circle <u>TX: Yes or No</u> --if they are in therapy <u>MX: Yes or No</u> --if they are on medication

QUESTIONS 5 and/or 6:

1-3	<ul style="list-style-type: none"> ASSESS IF THEY ARE IN ANY IMMEDIATE DANGER. Offer to call the crisis hotline, STAND, the medical social worker or the public health nurse while they are in the office. We can also walk them to the clinic services for immediate help. Put a hold on their vouchers for next visit for a follow-up.
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Suggestions for what to say to a client with depression or anxiety symptoms

“It looks like you can use some support.” Feeling down is hard on you and your baby. Can I offer some places to go that may help you?

“Many women who are pregnant or have had a baby have these feelings” It is not your fault that you feel this way. I am going to give you some information that will help you understand why you feel this way and what you can do to feel better.”

“There are different kinds and types of treatments available that work for postpartum depression. You will get better with the right treatment.”

It looks like you’ve been having a rough time. You do not need to suffer. It is hard on you, the baby and the family.

“We can help you find some solutions and get you feeling better.

“I am so sorry you have been having a difficult time—help is available”.

“This is common (not normal) and treatable. With the right help you will feel back to yourself again.”