

Example PMH Order Set



Patient screens positive for PMH condition

Assess safety and severity. Counsel on treatment options (therapy, medication or both)

Referral with warm handoff to therapy / behavioral healthcare follow-up

- Can submit an online referral from [list of resources](#) for scheduling help or use local referral
- Call **IL MOMS Line** with patient for support and help with therapy referral (866-364-6667)
- Link to PSI peer support groups and/or home visiting program for additional support
- Provide education on perinatal depression/anxiety including self-care and support resources ([dot phrase](#))

Medication orders for depression/anxiety

- Screen for bipolar disorder using the MDQ ([link to screen](#)) before starting treatment
- If patient has used med before that worked, use that
- If treatment naïve, see ACOG resource for first line treatment options, including:
 - 1) Sertraline (Zoloft) 25mg qAM (if sedating, change to qHS)
 - 2) Initial increase after 4 days – increase to 50 mg
 - 3) Second increase after 7 more days – increase to 100 mg
 - 4) Slower titration (every 10-14 days) can be helpful if antidepressant naïve or with anxiety symptoms
 - 5) Reassess monthly (increase as needed until symptoms remit) – increase by 50mg
 - 6) Therapeutic range = 50-200 mg
- Call **IL DocAssist** for clinical consultation (866-986-2778) help with treatment plans
- Consider postpartum zuranolone if moderate/severe symptoms started 3rd trimester – 4 wks postpartum, check insurance coverage