Accepted Manuscript

Screening for Postpartum Anxiety: A Quality Improvement Project to Promote the Screening of Women Suffering in Silence

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 PII:
 S0266-6138(17)30446-1

 DOI:
 10.1016/j.midw.2018.03.016

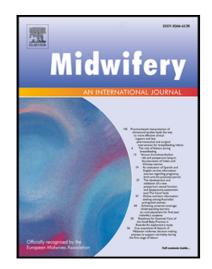
 Reference:
 YMIDW 2227

To appear in: *Midwifery*

Received date:5 June 2017Revised date:28 February 2018Accepted date:17 March 2018

Please cite this article as: Sarah Toler, Susan Stapleton, Kim Kertsburg, Tiffany J. Callahan, Marie Hastings-Tolsma, Screening for Postpartum Anxiety: A Quality Improvement Project to Promote the Screening of Women Suffering in Silence, *Midwifery* (2018), doi: 10.1016/j.midw.2018.03.016

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Highlights

- This pilot quality improvement project screened for postpartum anxiety symptoms in women receiving midwifery care in the birth center setting.
- A portion of women screened positive for postpartum anxiety (n=40, 12.5%).
- Screening specifically for anxiety identified fifteen (6.5%) more women than routine screening for depression alone.
- Midwives found that the Edinburg Postpartum Depression Screen-3A was easy to use.
- Midwives are in a prime position to screen for anxiety and prevent severe outcomes of the condition.

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