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

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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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