



THE PERISCOPE PROJECT

PERINATAL SPECIALTY CONSULT PSYCHIATRY EXTENSION

This toolkit was produced by the Medical College of Wisconsin and is provided to health care providers through The Periscope Project. The goal of this toolkit is to provide practitioners with an up-to-date, reliable, and easy to use source of information for mental health conditions during the perinatal period. The content is based on the latest available evidence-based guidelines and research whenever possible. If you are aware of new guidelines or research or if you have suggestions that can help improve this toolkit, please contact ThePeriscopeProject@mcw.edu. Please read our disclaimer before using our toolkit.

This toolkit is for educational purposes only and does not constitute medical advice. The toolkit is not a replacement for careful medical judgments by qualified medical personnel. There may be information in the toolkit that does not apply to or may be inappropriate for the medical situation at hand.

ADDITIONAL TOOLS FOR ADVANCED SCREENING

There are no current guidelines related to screening for PTSD in pregnant and postpartum patients.

We recommend that all patients presenting with a history of trauma or symptoms concerning for PTSD should be screened using a validated tool such as the ultra-brief PC-PTSD-5 or the PCL-5. Although the gold standard for diagnosing PTSD is a structured clinical interview, the PCL-5 can be used by Primary Care Physicians, Pediatricians and specialists including Ob-Gyns to provide a provisional PTSD diagnosis.

Furthermore, parental functioning is critical to parent and infant health and development though is often impacted by perinatal mental illness. The Barkin Index of Maternal Functioning (BIMF) is a validated tool designed to assess overall functioning in the context of early parenthood. The BIMF can identify suboptimal functioning in specific areas (social support, management, mother-child interaction, infant care, self-care, adjustment, and psychological well-being) and focus therapeutic, skill-building interventions on identified domains.

1. Complete PC-PTSD-5 in patients with a history of trauma AND/OR trauma-related symptoms

- To score
 - Sum the number of “yes” responses
 - Recommended cut off: 4

2. Complete PCL-C-V in patients with a history of trauma AND/OR trauma-related symptoms AND positive PC-PTSD-5 screen

- To score
 - Sum items to provide a total severity score (0-80)
 - Recommended cutoff 31-33
 - To make a provisional diagnosis:
 - Treat each item rated ≥ 2 as an endorsed symptom
 - Follow the DSM-V diagnostic criteria which requires ≥ 1 Criterion B item (questions 1-5), ≥ 1 Criterion C item (questions 6-7), ≥ 2 Criterion D items (questions 8-14), AND ≥ 2 Criterion E items (questions 15-20)

3. Complete the Barkin Index of Maternal Functioning (BIMF) in patients who screen positive for perinatal mental illness with a valid screening tool AND/OR are demonstrating impaired parental functioning

- To score
 - After reverse coding for items 16 and 18, sum all 20 items. The total score ranges from 0 to 120 with 120 representing perfect functioning
 - Reverse coding simply means: A response of 0=6 and a response of 6=0; a response of 1=5 and a response of 5=1; a response of 2=4 and a response of 4=2; a response of 3=3.

References:

Prins, A., Bovin, M. J., Kimerling, R., Kaloupek, D. G., Marx, B. P., Pless Kaiser, A., & Schnurr, P. P. (2015). Primary Care PTSD Screen for DSM-5 (PC-PTSD-5) [Measurement instrument]. Available from <https://www.ptsd.va.gov>

Using the PTSD Checklist for DSM-V (PCL-5) [Measurement Instrument]. Available from <https://www.ptsd.va.gov/professional/assessment/documents/using-PCL5.pdf>

Barkin, J. L., Wisner, K. L., Bromberger, J. T., Beach, S. R., Terry, M. A., & Wisniewski, S. R. (2010). Development of the Barkin index of Maternal Functioning. *Journal of Women's Health*, 19(12), 2239-2246.

PRIMARY CARE PTSD SCREEN 5 (PC-PTSD-5)

Patient-administered

In the past month have you...	Yes	No
1. Had nightmares about the event(s) or thought about the event(s) when you did not want to?		
2. Tried hard not to think about the event(s) or went out of your way to avoid situations that reminded you of the event(s)?		
3. Been constantly on guard, watchful, or easily startled?		
4. Felt numb or detached from people, activities, or your surroundings?		
5. Felt guilty or unable to stop blaming yourself or others for the event(s) or any problems the event(s) may have caused?		

Adapted from Source:

Prins, A., Bovin, M. J., Kimerling, R., Kaloupek, D. G., Marx, B. P., Pless Kaiser, A., & Schnurr, P. P. (2015). Primary Care PTSD Screen for DSM-5 (PC-PTSD-5) [Measurement instrument]. Available from <https://www.ptsd.va.gov>

PTSD CHECKLIST-CIVILIAN VERSION (PCL-C)

Instructions: Below is a list of problems that people sometimes have in response to a very stressful experience. Please read each problem and then select one of the options to indicate how much you have been bothered by that problem in the **past week**. The options include not at all, a little bit, moderately, quite a bit, and extremely.

	<i>Not at all (1)</i>	<i>A little bit (2)</i>	<i>Moderately (3)</i>	<i>Quite a bit (4)</i>	<i>Extremely (5)</i>
1. Repeated, disturbing memories, thoughts, or images of a stressful experience from the past?					
2. Repeated, disturbing dreams of a stressful experience from the past?					
3. Suddenly feeling or acting as if the stressful experience were actually happening again (as if you were actually back there reliving it)?					
4. Feeling very upset when something reminded you of the stressful experience?					
5. Having strong physical reactions when something reminded you of the stressful experience (for example, heart pounding, trouble breathing, sweating)?					
6. Avoiding memories, thoughts, or feelings related to the stressful experience?					
7. Avoiding external reminders of the stressful experience (for example, people, places, conversations, activities, objects, or situations)?					
8. Trouble remembering important parts of the stressful experience?					
9. Having strong negative beliefs about yourself, other people, or the world (for example, having thoughts such as: I am bad, there is something seriously wrong with me, no one can be trusted, the world is completely dangerous)?					
10. Blaming yourself or someone else for the stressful experience or what happened after it?					
11. Having strong negative feelings such as fear, horror, anger, guilt, or shame?					
12. Loss of interest in activities that you used to enjoy?					
13. Feeling distant or cut off from other people?					
14. Trouble experiencing positive feelings (for example, being unable to feel happiness or have loving feelings for people close to you)?					
15. Irritable behavior, angry outbursts, or acting aggressively?					
16. Taking too many risks or doing things that could cause you harm?					
17. Being "superalert" or watchful or on guard?					
18. Feeling jumpy or easily startled?					
19. Having difficulty concentrating?					
20. Trouble falling or staying asleep?					