

# APPROPRIATE AND VALUE-BASED CARE CONFERENCE 2025

Maximising Value for All

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Appropriate and Value-Based Care



NHG Polyclinics

## One Visit, Two Lives: Integrated Postnatal Depression Screening

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### INTRODUCTION

Postnatal Depression (PND) affects up to 10% of new parents and can impair infant development and family well-being.<sup>(1)</sup> Value-based care models prioritise early and efficient interventions that mitigate downstream health and social costs.

### METHOD

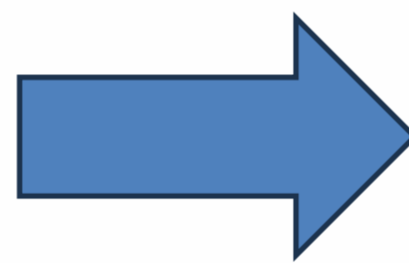
Between July 2024 and May 2025, parents accompanying infants for Child Development Assessments, immunisations or neonatal jaundice checks at NHG Polyclinics were offered a screening via a modified PHQ-2. A positive score (answering “yes” to any of the questions) triggered a PHQ-9 and follow-up by the primary care team. Screening coverage, detection rate, care pathways and implementation costs were assessed.

### RESULTS (I)

- 14,772 eligible infant visits → 14,138 parents (95.7%) screened → 40 parents (0.28%) screened positive
- 30 completed PHQ-9: scores ranged from 1-22
- Same-day intervention: 33 parents (82.5%, n=33/40) continued management in Primary Care

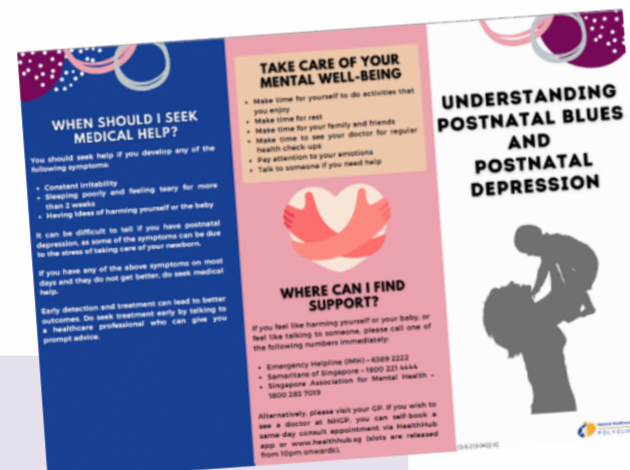
Between July 2024 and May 2025  
14,772 infants (<12 months) visited NHGP for:

- Child Development Assessments
- Immunisations
- Neonatal jaundice check



14,138 parents (95.7%)  
were screened via a modified PHQ-2  
by a primary care nurse

14,098 parents screened PHQ-2  
negative were given PND brochure



### Modified Patient Health Questionnaire 2 (PHQ-2)

Over the last 2 weeks, have you faced any of the following problems?

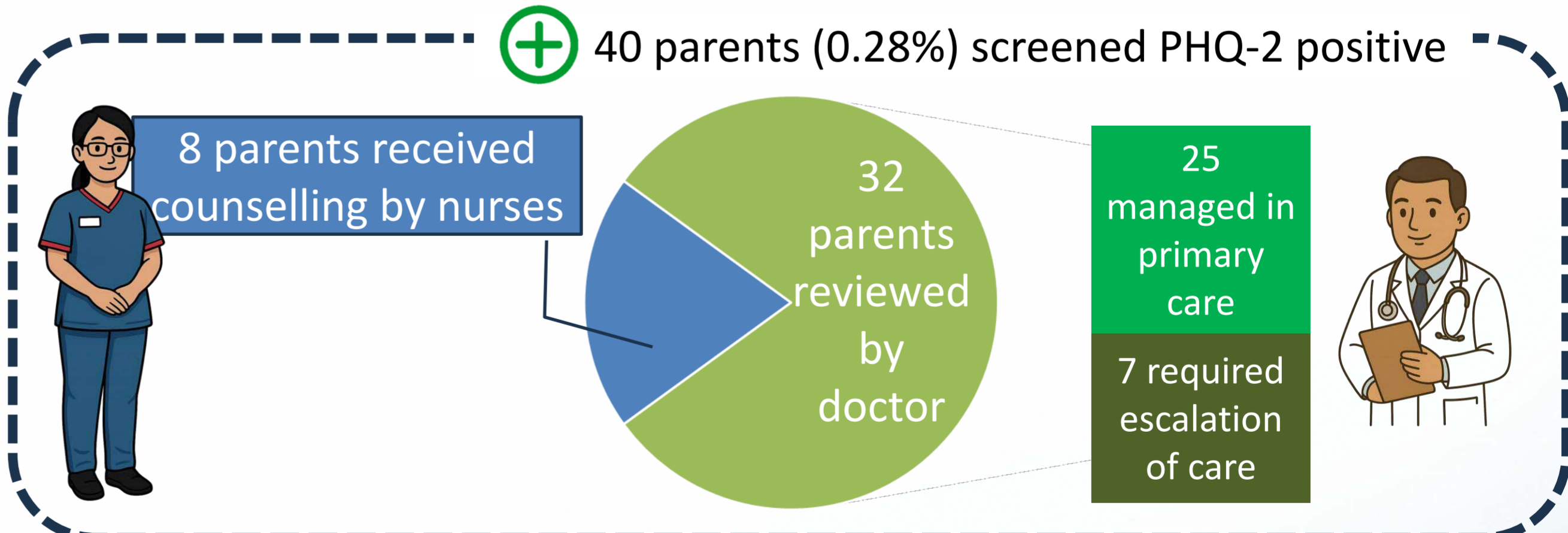
1. Little interest or pleasure in doing things
2. Feeling down, depressed, or hopeless

No	Yes
- Negative = parent indicates “No” to BOTH questions	+ Positive = parent indicates “Yes” to ANY of the questions

### RESULTS (II)

- Annual programme cost estimated at SGD 221,881.58 → SGD 15.69 per parent screened.
- Published estimates of the economic burden of PND: SGD 900 to SGD 5,700.
- Local study estimates SGD 1,050 in direct healthcare costs and over SGD 28,720 in productivity losses per working adult affected by Major Depressive Disorder.

40 parents (0.28%) screened PHQ-2 positive



### CONCLUSION

Embedding PND screening into infant care workflows enabled near-universal reach and timely intervention at minimal cost. This scalable, value-based approach offers a potential cost-effective pathway to identify at-risk parents early, improve maternal and child outcomes and reduce long-term societal and healthcare burdens. It demonstrates how primary care can serve as a strategic touchpoint for integrated mental health intervention.

### REFERENCES

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