

## Training Module #4

1. A mother of a 6-month-old is reporting fatigue, hopelessness, and loss of interest. Her PHQ-9 is questions 4 and 9 are negative. What are appropriate next steps? (Check all that apply)
  - a. Inquire about impact on her daily functioning
  - b. Ask about history of these symptoms in her life
  - c. Encourage her to have her partner feed formula at night so she can sleep better
  - d. No further follow up today as screen is negative, repeat at 9-month WCC
  
2. What are validated screeners for maternal mental health? (Check all that apply)
  - a. Edinburgh Postpartum Depressions scale (EPDS)
  - b. Patient Health Questionnaire-2 (PHQ-2)
  - c. Patient Health Questionnaire-9 (PHQ-9)
  - d. Adverse Childhood experience survey (ACE)
  - e. General Anxiety Disorder-7 (GAD-7)
  
3. A family with a 2-week-old child has recently immigrated to the country. They report they struggle to have enough food at times. What community supports are available to them?
  - a. Women Infants and Children (WIC)
  - b. Food share
  - c. Food pantries
  - d. School food programs
  - e. All of these may be options. Families may have real or perceived concerns regarding effect to their immigration status depending on program requirements in your area
  
4. A child screens in the grey monitoring zone in the areas of communication and personal social on their 6-month ASQ. Their caregiver stays at home with the child and reports they don't think a birth to 3 referral is necessary. What are your next steps?
  - a. Schedule appointment in 1-2 months to complete ASQ-SE
  - b. Place referral to birth to 3 and inform the caregiver that it is necessary so they child can develop normally.
  - c. Provide ASQ list of activities to support growth and development.
  - d. Ask family what they enjoy doing with their child
  - e. Ask what they know about birth to three or other parent support programs offered
  
5. What structural systems affect the social determinants of health in early childhood?
  - a. Immigration Policy
  - b. Racial Bias
  - c. Access to health care
  - d. Educational opportunity
  - e. Poor parenting practices

**Answer Key:**

1. a, b
2. a, b, c, e
3. e
4. a, c, d, e
5. a, b, c, d