

ACTIVE LEARNING TEMPLATE: *Basic Concept*

STUDENT NAME _____

CONCEPT **Postpartum Depression**

REVIEW MODULE CHAPTER **Ch. 4**

Related Content

(E.G., DELEGATION,
LEVELS OF PREVENTION,
ADVANCE DIRECTIVES)

DELEGATION

For a woman's postpartum period to go smoothly they must establish good delegation skills especially those that will allow them to delegate the tasks that are most important to them to their postpartum doula as well as their family members who will be willing to help them out in any way they deem fit.

LEVELS OF PREVENTION

Adaption of psychosocial preventive measures like talking to the physician about distress/depression symptoms, undertaking relaxing activities, getting enough sleep and confronting your fears. Biological preventive measures may also be taken including taking psychotropic medications as instructed by the doctor, regulation of reproductive hormones and ingestion of omega 3 fatty acids.

ADVANCE DIRECTIVES

It is necessary to differentiate between baby blues and postpartum depression.

Underlying Principles

Some of the signs and symptoms that are associated with postpartum depression include difficulty in decision making, heightened anxiety levels, feelings of guilt and being overwhelmed, irritability, loss of interest and physical symptoms that are likely to have no apparent cause. Therefore, the signs and symptoms above may be divided into three categories, which are, behavioral, cognitive and emotional signs of post traumatic disorder.

Similarly, some of the risk factors associated with postpartum delivery include labor difficulties, family history of the same, isolation from family/friends, relationship issues, premature or ill baby among others.

The prevalence rate of postpartum disorder is 1 in every 750 mothers and their risk of becoming victims of the same are heightened if the patients have had episodes of the same in the past.

Nursing Interventions

WHO? WHEN? WHY? HOW?

The postpartum care that is provided by nurses must be individualized and flexible accounting for the depressive symptoms exhibited by the mother and her preferences.

Nurses should apply preventive strategies during the early stages of the postpartum period.

Nurses should encourage mothers to take the Edinburgh Postnatal Depression Scale (EPDS) in private to effectively determine their depressive symptoms during the postpartum period.

On detection of postpartum depression, nurses should offer peer support provisions for the mothers with depressive symptoms.

Nurses should facilitate involvement, in the provision of, by both the family and partner of the mother experiencing postpartum depression.