# Strategies to Improve Identification of Postpartum Depression, Follow up, and Continuity of Care among Women

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## Introduction

- Postpartum depression (PPD) is a serious mental health disorder, characterized by severe feelings of sadness that occurs in a significant number of women with symptoms generally appearing in the first 2 months to one-year postpartum (ACOG, 2013).
- Estimates of prevalence range from 3% to 20% (Mudahar, n.d.).
- PPD is multifactorial, including such influential factors as race, ethnicity, gender, age, social constructs and community.
- Pregnant women represent a vulnerable population and they are at an increased risk of complications from postpartum depression.
- Postpartum Support International (PSI) found over 30% of Latinas suffer from postpartum depression that continues to be the number one complication of pregnancy (Perry-Jones, 2007).
- PPD has significant consequences for the well-being of mothers and their infants including but not limited to the inability to care for themselves and/or their infants, disconnect from their infant, and worrying that she may harm the baby or herself (CDC, 2016).
- Women in lower socioeconomic strata experience depression in higher numbers than their counterparts in upper socioeconomic groups.
- Women with lower levels of education are more prone to develop PPD.
- Increased depression rates among Hispanic women and Latinas are less likely to be identified as depressed (Chaudron, et al., 2005).
- The negative impact that PPD has on Latina’s and all mothers including poor parenting behaviors, negative maternal-infant bonding and attachment, and inadequate care to their child (Demio, 2011).
- PPD care necessitates both clinical and policy consideration (Kozhimannil, 2011).

## Purpose and Objectives

- The purpose of the presentation is to explore additional measures that may improve perinatal and postpartum identification, follow-up and continuity care among women.
- By the end of this presentation the participant will be able to list three risk factors associated with the development of PPD.
- By the end of this presentation the participant will be able to articulate three undesirable effects of PPD on the mother and infant.
- By the end of this presentation the participant will be able to identify three strategies for PPD screening, follow up, and continuity of care.

## Discussion

- Postpartum depression (PPD) is a major public health issue that leads to significant negative consequences for the mother, child, family, community and broader society.
- PPD represents a multifactorial disease and an increased risk of complications from postpartum depression.
- PPD has significant consequences for the well-being of mothers and their children including but not limited to the inability to care for themselves and/or their infants, disconnect from their infant, and worrying that she may harm the baby or herself (CDC, 2016).

## Interprofessional Collaboration

- Employ a licensed Mental Health clinician with the language skills, cultural sensitivity, and clinical competence at Hospitals to implement a multidisciplinary approach to PPD screening and management.
- Incorporate “IMDRE SALUDABLE, FAMILIA FELIZ” DVD into the postpartum depression screening for Latina women.

## Implications for Practice

- All women are recommended to be screened for depression during their pregnancy and at their postpartum visit (ACOG, 2010).
- Integrate mental health screening into routine primary care for pregnant and postpartum women and to follow up this screening with treatment or referral and with follow-up care.
- Employ a licensed Mental Health clinician with the language skills, cultural sensitivity, and clinical competence at Hospitals to implement a multidisciplinary approach to PPD screening and management.
- Conduct a collaborative PPD screening by Obstetricians and Advanced Practice Nurses (APNs) at routine newborn visits for hospitals to implement a multidisciplinary approach to PPD screening and management.

## Conclusion

- Despite the increased exposure and public awareness, PPD remains largely undetected, and subsequently undiagnosed, and untreated (Glasser; 2010, Kozhimannil et al., 2011).
- Environmental issues can add benefit or stress to the human system and therefore needs to be included when evaluating the mental health risk of women.

## References