

ABSTRACT

Postpartum depression (PPD) is a serious issue affecting many women throughout the world. PPD can have many adverse effects on women and their families. Although appropriate teaching of symptom recognition is an important step to the treatment of PPD, standardized teaching is often overlooked in clinic settings (1). The purpose of this project is to develop evidence-based educational materials that healthcare professionals can share with patients and their families. These materials can be used to educate patients and facilitate the early detection and treatment of PPD. This project benefits the nursing profession by providing them with an educational resource that can help them to better advocate for patients. Fulfilling the role of a patient advocate is a key aspect of providing adequate nursing care. This project discusses preventive techniques that can protect women and their families from the effects of PPD.

PICO QUESTION

In pregnant women and their families at Intermountain OBGYN Specialists clinic, how does participation in a PPD education program compared to no formal education affect the rate of early detection of signs and symptoms in the first 6 weeks following delivery.

LITERATURE REVIEW

A literature review resulted in several important findings related to PPD education for women and their families:

- There is a high prevalence rate of depressive disorders during pregnancy (2).
- A need exists for improved detection through education and repeated screening (3).
- PPD has potentially serious negative consequences for women and their families(4).
- Education from nursing staff is associated with earlier detection and less serious side effects (5).

POSTPARTUM DEPRESSION EDUCATION FOR WOMEN AND THEIR FAMILIES

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PROJECT METHODOLOGY

The purpose of this master's project is to prepare staff to educate patients and their family members to recognize the signs and symptoms of PPD. The clinical issue of anxiety and depression in the prenatal/postnatal period has been identified. Current evidence illustrates the high prevalence of PPD and the need for patient and family education. Proper education can improve detection rates and lead to more timely treatment.

Providing nurses and staff with in-service training will prepare them to implement the new PPD education program. The deliverables for this project include several items:

- (a) A PowerPoint presentation that will be presented in an in-service for OBGYN staff members
- (b) An informational pamphlet for patients in both an online and hardcopy format
- (c) An educational outline for RN team
- (d) A post-education survey, which will be used to assess learning following the education.

Teaching Methods

The staff will be taught during and in-service using a PowerPoint to deliver the education.

The education for the patients will include the following items:

- An online educational pamphlet
- An educational brochure in clinic
- In-person prenatal education sessions provided by the RN
- A post-education survey/questionnaire

Evaluation of Project

A post-education survey will be used to assess the learning and retention of the patient and their families.

The success of this project will be measured by the number of patients who receive education on PPD. To determine the number of patients successfully educated RN's will use:

- An Excel spread-sheet to track the number of patients participating in the educational program
- An Excel spread-sheet to track the number of post-education surveys received

Final success will be determined by the number of patients who report increased comfort in detecting postpartum depression.



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THEORETICAL FRAMEWORK

- The Roy Adaptation Model (RAM) is a nursing theory that promotes healthy human adaption(6).
- The RAM is applicable because it describes human systems and their adaptive abilities in response to their environment(6).
- Successful adaptation can occur through four adaptation modes, including interdependence (developing trusting relationships), role function (gaining autonomy and control), physiological (maintaining physical integrity), and self-concept (psychosocial and spiritual aspects) (6).
- The RAM is applied to PPD education by addressing role function and self-concept to encourage proper adaptation to a new and unfamiliar role (7).

CONCLUSIONS

Educating patients about the benefits of early detection of PPD empowers patients and their families through knowledge and awareness. This knowledge can enable them to be proactively involved in their health if risk factors or concerns arise (8). The PPD education program is designed to educate patients and family members to facilitate the early detection and treatment of PPD. Teaching patients how to recognize PPD and helping them to be familiar with available tools can have a lasting impact (8). With this project's achievement, patients and family members will recognize signs and symptoms of PPD and be empowered to play an active role in their health and wellness.

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