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Prevention of Postpartum Depression Related to Mode of Birth Delivery

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PATIENT CARE ISSUE

Postpartum depression (PPD) is:

- *Moderate to severe depression in women after birth
- *May occur up to one year after birth, most often in first three months (9)
- *Affects 10-20% of mothers (4)

Our purpose for reviewing the literature is to identify a potential link between PPD and mode of delivery and to inform the postpartum woman of any increased risk she may have to the development of postpartum depression.

EVIDENCE-BASED PRACTICE QUESTION

Is there an evidence base that indicates that more education should be given to moms with traumatic birth experiences in order to prevent postpartum depression in at risk moms?

Population: Intrapartum and Postpartum Women

Intervention: Educating women of the risk factors, signs, and symptoms of PPD

Comparisons: Treatment of postpartum depression vs. prevention via screening and education

Outcomes: Increase prevention of PPD due to increase in identifying risk factors and nursing education

REGISTERED NURSE INTERVIEW

Judy Lasley Braun, RN, BSN

- *Women who have unplanned C-sections have a sense of failure
- *Women without a good support system or history of depression are at risk
- *Symptoms may show up at 2 week and 6 week check-ups; education is key
- *Preventative assessments, education, available literature all guided by an evidence base

METHODS

Databases:

- PubMed
- CINAHL
- MEDLINE
- Guideline.gov

Keywords:

- Cesarean
- Cesarean section
- Postpartum depression
- Meta-analysis
- Mode of delivery

- We chose fourteen articles from the articles we searched
- 10 out of 14 selected published recently within 5 years

- Level One** (3)
- Level Two** (1)
- Level Three** (0)
- Level Four** (7)
- Level Five** (0)
- Level Six** (1)
- Level Seven** (2)

*Included were articles pertaining to prevention and treatment of post partum depression.

*Exclusion was originally intended for articles over 5 years old, but we found 4 that proved very relevant.

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RESULTS

Traumatic deliveries and emergency cesarean section deliveries may serve as triggers for postpartum depression in women who are already predisposed and at risk (1). Nursing intervention of education prior to discharge may increase early detection and prevention of postpartum depression (2)

Our original search produced 5,246 articles. Of those, we selected 14 articles, 10 of which are current, that were relevant to our study.

SYNTHESIS OF EVIDENCE

Eight of fourteen articles indicated that cesarean section birth along with other obstetric interventions can affect mom's expectations of birth and can potentially lead to postpartum depression.

Three of the articles had inconclusive results.

One article stated that there is no reason for women at risk to be educated differently.

Two article stated that education about PPD prior to discharge has been found to be helpful.

EVIDENCE-BASED PRACTICE RECOMMENDATIONS

- *Assess women for risks of postpartum depression and educate them of the signs and symptoms. Encourage them to accept any type of birth experience they may have, because the most important factor is a healthy mom and baby, not mode of delivery (8, 15).

LIMITATIONS

- *No definitive way to measure a direct link between cause and effect of depression in women when there are so many variables
- *While there was much research on the topic, it was mostly inconclusive and a lack of studies done on postpartum depression and mode of delivery

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