

**Title:**

Early Detection of Postpartum Depression: Evidence Based Risk Assessment Guidelines

**Beena Roby Joseph, DNP (HSL), MSN**

*College of Nursing, Chamberlain College of Nursing, 3005 Highland Parkway, Downers Grove, IL 60515, Sugarland, TX, USA*

---

**Session Title:**

Rising Stars of Nursing Invited Posters - Group 2

**Slot (superslotted):**

RSG STR 2: Friday, September 26, 2014: 10:00 AM-10:30 AM

**Slot (superslotted):**

RSG STR 2: Friday, September 26, 2014: 11:45 AM-1:00 PM

**Slot (superslotted):**

RSG STR 2: Friday, September 26, 2014: 3:00 PM-3:30 PM

---

**Keywords:**

Postpartum depression, Predicators of postpartum depression and Risk assessment guidelines, Edinburgh Postnatal Depression Scale (EPDS).

**References:**

Refernces: Adams, S., & McCarthy, A. (2007). Evidence-based practice guidelines and school nursing. *Journal Of School Nursing (Allen Press Publishing Services Inc.)*,23(3), 128-136. Agency for health care research and quality (AHRQ). (2006). National collaborating center for primaryc. Postnatal care. Routine postnatal care of women and their babies. Alanen, S., Välimäki, M., & Kaila, M. (2009). Nurses' experiences of guideline implementation: A focus group study. *Journal of Clinical Nursing*, 18(18), 2613-2621. Allison, K. C., Wenzel, A., Kleiman, K., & Sarwer, D. B. (2011). Development of a brief measure of postpartum distress. *Journal of Women's Health (15409996)*, 20(4), 617-623. Anderson, C. (2010). Using the Edinburgh Postnatal Depression Scale to screen for symptoms of depression among Latina, African American and Caucasian adolescents. *Southern Online Journal of Nursing Research*, 10(1). American Psychiatric Association (APA). (2010). Practice guideline for the treatment of patients with major depressive disorder (3rd edn). Arlington (VA). Austin, M., Priest, S.R., & Sullivan, E. A. (2008). Antenatal and psychosocial assessment for reducing perinatal mental health morbidity. *Cochrane Database of Systematic Reviews*,4(CD005124), 1-24. Beck, C. T., (2006). Postpartum Depression. *American Journal of Nursing*, 106(5), 40-50. Retrieved from UHV Ovid database. Beck, C. T. (2002). Revision of the postpartum depression predictors inventory. *JOGNN: Journal of Obstetric, Gynecologic & Neonatal Nursing*, 31(4), 394-402. doi/10.1111/j.1552-6909.2002.tb00061.x/pdf Beck, C.T. (2001) Predictors of postpartum depression: An update. *Nursing Research*. 50(5):275-285. Retrieved from UHV Ovid Database. Beck, C., Records, K., & Rice, M. (2006). Further development of the postpartum depression predictors inventory-revised. *JOGNN: Journal of Obstetric, Gynecologic & Neonatal Nursing*, 35(6), 735-745. Caple, C., & Schub, T. (2011). Postpartum depression: Assessment and screening. Evidence-Based Care Sheet. Center for Disease Control and prevention. CDC. (2009). Pregnancy risk assessment monitoring system (PRAMS): PRAMS and postpartum depression. Retrieved from <http://www.cdc.gov/prams/PPD.htm> Chen, H., Wang, J., Ch'ng, Y. C., Mingoo, R., Lee, T., & Ong, J.(2011). Identifying mothers with postpartum depression early: Integrating perinatal mental health care into the obstetric setting. *ISRN Obstetrics and Gynecology*. doi: 10.5402/2011/309189 Davis, J. (2010). Screening for Postpartum Depression on an Inpatient Unit. *JOGNN: Journal of Obstetric, Gynecologic & Neonatal Nursing*, 39S102. doi:10.1111/j.1552-6909.2010.01127.x Davis, S., Cross, J., & Lind, B. (2008). Exploring the postpartum adjustment questionnaire as a predictor of postpartum depression. *JOGNN: Journal of Obstetric, Gynecologic & Neonatal Nursing*, 37(6), 622-630. Farrar, J. (2009). Evidence-based practice: Choose it then diffuse it. Retrieved from [http://www.aacn.org/wd/nti2009/nti\\_cd/data/papers/main/30652.pdf](http://www.aacn.org/wd/nti2009/nti_cd/data/papers/main/30652.pdf) Goyal, D., Gay, C., & Lee, K. (2009). Fragmented maternal sleep is more strongly correlated with depressive symptoms than infant

temperament at three months postpartum. *Archives of Women's Mental Health*, 12(4), 229-237. Haas, S. (2008). Resourcing evidence-based practice in ambulatory care nursing. *Nursing Economic*, 26(5), 319-322. Hanusa, B., Scholle, S., Haskett, R., Spadaro, K., & Wisner, K. (2008). Screening for depression in the postpartum period: A comparison of three instruments. *Journal of Women's Health* (15409996), 17(4), 585-596. Harting, J., Rutten, G., Rutten, S., & Kremers, S. (2009). A qualitative application of the diffusion of innovations theory to examine determinants of guideline adherence among physical therapists. *Physical Therapy*, 89(3), 221-232. Horowitz, J., Murphy, C., Gregory, K., & Wojcik, J. (2011). A community-based screening initiative to identify mothers at risk for postpartum depression. *JOGNN: Journal of Obstetric, Gynecologic & Neonatal Nursing*, 40(1), 52-61. Kirpinar, Ý., Gözüm, S. and Pasinliođlu, T. (2010). Prospective study of postpartum depression in eastern Turkey prevalence, socio-demographic and obstetric correlates, prenatal anxiety and early awareness. *Journal of Clinical Nursing*, 19 (3-4), 422–431. doi: 10.1111/j.1365-2702.2009.03046.x Lau, Y., Wong, D., & Chan, K. (2010). The utility of screening for perinatal depression in the second trimester among Chinese: A three-wave prospective longitudinal study. *Archives of Women's Mental Health*, 13(2), 153-164. Lasiuk, G., & Ferguson, L. (2005). From practice to midrange theory and back again: Beck's theory of postpartum depression. *Advances in Nursing Science*, 28(2), 127-136. Logsdon, M., Foltz, M., Scheetz, J., & Myers, J. (2010). Self-efficacy and postpartum depression teaching behaviors of hospital-based perinatal nurses. *Journal of Perinatal Education*, 19(4), 10-16. McQueen, K., Montgomery, P., Lappan-Gracon, S., Evans, M., & Hunter, J. (2008). Evidence-based recommendations for depressive symptoms in postpartum women. *JOGNN: Journal of Obstetric, Gynecologic & Neonatal Nursing*, 37(2), 127-136. Melnyk, B.M., & Fineout-Overholt, E. (2011). *Evidence-based practice in nursing & healthcare: A guide to best practice*. (2nd ed.). Philadelphia: Wolters Kluwer health/ Lippincott Williams & Wilkins. Mental Health America of Greater Houston. (2007-2009). Retrieved on November 2, 2011 from <http://www.mhahouston.org/> Mental Health America of Greater Houston. (2007-2009). Women's mental health. Retrieved on September 14, 2011 from [http://www.mhahouston.org/mha\\_houston.cfm?a=cms,c,22,4](http://www.mhahouston.org/mha_houston.cfm?a=cms,c,22,4) Morrissey, M. (2007). Suffer no more in silence: Challenging the myths of women's mental health in childbearing. *International Journal of Psychiatric Nursing Research*, 12(2), 1429-1438. Neiman, S., Carter, S., Van Sell, S., & Kindred, C. (2010). Best practice guidelines for the nurse practitioner regarding screening, prevention, and management of postpartum depression. *Critical Care Nursing Quarterly*, 33(3), 212-218. Retrieved from UHV OVID Data Base doi:10.1097/CNQ.0b013e3181e65f86 Oppo, A., Mauri, M., Ramacciotti, D., Camilleri, V., Banti, S., Borri, C., & ... Cassano, G. (2009). Risk factors for postpartum depression: The role of the Postpartum Depression Predictors Inventory-Revised (PDPI-R). Results from the Perinatal Depression-Research & Screening Unit (PNDRScU) study. *Archives Of Women's Mental Health*, 12(4), 239-249. Paris, R., Bolton, R., & Weinberg, M. (2009). Postpartum depression, suicidality, and mother-infant interactions. *Archives of Women's Mental Health*, 12(5), 309-321. Polit, D., F., & Beck, C.T. (2008). *Nursing research: Generating and assessing evidence for nursing practice* (8th ed.). Philadelphia: Lippincott Williams & Wilkins. Records, K., Rice, M., & Beck, C. (2007). Psychometric assessment of the Postpartum Depression Predictors Inventory-Revised. *Journal Of Nursing Measurement*, 15(3), 189-202. Rogers, E. M. (2003). *Diffusion of innovations* (5 th ed.). New York, NY: The Free Press Ross, L., & Dennis, C. (2009). The prevalence of postpartum depression among women with substance use, an abuse history, or chronic illness: a systematic review. *Journal of Women's Health* (15409996), 18(4), 475-486. Schanie, C., Pinto-Foltz, M., & Logsdon, M. (2008). Analysis of popular press articles concerning postpartum depression: 1998-2006. *Issues in Mental Health Nursing*, 29(11), 1200-1216. Segre, L., O'Hara, M., Arndt, S., & Beck, C. (2010). Screening and counseling for postpartum depression by nurses: The women's views. *MCN: The American Journal of Maternal Child Nursing*, 35(5), 280-285. doi:10.1097/NMC.0b013e3181e62679 St. Pierre, C. (2007). The taboo of motherhood: Postpartum depression. *International Journal for Human Caring*, 11(2), 22-31. Texas department of health (TDH) (2003). Pregnancy, parenting and depression resource list. Retrieved on September 28, 2011 from <http://www.tdh.state.tx.us/mch/depression> Texas health and human service commission.(2008). Texas Nurse-Family Partnership. Retrieved on November 3, 2011 from <http://www.hhsc.state.tx.us/index.shtml> Tomey, A. M. & Alligood, M.R. (2006). *Nursing Theorists and Their Work*. (6th ed.) Missouri: Mosby Elsevier. Vigod, S., Villegas, L., Dennis C-L., & Ross, L.(2010). Prevalence and risk factors for postpartum depression among women with preterm and low-birth-weight infants: A systematic review. *BJOG: An International Journal of Obstetrics & Gynecology* , 117(5), 540–550. DOI: 10.1111/j.1471-0528.2009.02493

**Learning Activity:**

<b>LEARNING OBJECTIVES</b>	<b>EXPANDED CONTENT OUTLINE</b>	<b>TIME ALLOTTED</b>	<b>FACULTY/SPEAKER</b>	<b>TEACHING/LEARNING METHOD</b>	<b>EVALUATION/FEEDBACK</b>
<p><b>Example</b></p> <p>Critique selected definition of the term, "curriculum"</p>	<p><b>Example</b></p> <p>Definitions of "curriculum"</p> <p>Course of study</p> <p>Arrangements of instructional materials</p> <p>The subject matter that is taught</p> <p>Cultural "training"</p> <p>Planned engagement of learners</p>	<p><b>Example</b></p> <p>20 minutes</p>	<p><b>Example</b></p> <p>Name, Credentials</p>	<p><b>Example</b></p> <p>Lecture</p> <p>PowerPoint presentation</p> <p>Participant feedback</p>	<p><b>Example</b></p> <p>Group discussion: What does cultural training mean to you?</p>
<p>1.List the common risk factors of postpartum depression</p>	<p>List of common risk factors of postpartum depression from literature review. Explain the</p>	<p>15 minutes</p>	<p>Beena Joseph, MSN, RNC-MNN</p>	<p>Poster presentation and Discussion</p>	<p>What are the common postpartum depression risk factors identified from your practice? Have you noticed one more of these risk factors listed with your patients? If so how often and what did you do to address those risk factors?</p>

	evidence supporting the common risk factors of postpartum depression.				
2. Identify the evidence based postpartum risk assessment guidelines for early detection of postpartum depression (PPD).	Explain how and when to use the proposed evidence based risk assessment guidelines for early identification of Postpartum depression.	15 minutes	Beena Joseph, MSN, RNC-MNN	Poster presentation and Discussion	Are you using any postpartum risk assessment guidelines or tools at your facility to identify high risk postpartum mothers? Do you think implementing an evidence based guideline/tool will allow early detection of postpartum depression? if so, how?

**Abstract Text:**

Early detection of postpartum depression (PPD) is vital in improving maternal and newborn health. PPD affects 10-20% of the postpartum women (Caple & Schub, 2011). This project proposes guidelines for early identification of PPD by using evidence based risk assessment tools. The needs assessment was performed in a postpartum unit of a suburban hospital, serving the community of Greater Houston, Texas. Based on the Mental Health America (MHA) of Greater Houston 2007-2009 report, depression hits women in their childbearing age, especially between 25-44 years of age. The children of mothers who had PPD are 4-times at risk for developing psychiatric illness compared to the children of mothers who did not have PPD (Neiman, Carter, Van Sell, & Kindred, 2010). PPD is a global issue. The international rate of PPD is consistent with the reported rate of 10-20 % in United States. Examples of international reported rates are; Zimbabwe (16%), India (23%), Japan (17%), Italy (15%) (Becks et al., 2006). The literature review provided an important look at risk factors for PPD. Antenatal depression, antenatal anxiety, history of depressive illness, presence of any existing life stress, and level of self-esteem, the amount of social support available, marital or partner status, satisfaction with the marital relationship, undesirable or unintended pregnancy, socioeconomic stability, newborn characters and temper, child care stress, and presence of motherhood blues were recognized as the predictors of PPD (Beck, 2001; Beck et al., 2006). In addition to the 13 substantial PPD risk factors identified by Beck (2001), current or history of drug abuse (Ross & Dennis, 2009), and delivery of a premature or low birth

weight baby (Vigod, Villegas, Dennis, & Ross, 2010) are significant with the target population. A close follow up patterns for those who are potential candidates for developing PPD is imperative (Beck et al., 2006). Universal testing and evaluation of PPD is a standard of care in England, but not in United States (Caple & Schub, 2011). Health care workers can support the mission of early assessment and screening for PPD, by learning and sharing information about PPD assessment and screening, educating the patient and asking about history of PPD or other risk factors, and administering a PPD screening tool for review (Caple & Schub, 2011). Health care workers need to be more active in educating patients, and community about PPD that affects marked number of women in the society (Schanie, Pinto-Foltz, & Logsdon, 2008). Several researchers emphasized the need for early identification of women who are more likely to develop PPD after childbirth (Anderson, 2010; Neiman et al., Austin et al., 2008; Beck et al., 2006). A routine antenatal psychosocial review may increase the provider's consciousness of psychosocial risk (Austin et al., 2008; Neiman et al., 2010). An integrated approach with screening and intervention program in the obstetric settings will improve the help-seeking activities in PPD (Chen, Wang, Ch'ng, Mingoo, Lee, & Ong, 2011). The review of literature supports the key role nurses play in assessing, and counseling women about PPD. In addition, research supports the need to identify at risk groups early to initiate teaching, and therapy. A checklist based on the PPD risk factors and EPDS may be helpful in identifying the women at risk for PPD. The literature review done for this project shows Edinburgh Postnatal Depression Scale (EPDS) is the valuable and a simple assessment tool for PPD risk assessment. The primary investigator based on the literature review developed the part-1 (PPD Risk Factor Assessment Checklist) and part-2 (EPDS and PPD Screening) EBP guidelines for the proposal of in-patient PPD risk assessment guidelines. The Beck's Postpartum Depression Theory guided the preparation of Evidence Based Practice (EBP) guidelines. The Rogers' Diffusion of Innovations Theory will guide the implementation and evaluation process.