Mending the Mother: AN EXERCISE BASED APPROACH IN THE MANAGEMENT OF POSTPARTUM DEPRESSION

BY: DR. MELISSA GOBLE, DNP, RN, WHNP-BC & DR. CANDACE SHORT, DNP, RN, WHNP-BC

CLINICAL PROBLEM/KEY OBJECTIVES:
- An estimated one in seven women will experience postpartum depression and the rate increases significantly to forty one percent among mothers who have suffered with PPD during a previous pregnancy (American Psychological Association [APA], 2015).
- A quality improvement project to improve maternal outcomes through standardized screening and treatment protocols for postpartum depression.
- Evaluate the effectiveness of an exercise regimen as a non-pharmacological intervention for PPD.
- Increase screening & treatment for PPD through the following objectives:
  1. Increase in staff knowledge related to PPD.
  2. Develop an exercise intervention for patients to promote an increase in quality of life, and decrease the morbidity of pregnancy related to weight gain.
  3. Increase the percentage of postpartum patients who are screened and properly treated for PPD.

PATIENTS/SETTINGS/SCHOLARLY PROJECT:
- Women, 18 to 42 years of age.
- 6 weeks up to one year postpartum.
- 12 participants:
  - Exercise regimen facilitated by the DNP student at Hallett Community Center.
  - Once a week for 30 minutes.
  - 10 week period (February 1, 2016 - April 15, 2016).
  - 30 minute exercise regimen independently.
  - Kept a journal of their weekly activities as well as a weekly weight.
  - A weekly physical and psychological well being survey.
  - PPD screening using Edinburgh Postnatal Depression Scale (EPDS) tool pre-intervention and post-intervention.
- Provider staff lunch and learn:
  - Pre-test and post-test given.

OUTCOMES:
- Lunch and learn pre-test and post-test score:
  - Knowledge and awareness increased by 22% among providers and staff.
- Participants results:
  - Psychological well-being of the mothers improved as indicated by a 17% reduction in EPDS scores.
  - Physical well-being of the mothers improved with an average 4% reduction in overall weight.
- After project implementation, 84% of patients were routinely being screened and properly referred if needed at 6-week postpartum visit.

CONCLUSION:
- The use of the EPDS screening tool used at the six-week postpartum visit and the implementation of an exercise intervention have positively impacted postpartum patient’s psychological and physical well-being.
- Early diagnosis and treatment is a key to PPD morbidity.

PROJECT IMPLEMENTATION RESULTS

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<thead>
<tr>
<th>EPDS Average Score</th>
<th>Postpartum Depression</th>
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<tbody>
<tr>
<td>4</td>
<td>9</td>
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<td>6</td>
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16% 84%

PROJECT IMPLEMENTATION RESULTS

PATIENTS Screened for PPD FOLLOWING PROJECT IMPLEMENTATION

REFERENCES: