



Infant Massage and Rates of Maternal Postpartum Depression

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Introduction

Emotional disturbances during pregnancy and early parenthood are common, complex, and may take many forms. Postnatal depression is the most prevalent mood disorder associated with childbirth.

According to the CDC (2016) 1 out of every 10 women experience frequent postpartum depressive symptoms.

Mothers and fathers of very preterm infants (gestational age < 30 weeks) experience elevated levels of depression and anxiety symptoms shortly after birth (Pace, Spittle, et al., 2016).

Objective

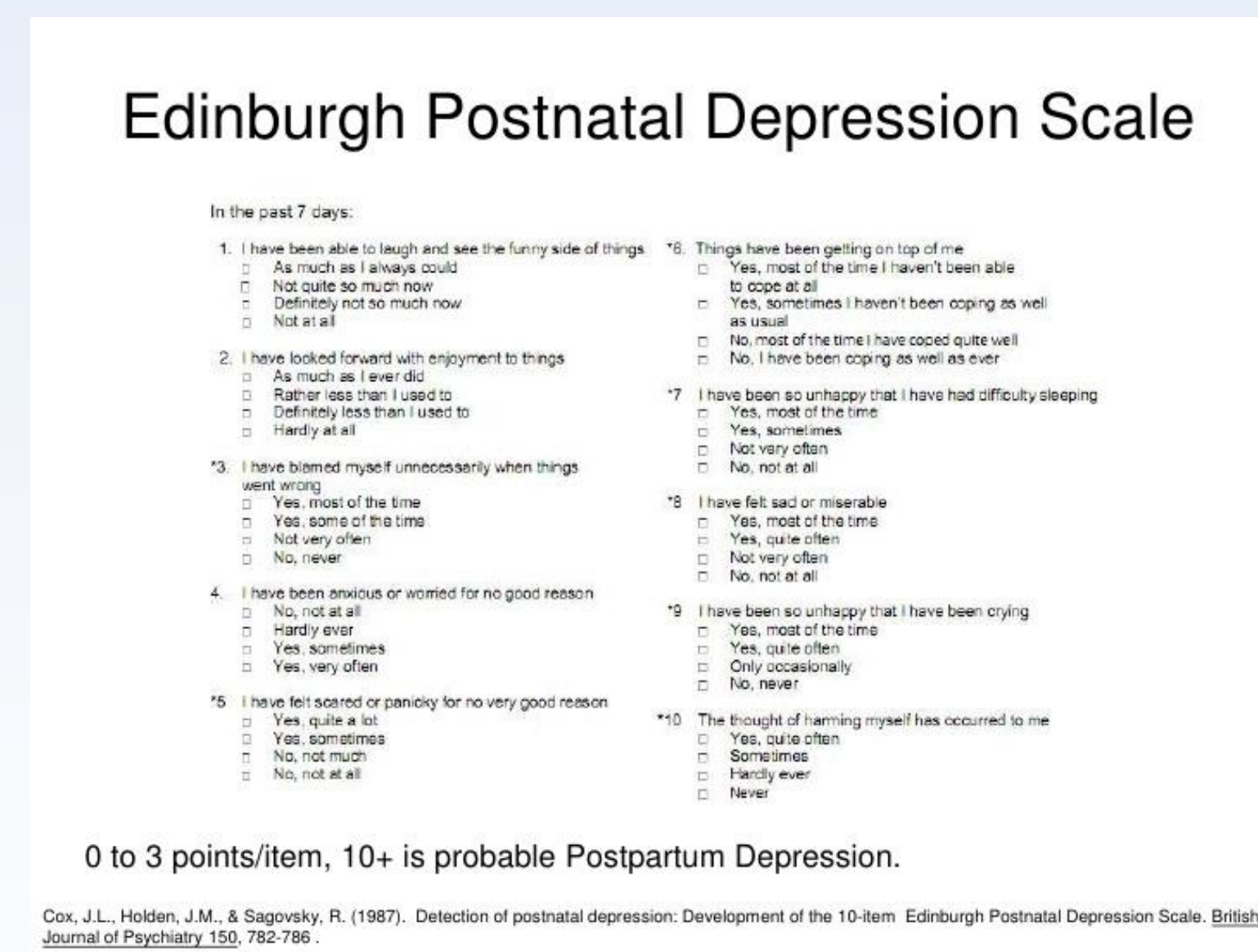
What is the relationship between a maternally delivered infant massage program and the rate of maternal depression in mothers of preterm infants?



Methods

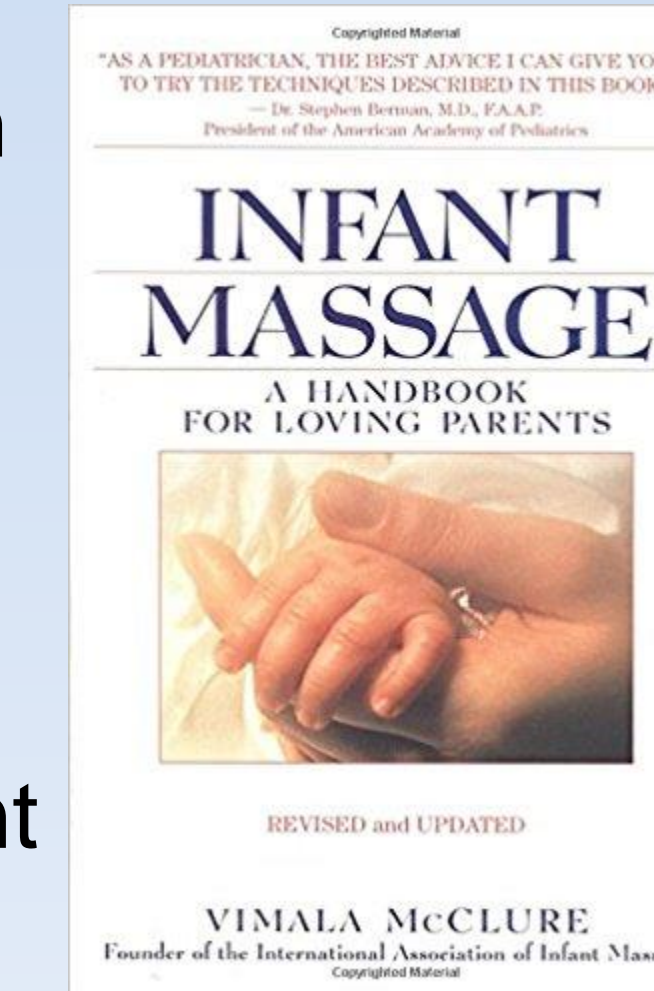
Edinburgh Postpartum Depression Scale (EPDS)

- Developed 1987 by Cox, Holden and Sagosky as a self-report questionnaire
- Used internationally
- 10-item screening tool with demonstrated high reliability and specificity
- Mothers to be assessed prior to discharge and at 1, 3 and 6 months postpartum



Infant Massage

- Developed by Vimala McClure
- Combination of Indian and Swedish massage, yoga and reflexology
- 5 session training program



- Each session consists of:
 - Relaxation technique for parent
 - Icebreaker
 - Strokes
 - Discussion

- Purpose – for parents to strengthen their relationship with their baby



Conclusion

- Preliminary results of 5 subjects demonstrates a significant reduction in postpartum depression scores at 1 and 3 month intervals

ID#	Discharge	1 month	3 months	6 months
1	2	2	0	
2	3	1		
3	0	0		
4	2	1	0	
5	3	1	0	

- Knowledge obtained from this study may increase healthcare providers knowledge of maternal depression rates and interventions available to improve outcomes.



References

Centers for Disease Control. (2016). Depression Among Women. Retrieved from www.cdc.gov/reproductivehealth/depression/index.htm on August 3, 2016.

Gibson, J., McKenzie-McHarg, K., Shakespeare, J., Price, J., & Gray, R. (2009). A systematic review of studies validating the Edinburgh Postnatal Depression Scale in antepartum and postpartum women. *Acta Psychiatrica Scandinavica*, 119(5), 350-364.

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