

International Conference on Psychiatric & Geriatrics Nursing and Stroke

November 19-20, 2018 | Paris, France

PPE - Early Detection and Screening for Postpartum Depression using the Edinburg Depression Scale (Pilot Study)

Post-Partum Depression is a discrete disorder yet a subcategory of major depressive disorders (DSM-IV) which is a major health problem for women around the world. Early detection could potentially help us to identify women at risk and to initiate interventions in an early stage. It is estimated that the prevalence of post-partum depression (PPD) is approximately 10-15% in western mothers. On the other hand, it is estimated that the prevalence of PPD in United Arab Emirates is a bit higher 17.8%.(Ghubash, Abou-Saleh & Daradkesh, 1997). This study will be conducted due to limited researches in UAE and arabic regions and aimed at: assessing the prevalence of and factors related to PPD, assessing whether immediate PPD can predict late PPD and finally assessing the risk factors associated with PPD. The sample of the study will be around 200 women who give birth in the maternity unit in a local hospital (Al Baraha Hospital) using EPDS (Edinburgh Postpartum Depression Scale) and general information questionnaire at day 3, 4th week and 8th week during the post-partum period.

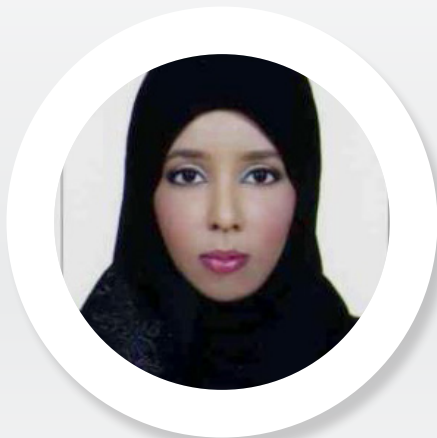
The study found that the strongest predictive factor of PPD were mood during previous or current pregnancy, experiencing stressful life events, low levels of social support delivery method and new- born admission to NICU which was consistent with the literature review.

It has shown that there is relationship between social support and depression in post-partum women. Thus, detecting PPD in early stage will help in development of policies which will improve and guide practice. It will also help in saving efforts and resources which might be excessively used in later stages of depression.

Biography

Amina Osman has completed her 3 years nursing diploma in 2006 at the Institute of Nursing in Sharjah -institutional organization works under UAE Ministry of Health-. She started her nursing career in 2007 as an emergency nurse. She has done her post RN BSN degree from University of Sharjah (2010 -2012) and graduated in 2012 while continuing her nursing career. She has done postgraduate studies in King's Center for professional studies in health care management and leadership in 2016. Currently she is a master degree student in University of Sharjah in the area of leadership in Health Care Professions Education. She is the Charge Nurse in one of the Emergency Departments in Sheikh Khalifa Medical City -Ajman / UAE, a key health care provider in UAE. This study was nominated by the university council and the research supervisor to participate in local and international research awards in UAE and USA.

amna.od@hotmail.com



Amina Osman Deria
University of Sharjah, UAE

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