

Results of Educating Obstetric Nurses on using the Edinburgh Postnatal Depression Scale to Identify Early Symptoms of Postpartum Depression

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PICO

On a postpartum unit, will the education of the Edinburgh Postnatal Depression Scale increase the nurses ability to recognize the early signs and symptoms of postpartum depression disorder?

BACKGROUND

It is estimated that 50% of women who suffer from postpartum depression go undiagnosed.

The Edinburgh Postnatal Depression scale (EPDS) is a self-reporting tool for the identification of postpartum depression symptoms throughout pregnancy and the postpartum period.

The education tool was developed to increase nurses ability to implement the EPDS and detect early signs and symptoms of postpartum depression while in a hospital setting.

METHODS OF MEASUREMENT

Pretest-posttest design

Pretest to the population in question (nurses on a postpartum unit), to get a baseline on their knowledge on postpartum depression and the Edinburgh Postnatal Depression Scale (EPDS)

Education on postpartum depression and the use of EPDS on a postpartum unit

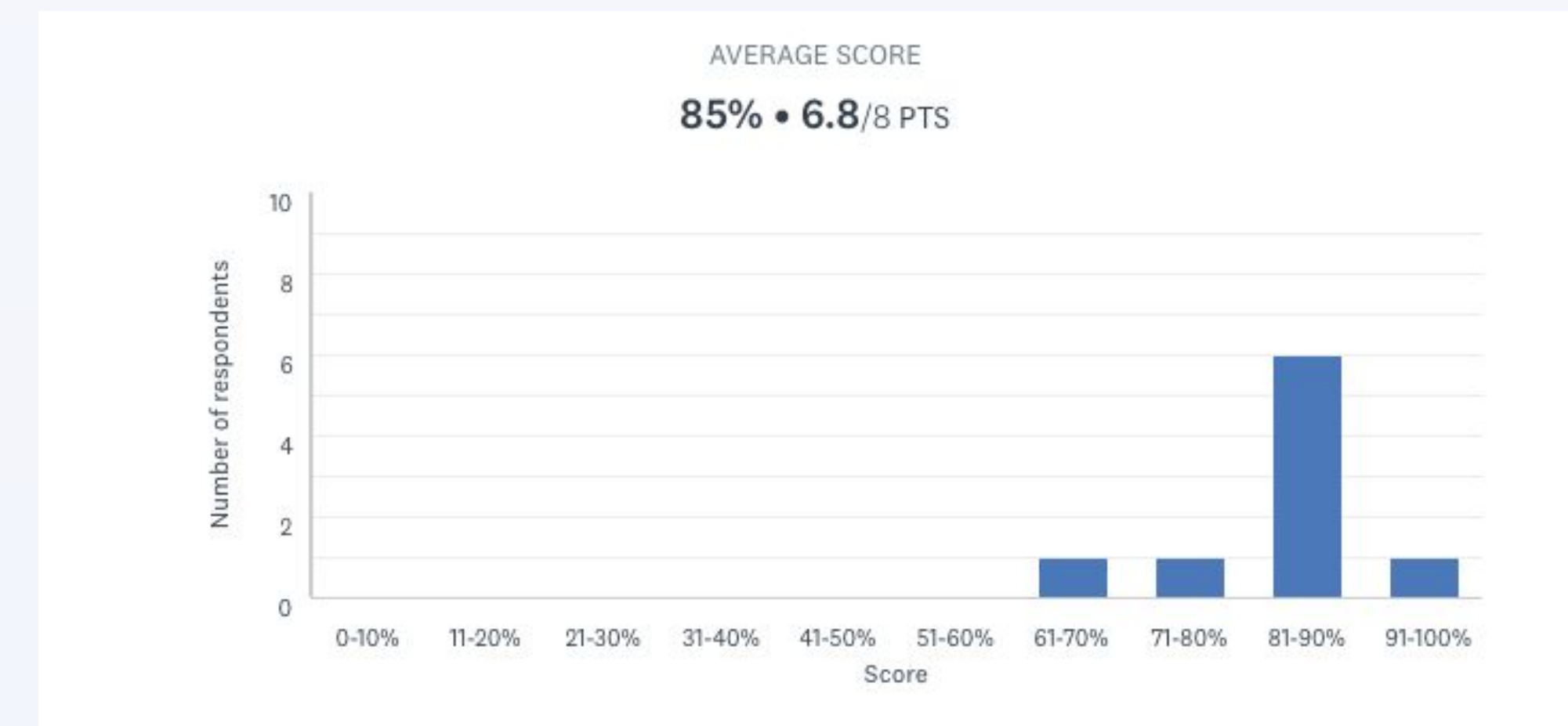
Post-test was given to evaluate knowledge

Pre and Post-test Questions:

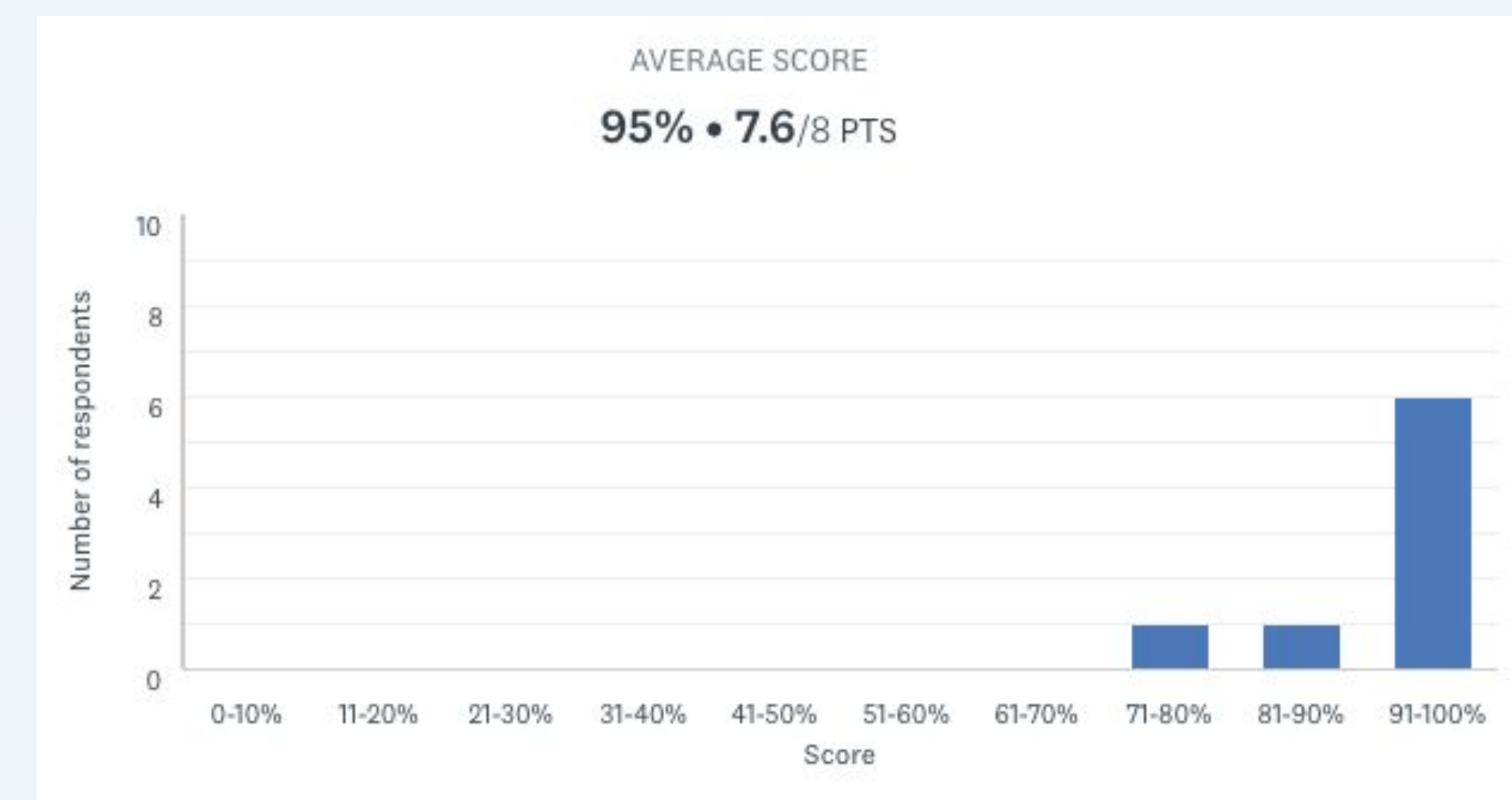
1. What is the purpose of using the EPDS for postpartum patients?
2. When should the EPDS first be implemented?
3. What are some early signs of postpartum depression disorder?
4. What is your role as the nurse regarding the use of the EPDS?
5. Why is it important to educate the support system of the mother on the signs and symptoms of postpartum depression disorder?

RESULTS

PRE-TEST: average score was 85%



POST-TEST: average score was 95%



Questions	Pretest Average Score	Posttest Average Score
1.	78%	88%
2.	33%	100%
3.	90%	100%
4.	90%	100%
5.	67%	75%

SUMMARY OF FINDINGS

Overall, the education of the Edinburgh Postnatal Depression Scale was effective as shown by a 10% increase in scores. The nurses on the unit reported a better understanding of the screening tool and how to identify at-risk patients. These nurses feel more confident in their ability to provide education regarding postpartum depression.

RECOMMENDATIONS FOR PRACTICE

All nurses should be educated on a scale to identify early signs and symptoms of postpartum depression.

All obstetric nurses should be able to identify signs and symptoms of postpartum depression.

Nurses should be educated to teach mother and support system on systems to report on as soon as possible.



References