

Screening for Postpartum Depression in Moms of NICU Babies

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Introduction

Nurses that work with newborns and mothers in the postpartum period demonstrate a lack of knowledge regarding:

- postpartum depression symptoms
- the importance of recognizing and treating postpartum depression in mothers.

Literature Search

Keywords:

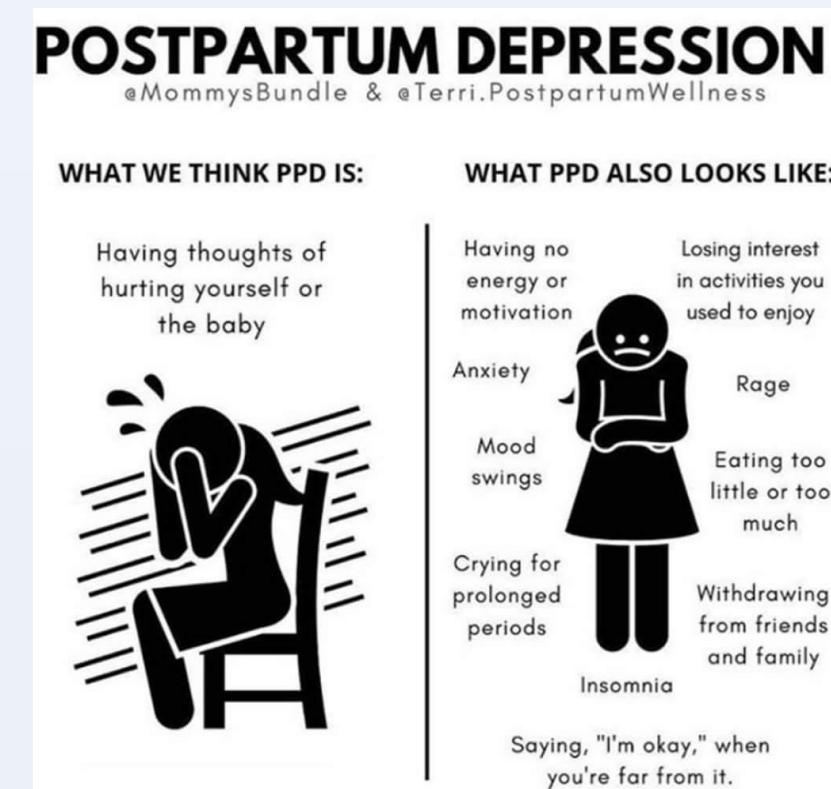
- NICU
- Postpartum Depression
- Screening
- Early Recognition
- Nursing Education

Databases used:

- Cinahl
- ACOG.org
 - American College of Obstetricians and Gynecologists
- Pubmed
- Ebscohost

Current Evidence

- 10-15% of all new mothers experience postpartum depression (PPD).
- PPD in mothers of Neonatal Intensive Care Unit (NICU) admittees can be as common as 50%.
- Even with available screening tools 50% of mothers with PPD go undiagnosed, according to the CDC.
- Most go undiagnosed due to lack of education on signs/ symptoms and screening tools available
- Most nurses who work directly with mothers have little to no knowledge about PPD and the early signs nor do they know about screening tools for PPD.



Education Plan and Implementation

- We will be reviewing the current lesson that Children's provides to NICU nurses and staff and will be thinking about adding more to it as well as potentially making it more than once a year by sending out a powerpoint and getting feedback from a survey.
- Objectives:
 - Objective 1: NICU Nurses will be able to identify mothers at risk for Postpartum Depression who have children in the NICU.
 - Objective 2: NICU Nurses will be able to identify the appropriate resources after identifying signs of postpartum depression in mothers and their patients.



Feedback

- We went out pre and post test surveys to see if people learned the information we wanted them to learn based on our powerpoint.
- Received feedback on the education from psychiatric RN's as well as NICU RN's.
- Psychiatric RN's reviewed the powerpoint without doing the pre and post test and gave feedback on ways to better enhance the educational presentation.

Lessons Learned

- We learned that nurses needed additional information on PPD and how to act on if they discovered PPD in a mom with a child in the NICU.

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