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Strategies used to diagnose and manage post-partum depression among high risk mothers attending the high risk clinics at the Mackenzie Hospital complex



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Studies suggest that the incidence of PPD varies with the population (Earls, 2010; Vigod, 2010) and 10-25% of young mothers may experience PPD (Ikeda, 2013). Evidence suggest that 16% of high risk mothers enrolled at the Mackenzie Hospital at high risk antenatal clinic reported symptoms of major depressive episodes (Razack et al., 2014). The institutional strategies used by the staff to diagnose PPD have not been identified. This study aims to determine strategies implemented at the Linden Hospital complex to manage post-partum depression among high risk mothers and produce evidence for advancement. A quantitative, cross-sectional study of 56 staff members and 37 high risk mothers was analyzed through the SPSS software version 20, using descriptive statistics and ANOVA. Findings revealed no significant differences in staff's training to diagnose PPD (p 0.16). Significant differences emerged in the staff's perception of the incidence of PPD. (P .069), mothers' EPDS scores and their family support (p .051), financial support (p .058) and the mother to child relationship (, p 083). There is some evidence of staff training to recognize PPD in high risk mother's, however the majority feel that it is inadequate.

Biography

Winifred Mardenborough Razack has completed her Master's in Public Health from the St. George's University. She has completed internship at the CARICOM Secretariat in the Health Department where her primary task involved critical analysis of the midwifery curriculum for nursing programmes in the region. She is a Lecturer in the Department of Public Health at the University of Guyana. She has published an abstract with the CICAD on the risk and protective factors associated with adolescent drug abuse in Grenada.

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