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# Nurse-Led Education for Postpartum Depression in Primiparous Asian-American Mothers

Colleen Peralta



## Introduction

The postpartum period is a critical point when women remain vulnerable in the hospital setting. This stems from various physical, emotional and psychological changes that women face after childbirth, when patient support and attention is vital. For instance, the postpartum stage poses risk to women for complications, such as postpartum depression (PPD). When left untreated and misdiagnosed, PPD can lead to adverse maternal outcomes, such as: problems with mother-infant bonding, difficulty breastfeeding, and an increased risk for suicide (Mayo Clinic, 2022).

Asian-American mothers with postpartum depression face unique challenges, including the stigma surrounding mental health, which remains prevalent within this community. This can make it challenging for mothers to open up and seek mental health care for postpartum depression. As a result, it is important to investigate the Asian-American population of mothers in order to provide quality maternal healthcare for all patients.

## Hypothesis

By providing first time Asian-American mothers with culturally focused nurse-led postpartum depression (PPD) education through home visits, the severity of PPD symptoms will be reduced.

## Method

### Participants

- Primiparous (first-time) Asian-American mothers of any age, who have given birth within the past year, who have postpartum depression (n=200)

### Materials/Measurements

- Edinburgh Postnatal Depression Scale (EPDS)
  - An evidenced based tool consisting of a total of 10 questions, to identify symptoms consistent with depression and anxiety after giving birth.

### Procedure

- A pre-Intervention EPDS survey will be conducted upon the participants
- The nurse-led home visitations will consist of five sessions (once a week), providing the mothers with culture focused education on PPD awareness, management, self-care methods, as well as a space to open up about their experiences.
- Post-intervention and debriefing measures will utilize the same EPDS survey, in order to assess for any changes in postnatal depression scores.

## Results

Descriptive statistics will be used to compare the pre- and post-intervention EPDS scores, in order to determine the means. Inferential statistics will be used in order to determine the p-value. If the p-value is  $< 0.05$ , then we could determine the results are statistically significant and not by chance, which determines that the hypothesis is true and we can therefore reject the null hypothesis.

## Conclusion

- Researchers have demonstrated the benefits of home visits for mothers with PPD
- It is expected that through this proposed study, the nurse-led cultural based educational intervention through home visits can help Asian-American mothers gain the confidence to open up, seek mental health care services for PPD, and develop self-care strategies to minimize symptoms of PPD.

## References

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