



Post Partum Depression

DR PRUDENCE MOLETE

Introduction

- Many women experience mood symptoms following delivery.
- The disorder is serious but treatable
- It carries risk for the mother and the child
- New fathers can experience post partum depression too.

Aetiology

Biology:

- Sudden hormonal changes
- Lack of sufficient sleep
- Poor diet
- Pain

Aetiology continued

Emotional:

- Sudden change in life style
- Lack of support
- Physical and Emotional demands of looking after the baby

Who gets affected

- ▶ 50-75% of new mothers experience baby blues
- ▶ 15% of these women develop Post Partum Depression
- ▶ 1 in 1000 women develop Post Partum Psychosis

Risk factors

- ▶ History of depression
- ▶ Positive family history of depression
- ▶ History of Bipolar Disorder
- ▶ Post Partum depression after previous pregnancy

Risk factors continued

- ▶ Stressful Events
- ▶ Unplanned or unwanted pregnancy
- ▶ Multiple pregnancy
- ▶ Poor support system
- ▶ Teen pregnancy

Types of Post Partum Depression

- ▶ Post Partum Blues
- ▶ Post Partum depression
- ▶ Post Partum Psychosis

Post partum blues

- A transient mood disturbance
- It affects 50- 70% of women after delivery
- It begins 1 -4 days after delivery
- Subsides within 2 weeks without treatment

Symptoms

- sadness or mood swings
- anxiety and feeling overwhelmed
- Tearfulness
- Poor appetite and struggles to sleep

Post Partum Depression

- ▶ Is coded as the subtype of MDD
- ▶ 1 in 10 mothers develop the condition
- ▶ Onset within 12 weeks after delivery
- ▶ If untreated can last for months

Symptoms

- ▶ Depressed mood / severe mood swings
- ▶ Excessive crying / irritability and anger
- ▶ Difficulty bonding with the child
- ▶ Feelings of worthlessness

Symptoms continued

- ▶ Loss appetite and poor sleep
- ▶ Fear of not being a good mother
- ▶ Thoughts of harming yourself or your baby
- ▶ Recurrent thoughts of suicide or death

Post Partum Psychosis

- ▶ Extreme severe form of Post Partum Depression
- ▶ 1 in 1000 women experience the condition
- ▶ It requires emergency attention
- ▶ Occurs after delivery and lasts for a few weeks or months

Symptoms of Post Partum Psychosis

- ▶ Severe agitation
- ▶ Confusion
- ▶ Feelings of hopeless and shame
- ▶ Insomnia

Symptoms continued

- ▶ Paranoia
- ▶ Delusions and hallucinations
- ▶ Manic episodes
- ▶ Increased risk of harming the baby (infanticide) or suicide

Symptoms continued

- ▶ Obsessive thoughts about the baby
- ▶ It can lead to life-threatening behaviours
- ▶ Requires immediate admission and treatment

Post Partum Depression in new fathers

- Called Paternal Post Partum depression
- They feel sad and fatigued
- They are overwhelmed and have anxiety
- Have changes in sleeping and eating patterns

Risk factors

- ▶ Young fathers
- ▶ History of depression
- ▶ Struggling financially
- ▶ Experiencing relationship problems

Complications

- ▶ For mothers: can last for months and predispose future depression
- ▶ For fathers: tension in the house and they feel neglected
- ▶ For children: they develop emotional and behavioral problems

Diagnosis

- ▶ Your doctor will do a depression screening through a questionnaire
- ▶ Take blood to check for an underactive thyroid
- ▶ Do tests to check other causes of depression

Treatment

Baby blues

- Get as much rest as you can
- Accept help from family and friends
- Create quality time for yourself
- Avoid alcohol and recreational drugs

Treatment for PPD

- ▶ Psychotherapy (talk therapy or counselling)
- ▶ Talk through your challenges with a Psychologist
- ▶ You will be given strategies to cope
- ▶ Set realistic goals
- ▶ Family therapy also important

Treatment cont

- ▶ Pharmacotherapy
- ▶ Antidepressants
- ▶ Medication to make you sleep

Treatment for Post Partum Psychosis

- ▶ Admission
- ▶ Separation of mother and baby
- ▶ Antipsychotics
- ▶ ECT

How to deal with PPD

- ▶ As soon as you experience mood changes see the doctor
- ▶ Set realistic expectations
- ▶ Avoid isolation
- ▶ Ask for help



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“Postpartum depression really hits you the day they turn 30, don’t have a job and still live at home.”

Thank you