
CONFERENCE ABSTRACT

INTEGRATE CARE IN WOMEN WITH POSTPARTUM PSYCHIATRIC DISORDERS

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During the midwife period there is an increased risk of developing psychiatric disorders. Integrated approach contributes to maintaining good mental health. In this work we would describe emotional changes in women including post-born sadness “Baby blues” and post-born depression. Some of the most common symptoms are: tiredness, feeling guilty, powerlessness, irritability

The purpose is to create good relationships and communication with midwives, giving a good advice, encourage, educate about possible complications and involve other healthcare teams.

Women who participate in preventive activities are at lower risk of developing postpartum psychiatric disorder. In Zagreb, there are already educated teams that are focused to strengthen the mother-child relationship: pregnancy courses, advisory center for breastfeeding and also for the growth and development of a healthy baby.

This intervention in prepartum can help and encourage women. .

In the community care unit we often meet with women who have experience with mild forms of postpartum depression “ Baby blues”.

It is important to recognize symptoms on time so that would be no further complications.

One of the benefits of early involvement of a nursing care is to educate the pregnant woman so that she is aware of the symptoms of these disorders before the birth of child. This would improve after-birth care.

Also, it is important to include other family members to facilitate the mother's postpartum period.

Because of that, community nurses can help with their knowledge, experience and good communication how to identify possible problems and solutions.

Also, multidisciplinary support is very important; good communication between primary care doctors, gynecologists, community health nurses, psychologists and nutritionists. All of them can be a good part in reforming health care and new organizational forms, with an emphasis on more coordinated and more integrated forms of care.