



GARDNER-WEBB UNIVERSITY  
HUNT SCHOOL *of* NURSING

# POSTPARTUM DEPRESSION AWARENESS IN THE NEONATAL INTENSIVE CARE UNIT FOR NURSES: AN EDUCATION PROCESS

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LIFE OF A SCHOLAR (LOTS-MC)

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# Committee and Practice Partners



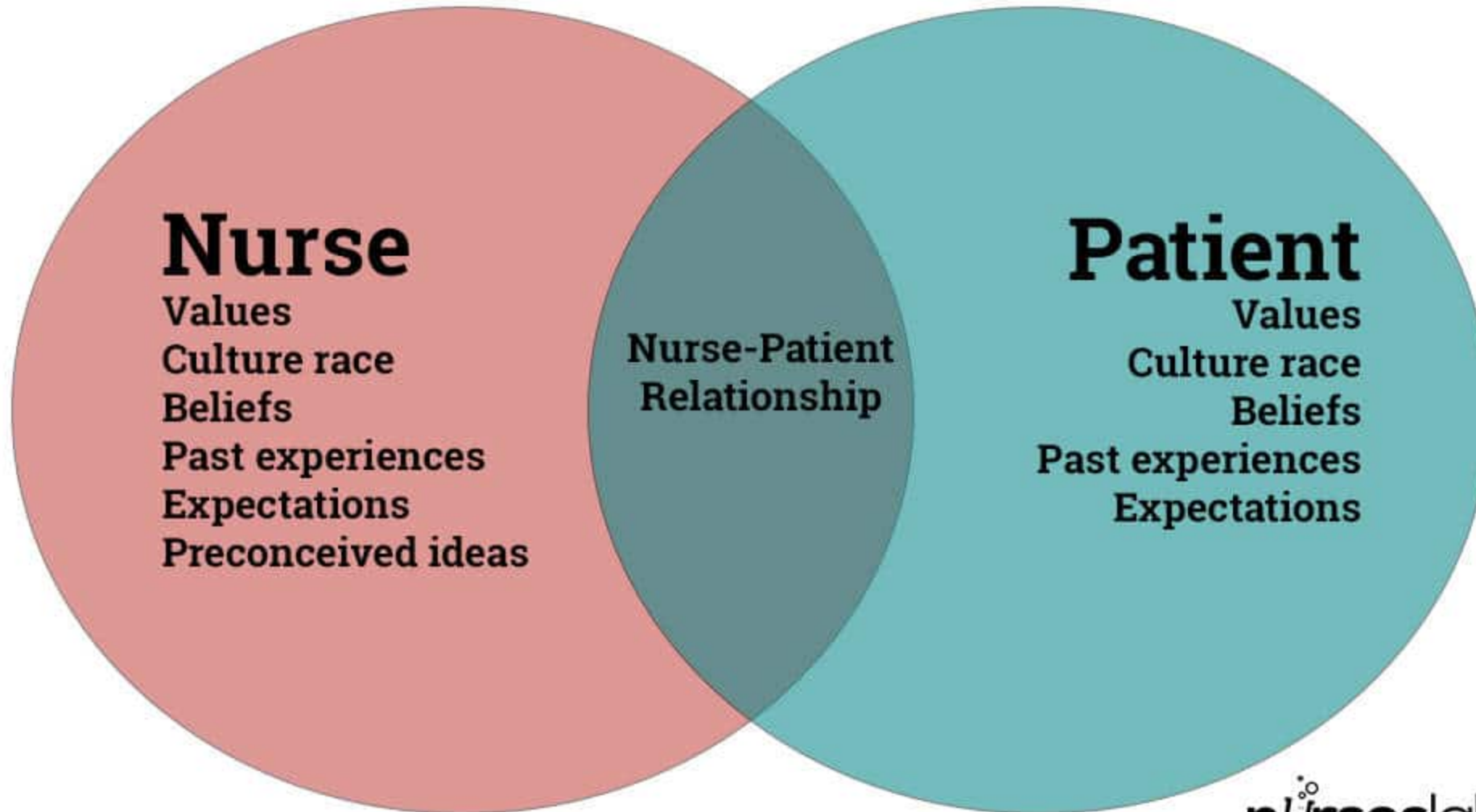
# Problem Recognition

- Postpartum Depression (PPD) occurs at a rate of 70% for mothers of infants in NICU
- AWHONN & American Academy of Pediatrics endorsed the key role of the NICU nurse in identifying signs & symptoms
- PPD the most common mental health complication in childbirth
- 1 in 10 Fathers experience PPD prior or after the birth of their child



# Peplau's Theory of Interpersonal Relationships

## Factors influencing orientation phase



# LITERATURE REVIEW



# Research of Best Practices



- Intent to Educate NICU Nurses
- Establish a Standard of Care
- NICU mother's wellbeing
- Provide Resources & Support



# Project Design



## Education

Outcome Measure:  
Questionnaire Self-efficacy



## Key Stakeholders

Outcome Measure:  
Qualitative Data



## Monitoring and Revisions

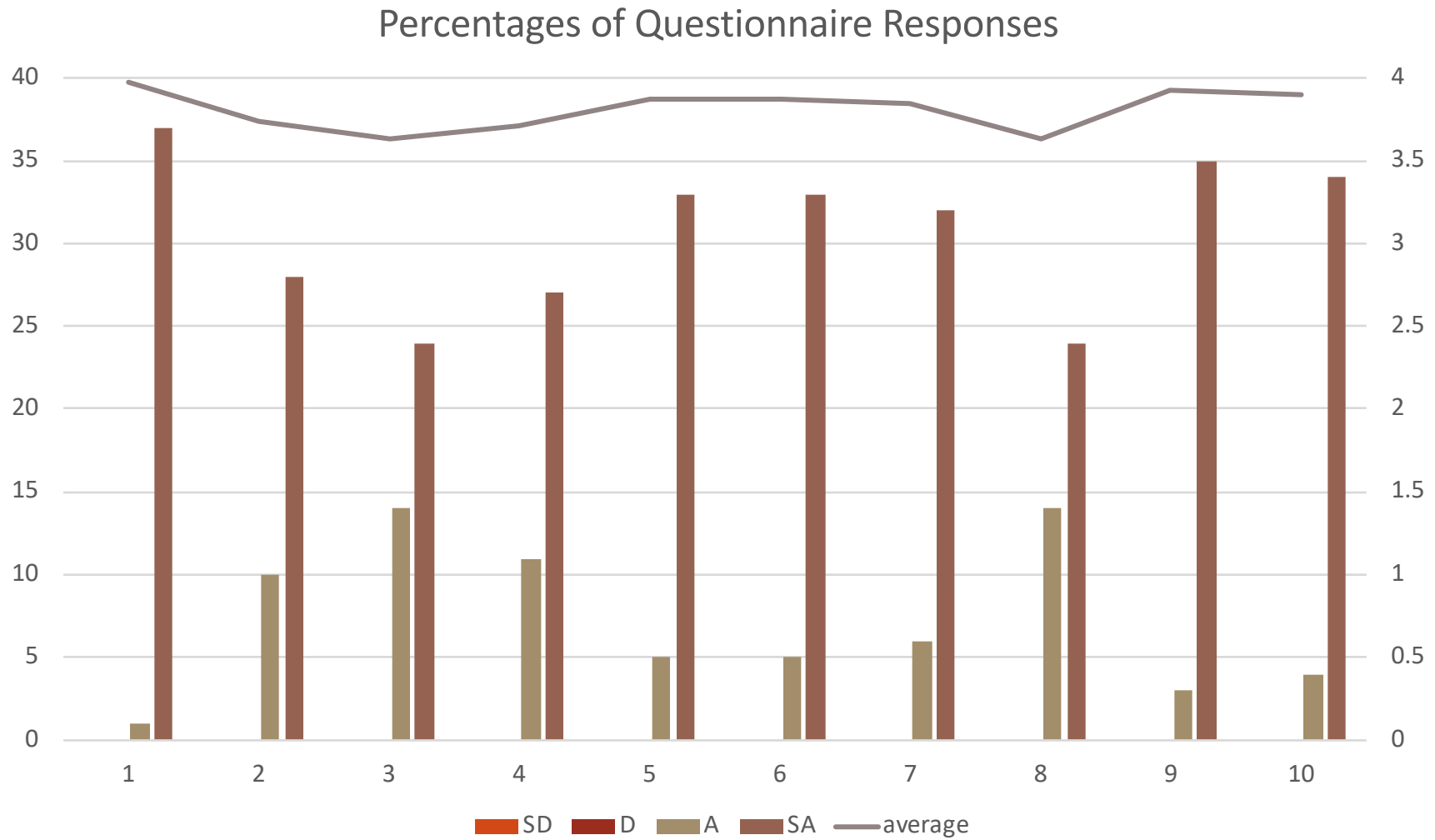
Outcome Measure:  
Referrals to Social Workers



# Outcomes – Intent and Self-efficacy



# Outcomes



# Qualitative Data

- ❖ First time in 28 years of NICU Nursing I have had this education
- ❖ Would like to see another screening of the Dark Side of the full moon
- ❖ Great references of resources available to moms and staff
- ❖ Wonderful and informative. Teary eyed when she mentioned her twins
- ❖ Passion for the topic and sincere about the topic
- ❖ We definitely need this education, we must be advocates for mothers
- ❖ PPD is real and there still is a stigma and mothers will not speak up
- ❖ This education is important and will help us save the lives of moms
- ❖ It is real and not a lot of education is given out there in the real world

# Sustainability



# Limitations

Skype Education



Survey Responses

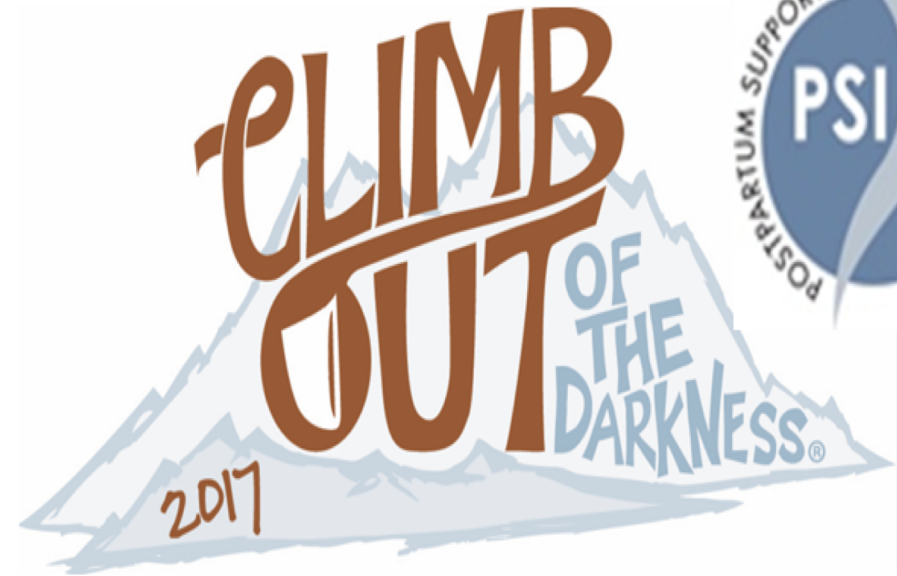
Time for More Education



# Conclusion



**Transforming Communities for  
Better Outcomes for Mothers**



**Group  
and Peer  
Support  
for NICU  
mothers**

# References

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