

Treatment of Postpartum Depression: Quality Improvement

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Quality improvement uses data to improve our healthcare systems to increase patient satisfaction, patient safety, and nurse safety. The overall goal of the Quality and Safety Education for Nurses (QSEN) project is to meet the challenge of preparing future nurses who will have the knowledge, skills, and attitudes (KSAs) necessary to continuously improve the quality and safety of the healthcare systems (QSEN Institute, 2020). Postpartum depression is a mental illness that affects one in seven women. O'Hare & Engeldinger (2018) write in their article that careful assessment of risk factors for postpartum depression and monitoring depressive symptoms during pregnancy and postpartum will lead to better outcomes for women and their families.

Article Summary

The research article describes the different interventions in the treatment of postpartum depression. O'Hare & Engeldinger (2018) state that several evidence-based psychotherapies and medical treatments exist for significant depression and postpartum depression. The obstetrical team has many opportunities to identify high-risk and depressed women and refer them to mental health professionals or begin treatment with antidepressant medication. The authors detail the effects different treatments may have on the patients.

Introduction

Postpartum depression is a phenomenon that affects women more than we know. O'Hara & Engeldinger (2018) address treatment for postpartum depression. Postpartum depression is a

significant public health problem affecting almost 600,000 US women annually. It may arise de novo in the postpartum period or continue from pregnancy. Several evidence-based psychotherapies and medical treatments exist for significant depression and postpartum depression (O'Hara & Engeldinger, 2018). Women who have had a mental illness in their adolescent years are susceptible to postpartum depression. Touching base with patients about their past mental illness history could help determine whether or not postpartum depression is in their future. As nurses, it is a vital part of the nursing practice. Ensuring mothers obtain education about the postpartum period may decrease the chances of postpartum depression and allow them access to treatment before it starts.

Overview

The QSEN Institute (2020) has three quality improvement competencies: knowledge, skills, and attitudes. Knowledge recognizes that nursing and other health professions students are parts of systems of care and care processes that affect outcomes for patients and families. O'Hare & Engeldinger (2018) mention the obstetric team. By the time a woman delivers, the obstetrical team should already have a good idea of her vulnerability to depression. For women who have significant risk factors, the obstetrical team could work out a plan in advance to address the development of significant depression symptoms.

The skills competency seeks information about care outcomes for populations served in the care setting (QSEN Institute, 2020). O'Hare & Engeldinger (2018) analyze the different therapeutic interventions that may help with postpartum depression in patients and what might be more effective. Psychological, physiological, and pharmacological interventions are in the research article. Each subtopic shows the different outcomes of patients utilizing the therapy. For

example, in a review in cognitive behavior therapy across 26 reviewed studies, 16 showed a significant effect for the CBT condition relative to the control condition.

Lastly, the final competency is the attitude that appreciates that continuous quality improvement is an essential part of the daily work of all health professionals (QSEN Institute, 2020). O'Hare & Engeldinger (2018) mention the importance of the collaboration of specific individuals to improve the quality of healthcare for postpartum patients. As the demands on the obstetrician-gynecologist grow concerning the comprehensive care of patients, the need for collaboration with colleagues, especially across the spectrum of mental health professionals, is a critical one that should be in the healthcare system (O'Hare & Engeldinger, 2018). Overall, the research article meets all the requirements for each QSEN competency.

Quality Improvement

The type of care setting implemented in the quality improvement effort would be hospitals, clinics, birth centers, and mental health centers. If the change happens, the type of resources that would be beneficial would be educational pamphlets that include different types of interventions that could potentially help with postpartum depression. Supplying education is a good start, and we could implement this in all stages. The interprofessional team could also ask questions about their well-being, past mental health history, and current living situation within their appointments to mitigate risk factors for postpartum depression.

Financially, this would not necessarily take money to implement these changes. The interprofessional team could implement tools already in place in the healthcare industry, such as the Edinburgh Postnatal Depression Scale or the patient health questionnaire-9 (O'Hare & Engeldinger, 2018). Patient satisfaction would improve because the healthcare system ensures that women giving birth are emotionally and physically healthy, leaving the hospital with their

baby. Nursing satisfaction would also improve because being able to help out a patient with their care is always a plus. Communication with patients is part of the job, and being able to help them emotionally comes with it. Regarding patient safety, this would probably decrease the chances of postpartum suicide and may prevent patients from not getting the help that they need. Nurse safety is not something that is changed.

Application to Nursing

Here add in a summary of the information learned to the application to practice. Follow the MEAL paragraph formatting and use Grammarly.com. Be sure to cover all aspects within the rubric. Be sure to use double space and to tab over for your first line of a new paragraph.

Practice

Paragraph goes here discussing the application to practice. Review the rubric for full requirements. Follow the MEAL paragraph formatting and use Grammarly.com.

Education

Paragraph goes here discussing the application to education. Review the rubric for full requirements. Follow the MEAL paragraph formatting and use Grammarly.com.

Research

Paragraph goes here discussing the application of research. Review the rubric for full requirements. Follow the MEAL paragraph formatting and use Grammarly.com.

Conclusion

Write a conclusion here in your overall paper. Review the rubric for full requirements. Follow the MEAL paragraph formatting and use Grammarly.com.

References

- O'Hara, M. W., & Engeldinger, J. (2018). Treatment of postpartum depression: Recommendations for the clinician. *Clinical Obstetrics and Gynecology*, 61(3), 604–614.
<https://doi.org/10.1097/GRF.0000000000000353>
- QSEN Institute (2020). *QSEN competencies*.
https://qsen.org/competencies/pre-licensure-ksas/#quality_improvement

*As you can see the reference is centered and is bolded. The first line is NOT tabbed over, all other lines are, this is called hanging indentation. All references are double spaced. All sources should be listed in alphabetical order. Be sure to use the APA 7th edition and guide for your reference page.