

## **Postpartum Depression Teaching plan**

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The scenario is a husband and a wife that has just had a baby. She has been on Wellbutrin while being pregnant and wants her to know the signs and symptoms of postpartum depression. Also, to see if she needs to get help and resources for this kind of situation. I want her to know that she is not alone, and this affects 20% of all mothers and 60% of the adolescent mothers (Ricci et al., 2017).

During the first period after giving birth, Postpartum depression can happen to men as well as women. There is something called Postpartum blues that occurs a few days after delivery and then should be resolved within two weeks (Ricci et al., 2017). “Postpartum depression may persist for a minimum of six months if untreated. The difference from baby blues, the symptoms of PPD last longer, are more severe and require treatment” (Ricci et al., 2017, p. 858).

Signs and symptoms (Ricci et al., 2017, p. 858).

- Restless
- Worthless
- Guilty
- Hopeless
- Moody
- Sad
- Overwhelmed

- Loss of enjoyment
- Low energy level
- Loss of libido
- Alco, Cry a lot
- Exhibit a lack of energy and motivation.
- Be unable to make decisions or focus.
- Lose her memory.
- Experience a lack of pleasure.
- Have changes in sleep or weight.
- Show a lack of concern for herself.
- Withdraw from friends and family.
- Have pains in her body that do not subside.
- Feel negatively toward her baby.
- Have appetite disturbances.
- Have feeling of isolation from others
- Lack interest in her baby.
- Worry about hurting the baby.
- Act detached toward others and infant.
- Have recurrent thoughts of suicide and death.

There are a variety of circumstances that could lead up to PPD. (Ricci et al., 2017, p. 859).

- Unresolved feelings about the pregnancy
- Fatigue after delivery from lack of sleep or broken sleep.
- Feelings of being less attractive

- Inadequate assistance for partner
- Lack of social support network
- History of sexual or physical abuse
- Unemployment or financial insecurity
- Doubts about the ability to be a good mother
- Stress from Changes in work and home routines
- Loss of freedom and old identity.

Now that I have explained the symptoms. Here is another document that lists some local support groups for a variety of reasons. Please describe to me some of the signs and symptoms of PPD when you should get help? What can you do if you are feeling overwhelmed?

#### References

Postpartum Depression. (n.d.). Retrieved from

<https://www.osfhealthcare.org/services/pregnancy-birth/services/after-delivery/postpartum-depression/>

Ricci, S. S., Carman, S., & Kyle, T. (2017). Maternity and pediatric nursing. Philadelphia: Wolters Kluwer.

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