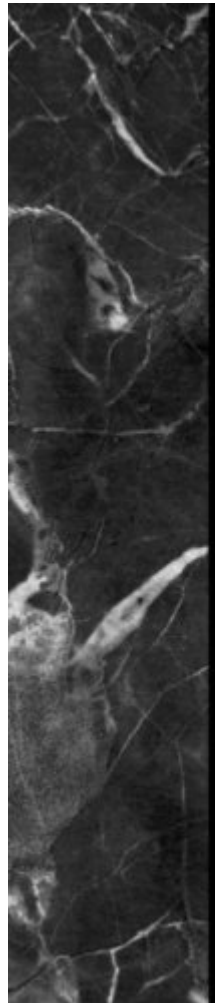




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Postpartum Depression



Course # 96361

Postpartum Depression

Anele Runyon, RN, MS
Course Expires March 31, 2017



Synopsis

The purpose of this course is to allow healthcare providers to detect postpartum depression using screening tools and a clinical assessment to intervene early and prevent the devastating consequences of the disorder. In addition, members of the public may use this course to enhance their personal knowledge of the subject matter presented. Upon completion of this course, you should be able to:

1. Discuss the prevalence of postpartum depression (PPD), including historical and transcultural perspectives.
2. Identify risk factors for PPD evident prior to pregnancy, during pregnancy, and after birth.
3. Review the effects of biochemistry, such as serotonin, estrogen and progesterone, cortisol, and thyroid, on the development of PPD.
4. Describe the role of family history, stressful life events, and psychosocial factors in the etiology of depression.
5. List the emotional, physical, and cognitive symptoms of postpartum blues.
6. Discuss emotional, physical, cognitive, and behavioral symptoms of PPD.
7. Identify severe forms of postpartum disorders, focusing on postpartum psychosis and cases of infanticide.
8. Review the clinical assessment of PPD, including the Edinburgh Postnatal Depression Scale (EPDS) and the Postpartum Depression Screening Scale (PDSS).
9. List the effects of PPD on maternal bonding, mother-infant attachment, and a child's socioemotional and cognitive development.
10. Describe the potential long-term effects of PPD on children.
11. List maternal and familial complications of PPD, including marital conflict, suicide, and homicide.
12. Discuss self-care strategies for recovery, such as nourishment, sleep, rest and relaxation, exercise, and socializing.
13. Review the role of education in the diagnosis of and recovery from PPD.
14. Discuss the physiological treatment of PPD with postpartum hormone treatments.
15. Specify pharmacological treatment strategies, noting benefits, adverse reactions, and risks.
16. Discuss psychosocial interventions used in the treatment of PPD.
17. List strategies for preventing PPD, including screening, postpartum debriefing, companionship in the delivery room, psychotherapy, midwife continuity of care, and progesterone preventive treatment.

This 15-hour continuing education course is available for download for professional development; if continuing education credit is desired, please see instructions included in eBook.

Book Information

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Customer Reviews

This review book has very good information for this subject. This condition is often played down and not given the attention it deserves. Our culture is grossly absent in support of new mothers. This booklet addresses that.

When you read this you will see that it is more prevalent in your practice or among your friends than reported. Gave me great insight and has changed the way I listen to patients talk about their pregnancies and their babies.

I found this course to be well-written and well-organized, and, overall, very informative. These continuing education courses can be dry, but this one kept my interest. Overall, I thought it was a great course.

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Therapy and the Postpartum Woman: Notes on Healing Postpartum Depression for Clinicians and the Women Who Seek their Help
The Postpartum Husband : Practical Solutions for living with Postpartum Depression
How to Help Someone with Depression: 2nd Edition (Loved one with depression, anxiety disorder, bipolar, manic depression, depression, mood disorders, suicide, suicidal thoughts)
Postpartum Depression / Postnatal Depression: The Basic Guide to Treatment

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