

VISOKA ZDRAVSTVENA ŠOLA V CELJU

DIPLOMSKO DELO

CELOSTNA OBRAVNAVA BOLNICE S POPORODNO DEPRESIJO

**INTEGRATED CARE IN PATIENT WITH POSTPARTUM
DEPRESSION**

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IZVLEČEK

Uvod: Poporodna depresija je pomemben javnozdravstveni problem in pogosto neprepoznana duševna motnja, ki v prvem letu po porodu prizadene 10–15 % porodnic. Nezdravljena ali slabo zdravljena poporodna depresija lahko vodi v ponavljajoče se in kronične depresivne motnje.

Namen: Preučiti koristnost sodelovanja različnih zdravstvenih strokovnjakov in služb pri celostni obravnavi žensk v nosečnosti in poporodnem obdobju s pomočjo primerjave rezultatov domačih in tujih raziskav ter oblikovati preventivno podporno mrežo, ki bi dovolj hitro prepoznala ogrožene matere v slovenskem prostoru.

Metode dela: Deskriptivna metoda raziskovanja s študijem domače in tuje literature s teoretično razpravo. Analiziranje in primerjanje dosedanjega znanstvenega spoznanja o raziskovalnem problemu z metodo kompilacije.

Rezultati: Celostna obravnava bolnic s poporodno depresijo potrebuje enotne sodobne smernice in standarde ter strokovno izobražen kader na različnih strokovnih področjih. Nujno potrebno je osveščanje širše javnosti in družinskih članov o duševnih motnjah v nosečnosti, poporodnem in laktacijskem obdobju, kajti ženske z duševnimi težavami običajno same ne poiščejo ustrezne strokovne pomoči.

Razprava in sklep: Rezultati vsebine s pregledom domače in tuje literature kažejo, da je potrebno urediti presejanje za težave na področju duševnega zdravja in urediti ustrezno mrežo strokovne pomoči na področju duševnega zdravja nosečnic in žensk v poporodnem obdobju.

Ključne besede: poporodno obdobje, poporodna depresija, medicinska sestra, duševne motnje, presejanje.

ABSTRACT

Introduction: Postpartum depression is an important public health problem and often unrecognized mental disorder which, in the first year after childbirth, affects between 10-15 % of postpartum women. Untreated or poorly treated postpartum depression can lead to recurrent and chronic depression.

Aim: To examine the usefulness of the participation of different health care professionals and services in the overall treatment of women during pregnancy and postpartum period by comparing the results of domestic and foreign research and develop preventive support network that would soon enough recognize mothers at risk in the Slovenian territory.

Methodology: Descriptive research method to study domestic and foreign literature with a theoretical discussion. Analyzing and comparing the present scientific knowledge about the researched problem with the method of compilation.

Results: A comprehensive treatment of patients with postpartum depression requires an uniform up-to-date guidelines and professional standards and qualified personnel in various professional fields. It is essential to raise public awareness and inform family members about mental disorders in pregnancy, postpartum and lactation period, because women with mental health problems usually do not seek appropriate professional help.

Discussion and conclusion: The results of the contents of the review of literature shows that it is necessary to arrange screening for problems in the field of mental health and to arrange for appropriate network of professional help for mental health of pregnant women and women in the postpartum period.

Keywords: postpartum period, postpartum depression, nurse, mental disorder screening.