

Poster Number: EP: 404 Name: Dr. Kranti Phadnis, Associate Professor, PGIMS, Navi Mumbai

Title: The inclusion of Mental health in Perinatology, now also a Manyata standard





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### Aim:

To study the incidence of postpartum depression and to develop strategies to manage (prevent as well as treat) the condition through anticipation by scoring tools during antenatal period itself. Observations:

#### Educational background MICHELOGRAPH WHEE Gesousteranne in Northern delicities 42% littled twee mornth tree. Warting out of home or horne-maker

# Agentes more than joy on deliver



### Material and Methods:

A prospective study was conducted amongst 45 postpartum women whose infants were 6 months to 15months old, randomly selected, from those who had delivered in private nursing home and a corporation hospital in Navi Mumbai in the period 1tt, August 2023 till 30th May 2024 After a personal one on one, informed consent about their

approval for participation in the study, a questionnaire based on the mental health of women in the postpartum period, their knowledge and impact about the same was recorded. The questionnaire included ten relevant parameters such as ->

# Difficulties with guilt/inadequacy

Physically 'low on energy'

Severity of symptoms

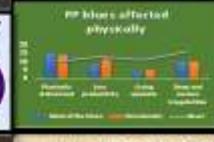
tendency

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Occasionally

Edinburgh Postnatal Depression Scale EPDS)

As mentioned, only 2 questions with weighted score >3, considered as high risk as per Mazerata selection





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### Conclusion:

- 1) Formal screening for depression using 2 pt questionnaire
- 2) To offer simple solutions and redirection of thoughts gives confidence, averts fear of visiting psychiatrist and complications like postpartum depression. 3) Counseling family members

if necessary, by a professional.

Simple ways to enhance Mental Health in Pregnancy

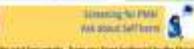
### Health Problems : Screening for PMH

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## But healthy regular and markets much

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- Got nels from succes, formity. Niendo ar neighbors in managing stally chores or taking care of an older (Mit
- fails to other programs women in your village who may be having a similar
- Think and dream about your coming belo and talk to your belo looke the bely while you street your belly.
- Evgage in printing choughts about the baby that will help in mether baby. bending.

References: 1) Manyata, FOG51 2) Prevalence of pastpartum depression and interventions utilized for its management Reindolf A. Enooh et al Assisti of Osterni Prophinty vol.17. A no.18 (2018) 3) Screening took for pastpartum depression by C Zubaran Rosse at School of Med, Univ of Western Systney, American Dept of Psychiatry, Brand.