



長庚醫療財團法人
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Improve the tracking process of postpartum depression by using information technology

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ABSTRACT

Postpartum depression is a disease that threatens the health of women and babies during the perinatal period. Postpartum depression is a detriment to the country's medical resources and consumes care. The postpartum ward staff finds nursing problems and intervenes to provide measures to enable women and families to further research and study care, which is beneficial to the society. And national problems can be relatively reduced.

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INTRODUCTION

Post-depression is a disease that threatens the health of women and babies during the perinatal period, and is currently an important issue for women of childbearing age. The incidence of depression after an explosion occurs in the 10th postpartum period is 15-85%, and symptoms such as easy involuntary tearing, fatigue, and depression are manifested. These symptoms are severe and do not require long-term treatment; women have a 6.5-12.9% chance of developing severe postpartum depression within 2 to 6 months after delivery. Women with deep depression may harm themselves or their babies. In children, postpartum depression has a great influence on the behavior of mothers and babies, and is a health problem that needs to be diagnosed.

METHODS AND MATERIALS

Provide information-based Edinburgh postpartum depression assessment and follow-up on the second day of hospitalization: ≥ 12 minutes, early detection of postpartum depression intervention care treatment, and E-linked postpartum outpatient doctor orders, provide continuous follow-up after discharge to ensure the safety of mothers and babies. The medical staff of Wake Up Clinic, "❤️" appears in front of the patient's name in the outpatient list to give postpartum depression assessment and follow-up care.

RESULTS AND DISCUSSION

Nowadays, most people have a relatively high socio-economic status. They can stay in a post-natal care home after childbirth and have more resources and support, which will also reduce their depression. They will receive tangible assistance at the post-natal confinement center, which helps to reduce post-natal stress. And to improve the psychological health, the mothers are now paying more attention to the satisfaction of postpartum needs. Negative emotions are prone to occur. Most of them are affected by the difficulty of vomiting, choking, or crying. Therefore, it can be strengthened in clinical postpartum care. To deal with the special conditions of the newborn, the techniques to comfort the newborn, increase the parenting ability, and highlight the routine postpartum care mode. The hospital stays for a short period of time. In addition to overcoming physical discomfort and pain and fatigue, it has not been able to do it before discharge. Be prepared to adapt to the life style after returning home. Follow the postpartum depression on the second day after delivery, so that you can find the high risk of postpartum depression early, and provide immediate resources and care, hoping to implement whole-person care during the perinatal period.

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產後憂鬱症評估		評估結果
344	生日:1975/01/19	
表	○沒有以前那麼多	○請
表	○沒有以前那麼多	○請
15:18	19 19	1 V
13:52	3 3	3 S
13:49	5 5	7 S
14:21	6 6	9 S
14:30	8 8	9 S
14:08	9 9	1 S
14:20	4 11.12	3 S

assessed after child The Edinburgh Postpartum Depression Assessment Scale was actively birth.

Continuous follow-up care for postpartum depression in the outpatient clinic.

CONCLUSIONS

Postpartum depression is a public issue, and medical professionals are the key to identifying its symptoms. Provide nursing guidance for preventing postpartum depression during hospitalization. The content includes teaching mothers to maintain a healthy lifestyle and positive body and mind, skills to adjust stress, invite families who have successfully survived postpartum depression and share experiences with them, and assist mothers and their Families learn the skills of mother and child care together, and actively provide maternal telephone tracking services in the 4 to 5 weeks postpartum. The mothers with postpartum depression will provide continuous nursing care in combination with the teamwork model, and monitor this "with family The effectiveness of "centered" nursing care will ensure postpartum health and well-being. At the same time, it will also enhance family and social harmony.