

Nursing care in postpartum depression: a study in literature

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Atención de enfermería en depresión posparto: un estudio en literatura

RESUMO

Objetivo: descrever os achados científicos referentes aos cuidados de enfermagem na depressão pós-parto. Método: Revisão integrativa da literatura, qualitativa e descritiva. Realizado nas bibliotecas da Biblioteca Eletrônica Científica Online e Google acadêmico. Utilizando os descritores: Depressão; Pós-parto; Enfermagem; Cuidados e Saúde, cruzados pelo operador booleano AND, conforme os critérios de inclusão com estudos entre os anos de 2016 a 2021. Foram reunidas 8 publicações referentes a temática e organizadas em um quadro expositivo. Resultados: Predominaram-se artigos dos anos de 2016 e 2020, cada um com 2 artigos publicados. Os demais anos de publicações obtiveram apenas 1 publicação. Os resultados apontaram, de forma geral, que a detecção precoce dos sintomas é um dos cuidados mais prevalentes na enfermagem. Em seguida, observou-se a necessidade da capacitação dos profissionais, para melhor oferecer a sua assistência. Conclusão: Os cuidados de enfermagem são essenciais para a prevenção e tratamento da DPP.

DESCRITORES: Depressão; Pós-parto; Enfermagem; Cuidados; Saúde.

ABSTRACT

Objective: to describe the scientific findings regarding nursing care in postpartum depression. Method: Integrative literature review, qualitative and descriptive. Carried out in the SciELO and Google academic libraries. Using the descriptors: Depression; Post childbirth; Nursing; Care and Health, crossed by the Boolean operator AND, according to the inclusion criteria with studies between the years 2016 to 2021. Eight publications related to the subject were gathered and organized in an exhibition board. Results: There was a predominance of articles from the years 2016 and 2020, each with 2 articles published. The other years of publications had only 1 publication. The results showed, in general, that early detection of symptoms is one of the most prevalent care in nursing. Then, there was a need for training professionals to better offer their assistance. Conclusion: Nursing care is essential for the prevention and treatment of PPD.

DESCRIPTORS: Depression; Post childbirth; Nursing; Care; Health.

RESUMEN

Objetivo: describir los hallazgos científicos sobre el cuidado de enfermería en la depresión posparto. Método: Revisión bibliográfica integradora, cualitativa y descriptiva. Realizado en las bibliotecas académicas SciELO y Google. Utilizando los descriptores: depresión; Post parto; Enfermería; Cuidado y Salud, atravesado por el operador booleano AND, según los criterios de inclusión con estudios entre los años 2016 a 2021. Se reunieron y organizaron ocho publicaciones relacionadas con el tema en un tablero de exhibición. Resultados: Predominó los artículos de los años 2016 y 2020, cada uno con 2 artículos publicados. Los otros años de publicaciones tuvieron solo 1 publicación. Los resultados mostraron, en general, que la detección precoz de los síntomas es uno de los cuidados más prevalentes en enfermería. Entonces, surgió la necesidad de capacitar a los profesionales para ofrecer mejor su asistencia. Conclusión: la atención de enfermería es fundamental para la prevención y el tratamiento de la depresión posparto.

DESCRIPTORES: Depresión; Post parto; Enfermería; Cuidado; Salud.

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INTRODUCTION

Depression is a phenomenon with high rates in the world, reaching an average of 350 million people, which represents 5% of the world's total population, and it is also one of the most prevalent pathologies in Brazil. Depression is continually on the classification list of the Diagnostic Manual of Mental Disorders, described as a pathology generated by the Mood Disorder.⁽¹⁾

During pregnancy, there is a recurrence of cases, as it is a moment of weakness for the woman, making her more psychologically susceptible. Given the birth of the baby, and all the tasks that the woman needs to perform with her family, it becomes a potential situation for Postpartum Depression (PPD). It is important to differentiate other psychological changes that may occur in the postpartum period, such as the baby blues, which ends in the first 15 days of puerperium, that is, it is a transitory process, but which can be confused in the identification of PPD symptoms.⁽¹⁻²⁾

Sequentially, PPD occurs in the first four weeks of puerperium, however, the signs of the disorder start during pregnancy, as seen above. PPD is surrounded by stress, obsessive and compulsive behaviors, anxiety and other aspects that define its occurrence. It is understood that the puerperium is one of the moments when women need family and health professionals support, the presence of nurses and their actions to

prevent and promote women's health being paramount.⁽¹⁻²⁾

The puerperium presents changes with great repercussions in the lives of women and their families, making it necessary to provide comprehensive care, based on empathy, the exchange of knowledge, patience and sharing of actions.⁽³⁻⁴⁾ Nurses are able to identify symptoms that signal PPD, and mainly, realize even before the disease sets in, carrying out strategies in the pregnant woman's home.⁽³⁻⁴⁾ Thus, the following research question was constructed: How is nursing care given in postpartum depression in the current literature? Its objective is: to describe the scientific findings regarding nursing care in postpartum depression.

METHOD

Study of integrative literature review, qualitative and descriptive. Carried out in the SciELO (Online Scientific Electronic Library) and academic Google libraries. Using the descriptors: Depression; Post childbirth; Nursing; Care and Health. These descriptors were crossed by the Boolean operator AND, in view of the following inclusion criteria: publications between the years 2016 to 2021, in Portuguese, English and Spanish, without duplication and that responded to the objective of the study. The following were excluded: publications outside the timeline and that were not in accordance with the research proposal. Data collection took place in June 2021.

The publications were registered and organized by an instrument developed by the authors, in which the following information was synthesized: authors, title, year of publication, journal and nursing care in PPD. The initial search found 250 publications in general, after filtering the timeline, only 77 publications followed in the analysis. The 77 publications had their titles checked, and only 25 could continue in the search, given what was sought in the study. The abstracts of the 25 publications were analyzed in detail. After reading, 10 publications followed the analysis. There was a full reading of 10 publications, however, only 8 publications were included in the results. I emphasize that the excluded publications did not meet the study inclusion criteria, totaling 8 publications in their results. The search was validated by two researchers related to the subject.

RESULTS

The table below represents the consolidation of scientific findings in publications resulting from the search and selection in electronic libraries.

Articles from the years 2016 and 2020 were predominant, each with 2 articles published. The other years of publications had only 1 publication. The results showed, in general, that early detection of symptoms is one of the most prevalent care in nursing. Then, there was a need for training professionals to better offer their assistance.

TABLE 1- Presentation of scientific publications related to nursing care in DPP

Authors	Title	Year of publication	Journal	Nursing Care in Postpartum Depression
Leonidas FM, Camboim FEF. ⁽³⁾	Nursing care for women with postpartum depression in primary care.	2016.	Temas em Saúde.	<ul style="list-style-type: none"> ▪ Early diagnosis of the disease. ▪ Start of treatment and rapid recovery of the woman.
Gomes LAP, Moreira AS da. ⁽⁴⁾	Postpartum depression: the view of nursing.	2018.	Archives of Health Investigation.	<ul style="list-style-type: none"> ▪ Prevention and detection ▪ Assist in the identification of symptoms, ▪ Expanding the understanding of the woman and her partner about the pathology.
Melo GB. ⁽⁵⁾	Nursing care in the prevention and care of women with postpartum depression.	2019.	Cadernos de Graduação.	<ul style="list-style-type: none"> ▪ Implementation of preventive strategies for postpartum depression.
Silva Braga L. et al. ⁽⁶⁾	Nursing care in postpartum depression.	2021.	Estudos Avançados sobre Saúde e Natureza.	<ul style="list-style-type: none"> ▪ Needs more qualification in nursing. ▪ Most of the nurses find a barrier regarding the identification of signs and symptoms of postpartum women with PPD.
Sousa PHSF. et al. (7)	Nursing in the prevention of postpartum depression	2020.	Brazilian Journal of Development.	<ul style="list-style-type: none"> ▪ Detection of Postpartum Depression, which should occur as soon as possible. ▪ Health education is a crucial factor in the development of care and treatment strategies for postpartum women.
Tolentino EC da. et al. ⁽⁸⁾	Postpartum Depression: Knowledge about signs and symptoms in postpartum women.	2016.	Revista de Ciências da Saúde Nova Esperança.	<ul style="list-style-type: none"> ▪ Early detection of signs and symptoms of postpartum depression, in order to prevent the suffering of mothers and greater consequences for the baby.
Lima SS. et al. ⁽⁹⁾	Postpartum Depression: a careful look by the nursing team.	2018.	Cadernos de Graduação.	<ul style="list-style-type: none"> ▪ Need for training of professionals to detect and prevent PPD.

Silva CRA. et al. ⁽¹⁰⁾	Postpartum Depression: The importance of early detection and nursing interventions.	2020.	Revista Brasileira Interdisciplinar em saúde.	<ul style="list-style-type: none"> ▪ Minimization of postpartum complications, aimed at depression-Family guidance ▪ Health education for the mother and family about PPD. ▪ Early detection.
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DISCUSSION

The studies showed that there is a series of feelings and emotions around the puerperal woman, and that these reflect in different reactions and symptoms of PPD in her daily life. One of the results seen frequently revealed that the symptoms are identified by nurses, which is one of the essential care measures, and that it can help to prevent further injuries in PPD. Nurses can identify in their care: recurrent crying, irritability, despair in carrying out activities with the baby, persistent sadness and emotional and mood instability.⁽³⁻⁴⁻⁵⁻⁶⁻⁷⁻⁸⁻⁹⁻¹⁰⁾

It is possible to highlight that the nurse provides guidance, strengthens the family, offers emotional support, comforts and provides tranquility for the puerperal woman. Helping the mother and family is important in terms of therapeutic support, before or during the treatment of PPD. Nursing care reaches the entire pregnancy-puerperal cycle of women and their families, with a unique look, bonding, helping with the identified needs, fears and insecurities.⁽³⁻⁴⁻⁵⁻⁶⁻⁷⁻⁸⁻⁹⁻¹⁰⁾

The monitoring of postpartum women with PPD is multi professional, they need

all professionals who can work with completeness in their care. Nurses recognize the symptoms related to PPD, and therefore, they need to be trained frequently to identify this diagnosis early along with the entire team. Continuity of care takes place through dialogue, consultations with professionals, understanding of the feelings expressed by pregnant and postpartum women, and especially in support to face the clinical situation.⁽³⁻⁴⁻⁵⁻⁶⁻⁷⁻⁸⁻⁹⁻¹⁰⁾

Therefore, the family context influences the nursing guidelines regarding handling the baby and the shared actions regarding the daily care of the newborn, seeking to support the mother, are important. Nursing care involves the exchange of information, clarification of doubts, sensitivity to others, empathy and valuing feelings. Nursing practices are scientifically based, using theories and techniques of relationship and interpersonal communication for qualified assistance.⁽³⁻⁴⁻⁵⁻⁶⁻⁷⁻⁸⁻⁹⁻¹⁰⁾

The results of this study showed that there is a need for new programs related to public health, as well as new interventions, to develop strategies that modify PPD indicators and allow for progress in the obstetric area.⁽¹¹⁾ PPD is one of the maternal obstetric complications, which demon-

strates how extensive the pregnancy-puerperal process is, and that, in addition, it is necessary to relate the occurrence of PPD with other factors, not only hormonal, but financial, social, economic and family relationships.⁽¹¹⁾

CONCLUSION

This study achieved its objective, bringing nursing care in the PPD in an organized and systematized way, in view of current publications on the subject, strengthening the professional practice of nursing and health.

It was noticed that all the articles studied shared similar results, addressing the importance of the nurse in the continuous, comprehensive, empathetic and educational care of the mother and her family in the face of PPD. I emphasize that nursing care in PPD starts from prenatal care, as explained in the results. This article is recommended for anyone interested in knowing the subject, especially physicians, nurses, academics in the health area and the multidisciplinary team that provides care.

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