

# 33<sup>rd</sup> Nursing and Healthcare Congress

October 23-25, 2017 | Toronto, Canada

## The effectiveness of facilitated web-mediated postpartum depression education and postpartum discharge instructions

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At the microsystem level of care prior to the discharge of the postpartum patient, comprehensive education or screening for depressive symptoms is uncommon (Leahy-Warren, McCarthy, & Corcoran, 2012; Marsh, J. (2013). An evidence based practice project was developed and implemented to support a practice that facilitated patient and family web-mediated postpartum depression education in addition to routine postpartum discharge instructions. Patient self-screening for depressive symptoms was also offered prior to discharge. This project was implemented on an inpatient postpartum unit at a hospital. Thirty-five postpartum patients were directed to use a smart phone for postpartum depression education. They also received routine postpartum discharge instructions. A second group with the same number of patients only received routine discharge instructions. Both cohorts were surveyed for postpartum depression symptom recognition. The Edinburgh Postpartum Depression scale was completed by all patients to screen for early indicators of postpartum depression. The group who received both interventions scored higher in postpartum depression symptom recognition and had lower postpartum depression scores on the Edinburgh Postpartum Depression scale. No significant early indicators of postpartum depression were identified.

### Biography

Yvette Rolle is an Assistant Professor of Nursing at the University of St. Thomas Carol and Odis Peavy School of Nursing (PSON). She has completed her Doctor of Nursing Practice (DNP) degree in Health Care System Leadership from Chamberlain College of Nursing online. She has received her Master of Science degree in Nursing (MSN), specializing in the nurse practitioner perinatal nursing program and a Bachelor of Science in Nursing (BSN) from the University of Texas, School of Nursing, Houston. She has taught student nurses, supervised clinical rotations and simulations in maternity/women's health nursing, pharmacology, fundamental nursing and medical surgical nursing.

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