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The Role of Primary Care Physicians in Post-partum Depression (PPD)

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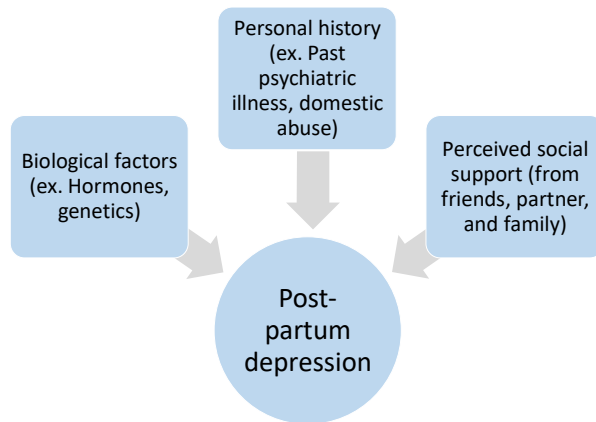
The Role of Primary Care Physicians in Post-partum Depression (PPD)

Elizabeth Bowman, OMS III

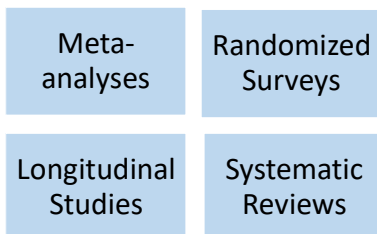
Rowan School of Osteopathic Medicine

Background.

- Symptoms of depression lasting longer than 2 weeks following birth
- 10-15% of new mothers affected yet 50% of cases go undiagnosed¹
- Long-lasting consequences for the mother, baby, and father²
- Multi-factorial condition



Methods



Results

Table 1. Physician survey responses about perinatal visit practices⁴

Physician survey question	% of physicians surveyed
Asked about feelings of depression	43%
Asked about interest in usual hobbies	27%
Unlikely to use a formal depression screening	79%

- Lack of perceived social support increases risk of PPD²
- 18-59% reduction in risk of PPD with screening³
- Psychological interventions improved depressive symptoms¹

Conclusion

- Primary care providers are the first-line defense against PPD
- Many providers are resistant to PPD screenings
- Interventions from primary care providers are effective

Limitations

- Retrospective surveys and analyses
- Surveys focused on physician perception rather than patient perception

References

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3. O'Connor E, Rossom RC, Henninger M, Groom HC, Burda BU. Primary Care Screening for and Treatment of Depression in Pregnant and Postpartum Women: Evidence Report and Systematic Review for the US Preventive Services Task Force. *JAMA* 2016 Jan 26;315(4):388-406.
4. Sleath BL, Thomas N, Jackson E, West SL, Gaynes BN. Physician reported communication about depression and psychosocial issues during postpartum visits. *N C Med J*. May-Jun 2007;68(3):151-5.