

Needs assessment of postpartum depression in postpartum women's physical and mental: Literature Review

Chin-Tsu Chu

Hungkuang University, Taiwan

Mental health and postpartum depression in postpartum women are common health promotion and care issues for women. Because the prevalence rate of postpartum depression is about 10-20%, we explored domestic main issues through literature review, including researchers, age, theme, method, sample size and results. There are 50 research method papers published between 2000 and 2018. By using the qualitative and quantitative methods, systematic review, article discussion and commentary from literature collection, we found that the concepts and relevance of mental health (self, society, family and culture); self-evaluation (self-esteem, self-efficacy, stress, anxiety and confidence), continuity dynamics and its mutual containment require clearer conceptual analysis and reliable, valid and simple measurement tools. Postpartum women's mental health and postpartum depression are common in the postpartum process of women's life. They need to adapt and react in this period and process from being pregnant to giving birth of newborns. Then due to physiological discomfort during pregnancy, psychological and emotional reactions, social support, they experience shocks and impacts on their body and mind. Their families and roles are also subject to many major changes and adaptations. However, pregnancy and birth are the unique vocation of women. It is undeniable often due to emotional disorders, physical and mental fatigue, lack of sleep, social support, stress perception, adaptation, parental role, quality of life, negative feeling is shown as a transitional period. If the problem of postpartum is not eased, it will cause adverse health effects, multiple role implementation, parent-child relationship and family problems. For example, including the ability to take care of children, feeling emotional problems, daily work execution ability, handling emergencies, family responsibilities and other family and role correlations, postpartum women tend to have moderate to low levels of load which mainly caused by biological factors, psychology, society and multiple factors. It is more common in exploration in clinical practice and academic research and the lack of specific disease prevention and health promotion. We wish to improve the suicide prevention strategy of postpartum women and explore the problem of major social phenomenon.

Biography

Chin-Tsu Chu has many years of experience in the field of physical and mental sciences (15 years) and is currently a Specialist Nurse and a graduate student of Hungkuang University, Taiwan.

a0986293568p@gmail.com