



Postpartum Depression at a Glance Poster

Kendall-Tackett Kathleen a

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Approximately 1 in 5 mothers will become depressed during the postpartum period. This can lead to serious consequences for both mother and baby. Postpartum Depression at a Glance offers an overview of depression in new mothers on a two-sided laminated sheet. Side 1 includes the Edinburgh Postnatal Depression Scale-Three Item version, an effective and very brief screening tool for depression that is more effective than the full 10-item scale; symptoms found in depression; and Red-flag symptoms that require immediate medical care. On Side 2, there is a listing of questions pertaining to mothers sleep. These are important because sleep disturbances are highly predictive of later depression and addressing sleep issues can be helpful in preventing or treating depression. There is a summary of treatments for depression including Omega-3 fatty acids, exercise, St. John s wort, and antidepressants. Finally, there is a listing of reasons for supporting breastfeeding in depressed mothers who want to continue. This tool will give you the information you need to identify depression in the mothers you work with.

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Information is provisions for folks to get better life, information currently can get by anyone in everywhere. The information can be a know-how or any news even an issue. What people must be consider while those information which is inside the former life are challenging be find than now could be taking seriously which one is appropriate to believe or which one the resource are convinced. If you receive the unstable resource then you understand it as your main information we will see huge disadvantage for you. All of those possibilities will not happen inside you if you take Postpartum Depression at a Glance Poster as your daily resource information.

Carla Floyd:

Spent a free time to be fun activity to accomplish! A lot of people spent their spare time with their family, or their particular friends. Usually they undertaking activity like watching television, likely to beach, or picnic inside the park. They actually doing same task every week. Do you feel it? Do you wish to something different to fill your free time/ holiday? May be reading a book may be option to fill your cost-free time/ holiday. The first thing that you ask may be what kinds of book that you should read. If you want to test look for book, may be the guide untitled Postpartum Depression at a Glance Poster can be very good book to read. May be it is usually best activity to you.

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