

BACKGROUND

Introduction

This review sets up comparison and analysis between pregnant women who were screened early, received treatment compared to those who did not receive any treatment or accessed any community resources and how they were able to cope with all the changes that come with motherhood (Agampodi, et al., 2023)

Research Question

In pregnant patients with mental health problems how does early prenatal care that addresses psychotherapy and pharmacotherapy and referral to community resources compare to those who did not receive any treatment.

P: Pregnant Women with Mental Health Problems

I: Early screening during routine prenatal visits

C: How do pregnant patients with mental health problems who receive treatment do compared to those who do not receive any treatment.

O: Integrating mental health programs into routine prenatal care to reduce morbidity and mortality. Optimizing fetal outcomes.

T: 9 months to a year

PURPOSE

Perinatal mental health has had a significant focus of interest in recent years, with investment in new specialist mental health services in some high-income countries, and inpatient psychiatric mother and baby units in diverse settings. In this paper we show evidence-based interventions needed to reduce morbidity and mortality for women and to optimize fetal outcomes. This brings awareness that more resources need to be allocated for the research of women with mental health disorders and to bridge the many gaps that still exist. Research has shown that pregnant women are less likely to seek support for mental health on their own for reasons such as fear of being shamed, embarrassed, socially isolated, and stigmatized (Adjorlolo, S., 2023). The World Health Organization recommends incorporation of mental health.

METHODS

- The search strategy involved the use of two sources: Library.csn.edu ProQuest Nursing & Allied Health Source and Pubmed Central
- During both search inquiries the keywords used were: Mental health, prenatal care, depression in pregnancy, treatment, stigma, psychotherapy and pharmacotherapy, resources
- Number of Articles: 6



*Mental Health in Pregnancy
We Need to Talk About It!*



Maternal Mental Health
Awareness Week
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RESULTS

With early prenatal, adequate interventions and referral to community resources we can achieve better outcomes: Happier pregnant women able to cope with all the changes and demands of motherhood. Decreased self harm, decreased Emergency Room visits and the most importantly optimize fetal outcomes by curving transgenerational mental health problems.

CONCLUSIONS

With early screening and adequate interventions, community programs where pregnant women with mental health problems can received the help they need. More research is a crucial step in the development of a methodology and tool that could be use globally using county specific input to inform resource allocation decisions in maternal mental health care. The de-stigmatization and acceptance of mental health problems like, we accept hypertension, diabetes and such (Tassie, et al., 2024). Several studies have concluded that with adequate awareness women who need mental health support were more likely to seek help if, help was readily available than those women who did not have available resources (Tassie, et al., 2024).

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