

Perinatal Depression

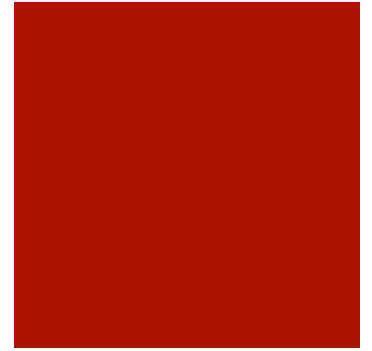
Reproductive Health & the Sustainable Development
Goals:
Catalysts for accelerating progress

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Outline

- Definitions
- Scope of the problem
- Impact of the problem
- Relevance of the problem in the Pacific
- Gaps in our knowledge

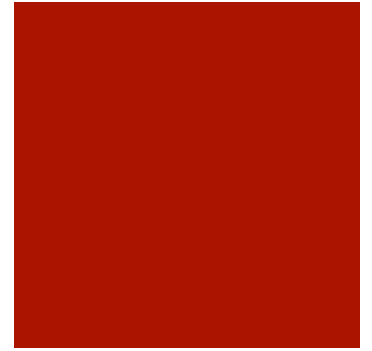


Definitions

Postnatal Depression

Perinatal Depression

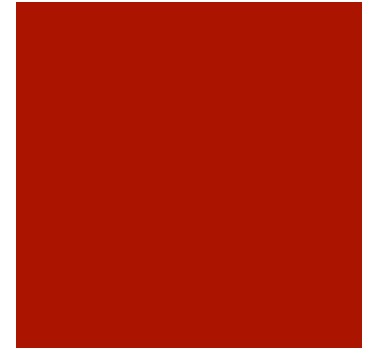
- Conception to 12months postpartum
- Postpartum blues
- Depression
- Anxiety disorders



Risk Factors

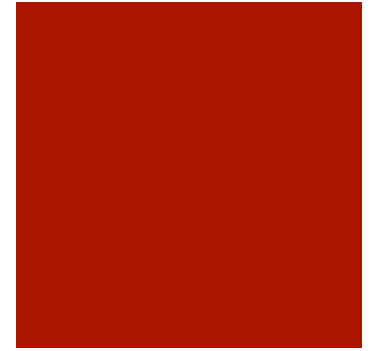
ALL WOMEN ARE AT RISK

- Socio-demographics/Lifestyle
- Medical/Psychiatric & Obstetric History
- Poverty
- Stress
- Conflict & Violence



The magnitude of the problem globally (WHO)

- Prevalent. Under-diagnosed. Long term effects.
- Developed countries: 10-13%
- Developing countries: 15-20%
- UK: suicide leading cause of Maternal deaths



Impact of the Problem

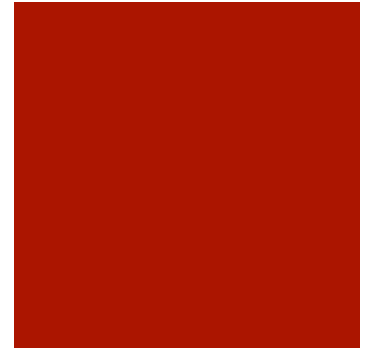


Perinatal mental disorders are associated with multiple adverse outcomes

Antenatal depression	Preterm birth
Antenatal anxiety & stress	Low birth weight
Perinatal depression	Child's cognitive development
	Child's emotional development
	Parental/Partner conflict
	Quality of parenting

Relevance to us in the Pacific

- Patriarchal system
- Customs/Culture & Religion



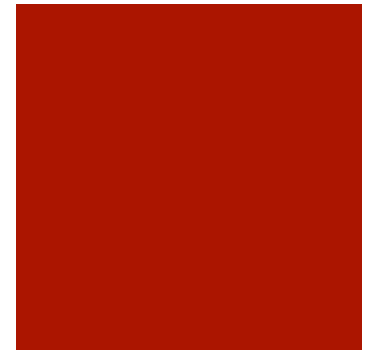
The magnitude of the problem regionally

- We don't know
- Maternal mental disorders are treatable - effective interventions can be delivered by well trained non specialists health providers



Gaps in our Knowledge

- The gaps that exist in perinatal mental health care would be unacceptable in any other area of maternal and child health, and must be addressed
- In Fiji we do not know the magnitude of the problem
- Needs research!



Prevalence and Risk Factors Associated With Development of Perinatal Depression Amongst Women Delivering at Lautoka Hospital, Fiji: A Pilot Study



Research Team:

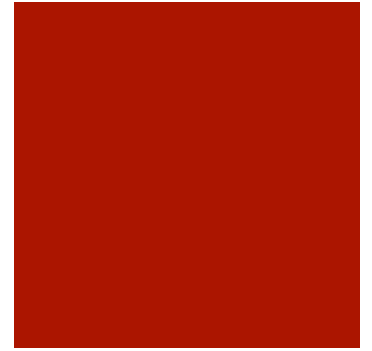
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Aim

To determine prevalence of perinatal depression and associated risk factors amongst a cohort of women at 34 weeks of pregnancy and within 6 weeks post-delivery in the Western Division of Fiji.



Objectives

1. To validate the EPDS within the Fijian context
2. To calculate prevalence rate of perinatal depression amongst pregnant women at 34 weeks attending antenatal clinic in Lautoka Hospital
3. To calculate prevalence rate of perinatal depression amongst mothers within 6 weeks post-delivery in the Western Division
4. To document associated risk factors identified by women presenting at antenatal and within 6 weeks post-delivery in the Western Division



Conclusion

- We will be the catalyst for addressing maternal mental health in Fiji beginning with determining prevalence and risk factors for Perinatal Depression.
- SDG 3: Ensuring health lives and promoting well being for all, at all ages
- There is no health without mental health.

